



**The Venerable
Bede**

St. Bede Episcopal Church
Port Orchard, WA



Our Newsletter

"The Tidings"

AUGUST, 2020

Special Events

***Wearing Masks and Social Distancing
continue to be
our Blessing to one another.***

***We are doing our best to keep in touch
with each other, by phone, email,
Facebook, texting, for example.***

***St Bede on-line services continue
to be successful and helpful.***

***Our Bishop's Committee Members
continue to reach out to our people.***

We will get through this!

Message from our Priest in Charge – Joseph Hickey-Tiernan

GOSPEL EXTREMES



“Tastes like pepper but it crunches like an apple,” one of the boys in my office assessed. He had just turned thirteen. The other boy, still two weeks short of being declared a teenager, looked at the shiny red object and its shock of green leaves and asked me seriously, “Is it a fruit or a vegetable?” It was two summers ago, and I had brought a bouquet of radishes for them to sample, during our weekly discussion of what it means to say you’re a Christian. I said, as if a bird had just startled me by flying between us, “What do think the word **radical** means?” They both chimed in at once, “**Extreme!**” “Then tell me the name of the vegetable you are munching. What’s it called?” They seemed to have grown up innocent of foods that could not be found at McDonald’s. After many random guesses, I gave in. “**Radishes,**” I announced, and began a series of Socratic questions that concluded that a radish is a vegetable with a strong flavor. It grows underground, like potatoes and carrots, and gives that kind of food the category **root vegetable**. You may see where we were headed. **Radical** is related to roots, and radical acts or radical persons are, at least in their intention, trying to get down to the **roots** of what we believe, what we ought to be concerned about, and for Christians, what it means essentially to live out the Gospel.



I told these boys who were transitioning toward adulthood a news story from when I was eleven. I lived in urban Philadelphia. In suburban Levittown, PA, a community built from scratch so it would have no nasty “covenants” that excluded Jews and Negroes from buying houses, a burning cross was discovered on the lawn of a new Black resident. Soon other Klan-inspired crosses sprang up. The following Sunday, the newspaper reported, **Nothing was mentioned** about these instances in a single Christian church in Levittown.

Returning to our own circumstances, I realize there are so many issues flaring in the news this summer, and the intersection of Racial Justice and Police Brutality is clogged with unwelcome intrusions of extreme outbreaks that are unnecessary to a non-violent demonstration. Just as in Levittown in the 1950s, churches have to tread carefully to avoid confusing methods with principles in commenting on passionate expressions of belief about how people are included and treated in our society. But saying **Nothing** is cowardice for a religion that proclaims all Children of God are welcomed by God’s Community and into God’s Kingdom. Down at the **roots** of our spirituality, saying and doing **Nothing** is **extremely unchristian**.

Mercy and Grace have set in the midst of this July’s chaos and its pandemic fear a person whose life is like a bright yellow line down the center of our road. John Lewis somehow walked a straight path as both a Christian and an activist, straight into the fire set in front of him so predictably. If he got into Trouble, it was Good Trouble. “I come not to bring Peace but a Sword,” proclaimed our Prince of Peace in the Gospel. Figuring what Jesus meant was probably confusing at first to the young seminary freshman whose family called him Robert, and begged him “not to get into trouble.” As he worked on the problem, it resolved itself for him. John Lewis became a **radical** in the best sense of that word. He became a person whose principles came out of his mouth and out of his behavior, and who chose his companions and mentors to re-enforce those deep and **radical ideals**. Let us listen to what a **great Christian** talks about and see how he behaves. Let it dawn on us that **at the root**, he was simply expressing the **radical Gospel** he knew by heart.

Back in my study in 2018, two boys were open enough to what I had to say that they ate an entire colander of radishes, a vegetable they could not remember ever tasting before. They returned week after week to discuss, as young persons who think critically, being a **radical Christian** is not an outlandish idea. After that, they began to report to me events where they themselves had acted **radically and as truly Christian teens. I can see them getting into Good Trouble.**

Joseph, priest

ST. BEDE FAMILY AUGUST BIRTHDAYS

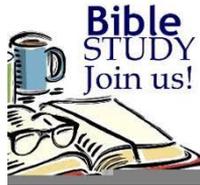


Leslie Foos
Zoe Wiltz
Patricia Cobb
Elaine Little
Marv Carter
Sharon Billings
Leslie Hopkins
Tom Huffman

Trisha Botkin
Gail Rolfe
Ernie Beetz
Russ Hargrave
Peggy Parsons
Cami Walter
Mary Douglas

Invitation to St. Bede's Wednesday Bible Study with Joseph Hickey-Tiernan

We meet on Wednesdays, via Zoom, at 11 am-11:45 am
to read and discuss the readings for the following Sunday.



We would love to have you join us.

Each Tuesday you will be sent the link to join the
Zoom meeting on Wednesday, and a copy of the
readings.

**If you are interested, please contact Karen Bathgate.
360-792-1807; kbathgate@comcast.net**

**The CHURCH GROUNDS WORK PARTY
On TUESDAY, JULY 14 went well.**

Much was achieved, and there is more work to be done.

**Our faithful ‘three musketeers’
– Darrell Gee, Gary Ebbert, and Don Lorimor
blazed the way, ably assisted by
Arthur Ferguson and Kathleen Ebbert.**

**Trees, bushes, and hedges were pruned, grass was cut,
weed eating was done, as well as the flower beds and
garden worked over. Even a downspout was cleared!
Arthur painted the large sign, facing the freeway, and it
looks MUCH better. Everything was well watered and
we were able to have a good large fire to take care of all
the generated cuttings and debris.**

**The weather was perfect for working outside – sunny and
clear, although glad we had lots of water.**

**SPECIAL THANKS go out to these faithful grounds
warriors. They truly are a Blessing to St Bede’s.**



THE WOMEN OF ST BEDE CHURCH



Some of the women of St Bede Church enjoyed a luncheon at the home of Mary Ann Balyeat on Tuesday, July 21, 2020. The dress of the day included face masks and seating was scattered. But, that didn't affect lively conversation and the enjoyment of lunch together. The day was perfect with 80-degree temperature and fresh air. It was so good to see everyone again. The variety of face masks was colorful. It seemed unusual to be dressed like that, but it didn't stop anyone from sharing thoughts and experiences. All agreed that it was a refreshing time together.

Mary Ann Balyeat



FAMILY KITCHEN



Hoorah! We started at 1:00PM and walked out together at 2:30PM. We packed 50 bags with brat sandwiches, salad, apple, sharp cheddar cheese, raisins, chips and cookies.

**Thank
You!**

Thank you Sarah, Linda, and Debbi for your help and encouragement.

Next month FK will be on August 24th.

This will be the 4th Monday as there are 5 Mondays in August.

Look forward to seeing you then.

Margo Spence

August

24

FOOD FOR THOUGHT

"Love people even in their sin, for that is the semblance of Divine Love and is the highest love on earth. Love all of God's creation, the whole and every grain of sand of it. Love every leaf, every ray of God's light. Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things.

Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all-embracing love."

*~Fyodor Dostoyevsky
(The Brothers Karamazov)*



**We have an updated church phone book
Please contact Kathleen Ebbert for a copy.**



PARISH NURSES

Ways to Practice Self-Care



Find Your Flow

Ever become so absorbed in a hobby that you lose track of time? That's a good thing! Whether you knit, write sci fi, garden, or work on your car, you should spend time on things that keep your full interest. When you're "in the zone," your mind doesn't churn, you feel more sure of yourself, and you aren't as afraid of taking risks. Make time to do what you love, and you'll also give your life more meaning.

Unplug Already

Stare at any screen for hours and you'll miss what's going on **InRealLife**. Make it a priority to fully connect with your loved ones -- in person when possible. This also allows your brain to slow down so you can better focus. It makes you calmer and lifts your mood. It may take (a lot of) practice to put your phone and laptop away, but try to do so more often -- and especially when you're with family and friends.

Nix Negative Friendships

"Toxic" people can leave you drained and less sure of yourself. After spending time with them, it's easy to feel frustrated. If you have a friendship with someone like that, it's time to rethink it. We all need true friends in our lives. Look for ones who offer support and comfort and make you feel happy.

Go Green

No matter your age or where you live, being outdoors can help you feel more calm and balanced. Studies show that time spent in nature also lessens pain, improves your focus, and helps you better connect with others. Can't get out as much as you like? Sit next to a window, look at nature photos, or buy a plant. These will help you feel grounded, too.

Get More Shut-Eye

Going to bed early can feel like a splurge when you have so much to do. It's not! Your body and brain need plenty of sleep to be at their best. That shut-eye you get helps you to think clearly, be alert, and handle stress. It also helps manage your immune system, heart, hormones, and weight. Aim for 7-8 hours each night.

Move On

If you tend to space out or feel “stuck” when you're stressed, getting active can get you back in the zone. Turn up your favorite playlist and dance in your living room, swim laps, take a brisk walk around the block. ... Rhythmic movements get you out of your head and into the present moment so you're ready for the next challenge.

Give Back

Walk dogs at a local shelter, pick up trash in a park, bring a meal to a sick neighbor. When you donate time and energy to others -- be it another person or a cause you believe in -- you forge a stronger link to the world. Helping others also gives your body and brain a good workout, boosts your self-esteem, and helps you build a social support system. Bonus: The more you volunteer, the happier you may feel.

Seek Out Happy People

You can “catch” others' emotions just like you would a cold. So what vibes are the people around you spreading? Where you can choose to, try to surround yourself with people who have a cheerful, positive outlook on life, even while they face their challenges. “Happy” is one of the best emotions to absorb. And then you, in turn, can pass it on to someone else.

Plan a Getaway

It doesn't have to be somewhere far-flung or fancy. The best trips are the ones that are most relaxed. Can't travel right now? Some research shows that you may get a mood boost by simply planning your trip.

Tap Into Thankfulness

Stop for a moment and take stock of what you're grateful for. It helps you notice that even when some things are hard, there's still good in the world and some of it has come your way. (It may also distract you from other, less pleasant feelings like envy.) Try this: Think of someone who's helped you, in a large or small way, and write them a thank-you note. Even if you never send it, you'll still get a positive mental boost.

Jot It in a Journal

Put your thoughts and feelings on paper, and you may find them easier to deal with. A journal can help you see which of your worries and fears aren't such a big deal, give you a chance to work through problems, and break the habit of negative self-talk. Keep a paper and pen handy, and try to write something every day, or type it into your phone. Remember, your journal is just for you, so let your true feelings flow.

Simplify

Your home won't feel as cozy as it should if it's filled with too much stuff. Clutter makes us less happy about where we live, as well as how we feel about ourselves. It can even prevent you from getting a good night's sleep. Little by little, chip away at what you don't need or want anymore.

Feed Your Spirit

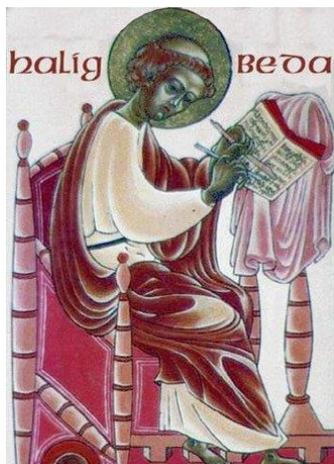
People who tend to their spiritual side are less apt to worry and feel sad. For some, that means prayer and worship services. For others, it has nothing to do with religion. You may simply meditate every morning. Either way, the result can be that you're better able to take on stress.

Seek Help When You Need It

When a big problem hits, don't pretend nothing's wrong. Speak to a counselor in private, or check out a support group. It helps you get a different view of your situation so you can make your best choices. Although your problem probably won't vanish right away, get it off your chest. You'll feel recharged by taking charge -- with help from a pro.

Ken and Mary Hulet, Parish Nurses

QUOTES FROM SAINT BEDE



I was no longer the centre
of my life and therefore
I could see God in everything.

He alone loves
the Creator perfectly
who manifests a pure love
for his neighbor.

Christ is the Morning Star,
who, when the night of this world is past, gives to his saints
the promise of the light of life, and opens everlasting day.

**On-line services and videos may be viewed on Facebook:
www.facebook.com and enter St Bede Episcopal Church
Port Orchard, or St Antony Episcopal Church Silverdale,
or our own St Mark's Cathedral –
www.facebook.com/saintmarksSeattle**

*Peace I leave with you; my
peace I give you. I do not give
to you as the world gives. Do
not let your hearts be troubled
and do not be afraid.*

John 14:27

TIDINGS

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Joseph Hickey-Tiernan –
Priest in Charge
bedesvicar@gmail.com

Services:

*Times of our Sunday and Wednesday
Services may (or will) be reviewed
when the Covid-19 restrictions are
lifted.*

*On-line services and videos may be
viewed on www.facebook.com and
enter *St Bede Episcopal Church Port
Orchard, or St Antony Episcopal
Church Silverdale, or St Mark's
Cathedral* saintmarksSeattle*



St. Bede Episcopal Church
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**In the love of Jesus Christ, St. Bede joyfully welcomes you
and seeks to serve and to nurture spirituality in all**