

Bede's Journal

The Monthly Newsmagazine of St. Bede's Episcopal Church



We help all ages grow in faith and service.

October 2015

October at a Glance

9:00am, Sundays, through 18 October

Soulwork: St. Paul

10:15am, Sunday 4 October

Feast of St. Francis with blessing of animals & All Ages Worship

6:00pm, Wednesdays, through 7 October

The New Jim Crow Reading Group #2

4:00pm, Sunday 11 October

Arts at St. Bede's presents Rani Fischer, organ

Sunday 25 October

9:00am Parish Fall Meeting & Harvest Brunch

4:00pm Arts at St. Bede's presents San Francisco Renaissance Voices

6:30pm, Friday 30 October

Annual Gala Fundraiser



Look Ahead and Save These Dates!

4:00pm, Sunday 8 November

Arts at St. Bede's presents Collage Vocal Ensemble: *Heavenly Bodies*

4:00pm, Sunday 22 November

Arts at St. Bede's presents Michael Killen: *Art & Music*

Sunday 29 November — *First Sunday of Advent*

Community Service "Family Sharing" kick-off



The family of Jean Camp are planning a memorial service for Saturday, November 7, 1:00pm, with interment of Jean Camp and Jewel Nickson in Jarow Garden.

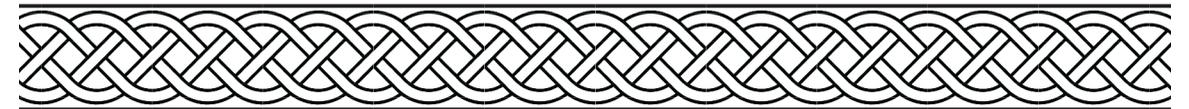


October Soulwork

Sunday Soulwork continues our series on the writings of **Paul** this month. He never knew Jesus in the flesh and never read any of the gospels, but he has had a larger influence on Christianity than any other New Testament writer. We'll explore Paul's life and letters to gain a better understanding of this prickly, arrogant, wise, and hope-filled apostle and what he might have to say to us today. Sunday Soulwork meets at 9:00am in Lehman Hall; *childcare is available*. Please

note that the Harvest Brunch will take the place of Soulwork on October 25.

On October 14 and 21, Wednesday Soulwork will spend two weeks on the **Apocrypha**. We'll explore these books that didn't make the Bible, and why. On October 28, Gia will facilitate a conversation about the direction and format of Wednesday Soulwork. Wednesday evenings begin with a light supper at 6:00pm in Lehman Hall, followed by Soulwork at 6:30.



Arts at St. Bede's presents

Rani Fischer, organ

Sunday, October 11, 4pm

Hymn tunes have inspired new organ music for centuries. Listen to variations of the 17th century tune *Our Father, in Heaven*, by Samuel Scheidt and Felix Mendelssohn, then jump 300 years to jazzy versions of *Amazing Grace* – *New Britain* – by George Shearing, Joe Utterback, and Gwen Walker. We'll end the program with the greatest version of *St. Anne* ever, composed by Johann Sebastian Bach.

Tickets at the door: \$10 general/\$5 senior/students free



FALL GALA

Save the Dates!

Save the dates for these sign-up events and auction items available at *A Night in New Orleans*, St. Bede's gala fundraiser and fellowship event on Friday, October 30:

* **Saturday, November 7:** Two tickets to the Abilities United Authors Luncheon in Palo Alto, a benefit featuring four acclaimed authors and book-signing, donated by Anne Vitullo and Jeanne Cooper, 10:30am.

* **Saturday, November 21:** Four great seats to the Big Game, Cal at Stanford, donated by Diane & Mike Spath. Includes a parking pass from Al Harris! Time TBD. *Auction item*

* **Sunday, November 22:** Children's Thanksgiving pie-making with Vicki Blayney in Lehman Hall kitchen, 11:30am to 1:30pm; includes pizza lunch. *Sign-up event; limited slots!*

* **Sunday, December 6:** Children's gingerbread house party (and parents' getaway!) in Lehman Hall, noon to 2:30pm; includes lunch, movie, and holiday crafts. *Sign-up event; youth volunteers welcome.*

* **Sunday, January 10:** Two tickets to the exhilarating Boar's Head Revels by San Francisco Renaissance Voices, performed at St. Bede's and donated by Kathy McKee & Colby Roberts, 4pm.

* **Saturday, January 16:** "Downton Abbey"-style tea service at the Menlo Park home of Irene Lawrence & David Chu, 3pm. *Sign-up event; limited slots!*

* **also Saturday, January 16:** Mediterranean dinner party at the Menlo Park home of Anne Vitullo & Jon Poe, 7pm. *Sign-up event; limited slots!*

* **Saturday, February 6:** Ale tasting & hearty appetizers at the Menlo Park home of Ed & Carol Brink, 3pm. *Sign-up event; limited slots!*

* **Saturday, February 13:** Marmalade making with Kathy McKee in Lehman Hall kitchen, noon to 5pm. Take home ten 8-oz. jars of delicious citrus toppings (optional prep session at 7pm, Tuesday, January 12). *Sign-up event; limited slots!*

* **Sunday, February 14-21:** One week's stay in beachfront Marriott Ko Olina Beach Club villa (2BR+2 sofas/2BA, sleeps six, with full kitchen and resort activities), donated by Jeanne Cooper & Ian Hersey. *Auction item*

* **Flexible date:** A one week's stay in beachfront 2BR/2BA Coronado Shores condo (near San Diego), November 2015-June 2016, excluding Christmas/New Year's, to be arranged at mutual convenience with donors Irene Lawrence & David Chu. (Contact Irene if you'd like to confirm availability in advance.) *Auction item*

Other events and items are still being added, including a whisky tasting with Melville Hayes-Martin and Ian Hersey, a Scottish dinner and movie night with Gia & Melville Hayes-Martin, and a children's tour of Hidden Villa organic farm in Los Altos with Rita Comes Whitney. Check Sunday bulletins, website, or Lehman Hall displays for the latest updates.



PLEASE JOIN US FOR
A NIGHT IN NEW ORLEANS
ST. BEDE'S 2015 FALL GALA
FRIDAY, OCTOBER 30, 6:30 TO 9PM

SAVORY & SWEET BUFFET * SILENT AUCTION * ENTERTAINMENT
 CHILDREN'S HALLOWEEN COSTUME PARADE
 ADULT MASQUERADE (COME AS YOUR FAVORITE SAINT!)



SCHEDULE & OTHER DETAILS AT
WWW.STBEDESMENLOPARK.ORG
 AND IN LEHMAN HALL DISPLAY

RSVP BY
SUNDAY, OCTOBER 18



Community Service

Committee Quarterly meeting

The next quarterly meeting of St. Bede's community service committee will be held on **October 4**, after the 10:15 service, in the Ford Room. On the agenda: upcoming Home & Hope service opportunities, planning for the Advent and Christmas seasons, and more. All are welcome, even (especially!) if you've not been active with this committee in the past. *NB*, this meeting time is directly after our annual St. Francis service which includes a blessing for parish pets. Clean and polite critters are welcome in the Ford Room for the meeting but if the long morning won't work for your animal(s), you'll want to plan accordingly.

Home & Hope

On August 9, volunteers from St. Bede's staffed the Home & Hope transitional housing ministry at Trinity Church in Menlo Park with help from Jeanne Cooper and the Pellegrin family. Our next service oppor-



tunity will be **October 13** at Congregation Beth Jacob in Redwood City. Newcomers (including youth) are invited to join our group of experienced volunteers in helping prepare and serve a kosher dinner (using provided ingredients and instructions) from 5 to

7pm, or in assisting with childcare and adult conversation from 7 to 8:30pm. We typically serve four to five families with children from infants to teenagers; bringing games, balls to toss, or coloring supplies is appreciated. Please contact Emilee Wilhelm-Leen if you'd like to join the group.

Note: Our overnight hosts John Hickson and Sarah Babin will arrive at 8:30pm, spend the night in a private room, and wake the families in time for breakfast and a 7am departure back to the Home & Hope day center in Burlingame. We're very grateful for their service; if you'd like to learn what it entails, please contact John.

Pack the Bag

Our team of Pack the Bag volunteers continues to stay busy shopping for and packing bags of healthy, kid-friendly food every week at Ecumenical Hunger Program in East Palo Alto. The bags are picked up each Friday by parents or other caregivers to provide nutrition for kids who eat breakfast and lunch at school during the week; in a typical week, we distribute about 25 bags, feeding fifty children. Please keep your donations of kid-friendly food coming! We especially need shelf-stable milk. Contact Emilee Wilhelm-Leen or Diane Spath if you'd like to get involved in this ministry.

– *Emilee Wilhelm-Leen*
Community Service co-Chair

St. Bede's Children & Youth

Sunday school and Youth Group are in full force! We had a very successful first day of Sunday school picnic and Fall Kick-Off. I want to give a special thanks to all the parents, teachers, and volunteers that helped make these events possible and so much fun. You can check out pictures from these events on our website as well as on the Facebook site.

We have begun our Sunday school curriculum in all three ages. We have some great energy and excitement from the teachers and the students. The kids are learning through fun crafts, dramatic role-playing, and just the calming grace of coloring pages. We will continue to get creative and engage the biblical stories in new and exciting ways.

As we journey forth into the rest of fall we look forward to our St. Francis All-Ages Worship on **October 4**, where I will preach and the children will present a choral piece. We hope you all can come and join us! And don't forget to bring your pets!

For our middle school and high school youth we have a service opportunity and a social event on the calendar for October. I am looking for a few youth to help with Home & Hope on the night of **Tuesday, October 13**. Also, we have planned a trip to Mountain View Laser Quest for a Sunday afternoon outing, **October 18**; we will be leaving right after the 10:15 service and will be back to the church no later than 3 pm. Parents, we are also looking for carpool drivers.

There will also be special activities for children and youth during the Fall Meeting and Harvest Brunch at 9am on **Sunday, October 25**, as well as kid-friendly highlights at the Fall Gala on **October 30**. Don't miss them!

If you would like to be added to the parents' weekly email, please contact me at michaela@stbedesmenlopark.org.

– *Michaela Kruger*
Children's & Youth Minister



From the Rector

Governing Assemblies Galore

October seems to be a month for governance. On October 16 and 17, clergy and lay delegates from every congregation in the Episcopal Diocese of California will gather at Grace Cathedral for Diocesan Convention, including business sessions, presentations from ministries throughout the diocese, the bishop's address, and Eucharist. Delegates Michael Graebner, Irene Lawrence, and Dave Sell, alternate Carol Brink, and I will represent St. Bede's. Convention is open to the public, and anyone may attend. And on October 25, St. Bede's holds the annual Harvest Brunch, at which we will elect vestry members and convention delegates and officially launch the annual stewardship campaign.



Diocesan Convention is one of the governing authorities of each diocese in the Episcopal Church. The bishop, committees including Standing Committee, and Diocesan Council govern the diocese between conventions. Convention elects members of those committees and, when necessary, a bishop; amends the canons under which the bishop and committees work; votes on resolutions that express the will of the diocese on matters ranging from investment policies for the diocesan endowment to social justice to commemorations of saints; and sets the

annual budget for the diocese. While the work of Diocesan Convention may seem remote from our day-to-day life, it provides the framework in which St. Bede's exists as a parish. All Episcopal congregations came into existence through the action of Diocesan Convention; indeed, the most joyful of the resolutions that the convention will consider this year are to admit a new congregation into the diocese and to admit an existing mission (a congregation that is financially supported by the diocese) to parish status, acknowledging that it is now financially self-sustaining.

St. Bede's went through a similar process when it was founded in 1962 and when it reached parish status twenty years later. Although parishes and missions have a fair degree of autonomy in our system, we are not congregationalists; each congregation does not govern itself. We choose to surrender some of our authority to elected representatives who make decisions on our behalf for the entire diocese.

Besides Diocesan Convention, another way in which our surrender of authority is manifest is in the election of vestry members. The tradition at St. Bede's is to elect vestry members at the Harvest Brunch in October each year, with the new vestry terms beginning after the Annual Parish Meeting in late January. We are trying

something a little different with the Harvest Brunch this year. Instead of starting at 11:30 as in years past, the brunch will begin at **9:00am**. This brunch is one of the key opportunities for people who attend the 8:00 and 10:15 services to come together as one community, and the time slot between services will make it easier for all to attend.

A children's program will be offered as well.

Please ask any of our Diocesan Convention delegates about the actions of this year's convention. And I look forward to seeing you at the **Harvest Brunch** on the **25th**!

Peace,

Gia+

— Request for Volunteers — Preaching Project

Sunday, October 11th after the 10:15am service, large Wyatt classroom

Dear sermon listeners,

I am looking for volunteers who are willing to participate in a research project designed to learn more about how people listen and respond to sermons. Participation will require a little more than an hour of your time—during which you will listen to a total of four sermons that have been previously recorded.

This particular research project is designed specifically to learn more about narrative preaching. Narrative sermons are ones that use some form of story to assist in conveying the meaning of the sermon. After listening to each sermon you will be asked to respond to a set of questions.

I am working to include at least 150 participants from multiple parishes. Your impressions and insights will provide valuable information to assist future preachers in crafting better sermons. While the study asks each individual to record their individual impressions—the results will be anonymous and reported only in the form of aggregate data.

Your participation in this project will be greatly appreciated—and in advance I thank you for giving this project consideration.

Faithfully,

The Reverend Eric Hinds

Rector, The Episcopal Church of Saint Matthew, San Mateo

Doctor of Ministry candidate at The University of the South, Sewanee

Arts at St. Bede's presents

San Francisco Renaissance Voices – Viva Italia! Sunday, October 25, 4pm

The Bay Area's premier professional choir for music of the Renaissance, under the direction of Katherine McKee, opens their 2015-16 season with music from Italy's great castles, cathedrals, and countryside, featuring Palestrina's *Missa Nasce la gioia mia* for six voices, as well as madrigals for 3, 4, 5, and 6 voices by Aleotti, Asola, Casulana, Croce, Marenzio, Primavera, Striggio, and Vecchi.

Tickets at the door: \$30 general/\$25 senior/\$25 student/\$15 under-12

For more information & advance purchase, see www.sfrvoices.org



Coffee Hour Hospitality

Coffee hour is such a fun way to reconnect with our community and get to know new comers to our parish—it's a vital part of our fellowship at St. Bede's. Have you ever thought about helping out with coffee hour but were not sure how to go about it or what is required? Relax, it's easy. Here are a few things to get you started:

How do I sign up?

Look for the sign-up board in Lehman Hall during Sunday's coffee hour. You can also contact Carol Shedlock directly at 854-6555 and she can give you the date you request.



Do I have to be on the regular roster of helpers if I sign up?

No. You can help out once a year or once a month or anything in-between. Whatever works for you. And you can sign up for the service you attend (8:00 or 10:15).

I've never done coffee hour before and I don't know how to make coffee or what to bring.

No problem. Consider signing up with one of our experienced coffee hour hosts who will show you the ropes (there will be

Sharing Our Gifts

Sharing our gifts will be the theme of this year's stewardship campaign, kicking off at the Harvest Brunch, 9am on Sunday, October 25. *A Night in New Orleans*, the Fall Gala fundraiser and fellowship event on October 30, will also showcase the time and talents of volunteers and donors.

In addition to fun sign-up events showcasing parishioners' interests (see page 4), our auction will also offer homemade preserves (Peter Blackmore and Ann Poulson), wild-crafted honey (Chris Talbot), and beautiful hand-knit items (Irene Lawrence and Rev. Gia Hayes-Martin), to name a few—donations are still welcome! You can bid on computer consulting services provided by Fred Langhorst. Gigi and Alexandra Spath will throw a themed birthday party, complete with freshly baked cake, goody bags, and activities, for one lucky child whose parent makes a winning bid.

While the auction is being tallied, a talent show will feature songs by Claire Lawrence, guitar by Mathew Mammen, and other live parish entertainment to be announced. Children can also share their interests by participating in the Halloween costume parade preceding the talent show, while adults are encouraged to masquerade as their favorite saint (for those short on time, we'll have masks available).

Please email me to donate goods or services, or to volunteer before or during the event. I will connect you with the appropriate team leader.

– Jeanne Cooper



a * next to their name on the sign-up poster). Bring simple treats (fruit, cheese and crackers, bagels). Or just bring donuts and make some coffee—easy!

All food purchases are reimbursable.

You can also volunteer to clean up instead of set up the food and coffee—that's also a big help.

Can I still go to the service on the day I sign up for coffee hour?

Yes, of course! Just come fifteen minutes before the service starts to set up and make



coffee. Some hosts like to exit during the closing hymn at the end of the service to get a jump on things. You'll have time to do last minute set-up as people come into the hall after the service.

More questions? Contact Diane Spath or Jeanne Cooper and we'll be happy to talk with you about it.

– Diane Spath

Vestry Nominations

As this newsletter goes to press, at least one more member is still needed to stand for vestry (as we have four 3-year terms plus one partial term to fill), so please step right up and make yourself known. Check the vestry panel in the parish hall for updates.

The following congregants have already agreed to stand.

Douglas W. Blayney

St. Bede's is the fourth Episcopal parish in which I have been involved, as my career has taken us to various cities around the country. Vicki and I have been at St. Bede's for the last five years. Previously, I served on the vestry of the first protestant church in the Los Angeles area (Church of Our Savior, San Gabriel), and I have served on several boards of directors overseeing volunteer organizations. I was raised as a Presbyterian, and became a serious Episcopalian while raising our three daughters. My work as a medical oncologist brings me into contact with people facing difficult times in their life, and my work setting is relentlessly secular. I would be honored to help oversee the continuing efforts of a parish intent on demonstrating the relevance of God's timeless message of love and acceptance in the dynamic setting of Silicon Valley.

Brian Douglas

I was baptized and confirmed in the Episcopal Church, and with Kathleen, joined St. Bede's parish in the late '90s when we lived in Redwood City. In 2005, we moved to Tiburon and for seven years

rejoined St. Mary's in San Francisco where we were married. When we returned to the Peninsula, settling in Half Moon Bay, we were warmly welcomed back to St. Bede's. I enjoy being part of the very special St. Bede's community and I've been active as a worship volunteer with lector and usher duties as well as outreach with occasional espresso at coffee hour. I have also worked on auctions and other fundraising activities with St. Bede's and Episcopal Charities. In my community life, I've chaired city and county commissions and I'm currently president of a journalist organization. I would be honored to serve St. Bede's and help our community grow in the 21st century.

Charles Curtis Grisham, Junior

Originally from northwest Arkansas, I moved to San Francisco in 1998 from New York City, where I was a member of St. Luke in the Fields. In San Francisco, I was a member of Grace Cathedral until shortly after Dean Jones' retirement. I drifted away from the Cathedral, then from church altogether, not feeling at home in any parish I visited... until about a year ago, when I set foot inside St. Bede's, heard Gia preach,

Rani play, and the choir sing. I have a sense of welcome and belonging here, and my connection to fellow parishioners has grown steadily. I've attended worship consistently, pledged, joined Companions in Christ, attended Soulwork, and enjoyed the coffee socials. I have a BA in Communication and MFA in TV Production. I was a producer at CBS News and a senior manager at schwab.com, among other gigs. I am happy to offer any abilities I may possess to the service of St. Bede's, Menlo Park.

Katie Macheimer

Daniel and I have three small children: Abigail (6), Kiersten (3.5), and Zachary (nearly 5 months). Our family first visited St. Bede's in 2012, and we were especially drawn to return by its warm hospitality and inclusion of newcomers. We appreciate how welcoming St. Bede's is and the spiritual support they give to each person in our family.

One of my passions is serving through children's and youth ministry. Before Michaela joined our staff, I assisted in coordinating Sunday school teachers, assisting with lesson plan selection, organizing and providing the supplies, and co-leading the middle school Weekend of Service trip. You might have seen me as one of the participants in Adult Education, Home & Hope outreach, Pack the Bag, the Fall Gala, Parish Retreat, the Christmas Pageant, and countless other programs at St. Bede's. Before coming to

St. Bede's, I worked for twelve years as a lay employee in the Episcopal Church, where I was in charge of various ministries and programs for children, youth, young adults, and young families at parishes in Ohio, New York City, and the South Bay. This is a very exciting time at St. Bede's, when we finally have dedicated, paid staff that are able to dig into the meat of children's and youth ministry. I'm hopeful about all that we can do within and outside the walls of the church in the coming years, and I look forward to continuing to be a part of it.



St. Bede's deanery delegates will also be selected/approved at the Fall Meeting. Here's the Deanery in a nutshell.

Deanery Experience

The Deanery is a means for various regions within the larger geographical Diocese of California (the greater San Francisco Bay Area) to communicate and share local regional information and ideas. Simply put, the Deanery allows us to get to know our parish neighbors and share in the rich diversity that this offers. Communication at this local level is an excellent expression of how we, as Christians, are facing a rapidly changing world and transforming it as we work and live on the Peninsula (Deanery of the Peninsula).

– Michael Graebner Deanery Delegate

Vestry View

Vestry began its September meeting with community input from vestry member Abby Mintz. Abby requested that the vestry consider acquiring a kneeler to place in the south narthex near the Jarrow Garden plaques, for those who would like to kneel and pray while remembering their loved ones. Do you support this idea or have requests of your own? Let the vestry know!

Hal Louchheim updated us on the financial health of the parish. His finance report showed that August was a slow month with the exception of expected maintenance costs, and we are maintaining good cash flow. Thank you, Hal!

We discussed our upcoming stewardship campaign, during which parishioners will be asked to prayerfully consider how they would like to contribute to the parish. This year the campaign will emphasize that our *time* and *talent* are valued as much as our *treasure*. Those who cannot make a large financial commitment can be confident that their investment of time and talent to parish ministries is cherished. Senior warden Jeanne Cooper also noted that if we meet our stewardship goals for 2015-2016, the proceeds from our 2016 Fall Gala could be dedicated solely to outreach, a laudable future goal.

Jon Backlund reported for the Buildings & Grounds team that two more dying Monterey

pinus may have to be removed from the berm along Sand Hill Road. Also, repairs to a window on the south-facing roof of the sanctuary will increase the cost of its exterior renovation from \$35K to \$45K. These costs are well within our budget. Additionally, our irrigation system upgrades are working, so we are beating our targets for water conservation. Finally, the Buildings & Grounds team may be working with its counterpart at Trinity School on classroom upgrades in the future.

Reporting for the Community Service team, Diane Spath noted that Pack the Bag now has a large fund to support milk purchases, and every packed bag includes three boxes of shelf-stable milk. This fund was made possible by all the generous donations by parishioners at the 4th of July pie sale. Way to go!

Gia reported on the success of our Kick-Off Day on September 13, noting that she almost ran out of Communion bread and wafers and that coffee hour lasted over two hours! Speaking of coffee hour, Jeanne Cooper thanked Diane Spath for creating a sign-up poster to encourage more parishioners to contribute to our hospitality efforts.



— Laura Gable
Junior Warden

Welcome to two new members of St. Bede's Choir!

The choir is off to a great start this year! We welcome new soprano Kristin Black and almost new tenor section leader Dan Stanley. Dan sang a few Sundays for us during the spring, and we're delighted to have him back on a regular basis for this year. And for those of you who might have been trying to figure out just where you might fit into the choir, here are some enticements...

Top Ten Reasons for Being a Soprano

1. The rest of the choir exists just to make you look good.
2. You can entertain your friends by breaking their wineglasses.
3. Can you name an opera where an alto got the man?
4. When sopranos want to sing in the shower, they know the tune.
5. It's not like you are ever going to sing the alto part by accident.
6. Great costumes—like the hat with the horns on it.
7. How many world famous altos can you name?
8. When the fat lady sings, she's usually singing soprano.
9. You get to sing the tune.
10. When you get tired of singing the tune, you can sing the descant.



Top Ten Reasons for Being an Alto

1. You get really good at singing E flat.
2. You get to sing the same note for 12 consecutive bars.
3. You don't really need to warm up to sing 12 consecutive bars of E-flat.
4. If the choir has a rough morning, it's unlikely the altos will be blamed.
5. You have lots of time to chat during soprano solos.
6. Altos are better than the sopranos—everybody knows women only sing soprano so they don't have to read music.
7. You can sometimes find part time work singing tenor.
8. Altos get all the great intervals.
9. When the sopranos are holding some crazy high note at the end of a song, the altos always get the last words.
10. When the altos miss a note, nobody gets hurt.



Top Ten Reasons for Being a Tenor

1. Tenors get high—without drugs.
2. Name a musical where the bass got the girl.
3. You can show the sopranos how it SHOULD be sung.
4. Did you ever hear of anyone paying \$1000 for a ticket to see “The Three Basses”?
5. Who needs brains when you’ve got resonance?
6. Tenors never have to waste time looking through the self-improvement section of the bookstore.
7. No conductor in recorded history has ever asked for less tenor sound in a loud passage.
8. When you get really good at falsetto, you can make tons of money doing voice-overs for cartoon characters.
9. Gregorian chant was practically invented for tenors. Nobody invented a genre for basses.
10. You can entertain your friends by impersonating Julia Child.

Top Ten Reasons for Being a Bass

1. You don’t have to tighten your shorts to reach your note.
2. You don’t have to worry about a woman taking your job.
3. Or a preadolescent boy taking your job.
4. Action heroes are always basses. That is, if action heroes ever sang, they would sing bass.
5. You get great, memorable lyrics like bop, bop, bop, bop.
6. If singing doesn’t work out, there’s always broadcasting.
7. You never need to learn to read the treble clef.
8. If you get a cold, so what?
9. For fun, you can sing at the bottom of your range and fool people into thinking there’s an earthquake.
10. If you belch while you’re singing, the audience just thinks it is part of the score.

(With thanks to St. James ELCA Lutheran Church in Lexington, South Carolina)

– Katherine McKee Music Director

The deadline for the November issue of Bede’s Journal is Thursday 15 October.



Please send copy to: cshedlock@stbedesmenlopark.org



In the Month of October

Birthdays

- 1 Ed Brink
- 2 Margaret Monroe
- 5 Ann Poulson
- 7 Erica Cicero
- 14 Meredith Pellegrin
Autumn Stork
- 15 Stephen Boisvert
- 20 Arthur Whitney
- 21 Olivia Gustin
Joey Leen
- 23 Julia Klasson
- 25 John Churchill
Melville Hayes-Martin
Olivia Stork
- 27 Al Harris
Cooper Stewart
Silas Stewart

Anniversaries

- 4 Nancy & Robert Shurtleff
- 6 Dave & Megan Sell
- 10 Al & Betsy Harris
- 29 Jon Poe & Anne Vitullo
- 30 Stephanie & Zachary Gustin



St. Bede's Episcopal Church
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Time Value

Date Mailed: 1 October 2015

Change Service Requested



The purpose of Bede's Journal is to keep members and friends of the congregation informed of activities and opportunities for education, worship, and fellowship within the parish and beyond.

The Rev. Gia Hayes-Martin *Rector*
The Rev. John Oda-Burns *Priest Assistant*
Carol Shedlock *Parish Administrator*
Michaela Kruger *Children's & Youth Minister*
Katherine McKee *Music Director*
Rani Fischer *Organist*
Angela Sherry *Bookkeeper*

Sunday Services

Holy Eucharist 8:00am, 10:15am

Sunday Programs

Adult Education 9:00am — *childcare available*

Nursery 10:00am

Children's Sunday school 10:15am

Weekdays

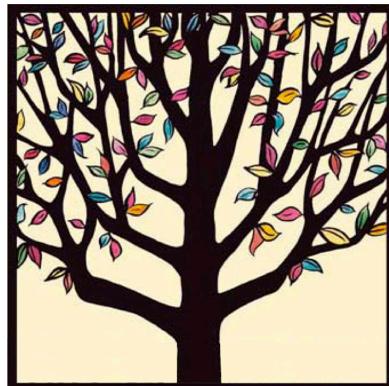
Holy Eucharist Wednesday 8:00am

Adult Education Wednesday 6:30pm — *simple supper at 6pm*

Parish Office Hours M-F 9:00am-5:00pm

650-854-6555

Trinity School + Preschool-Fifth Grade



Read *Bede's Journal* on-line at

www.stbedesmenlopark.org