

# Bede's Journal

December 2016



The Monthly Newsmagazine of St. Bede's Episcopal Church

## December at a Glance

*Sunday 4 December — St. Nicholas Sunday*

Annual Pledge Ingathering

**12:15pm** FALL GALA sign-up event: Gingerbread house party

*Sundays, December 4, 11, and 18*

**9:00am** Soulwork: Spiritual practices for Advent

**11:15am** Children's Pageant rehearsal

*Sunday 11 December*

Family Sharing gift wrapping at coffee hours

**10:15am** Advent Lessons & Carols and Holy Eucharist

**4:00pm** Arts at St. Bede's presents Kitka

*noon, Sunday 18 December*

Mass cookie-baking for jail ministry

*Saturday 24 December — Christmas Eve*

**4:00pm** Children's Christmas Pageant & Holy Eucharist

**5:30pm** Community Dinner *Free to all; RSVP most appreciated*

**7:30pm** Prelude: Bach by candlelight

**8:00pm** Festival Eucharist with Choir

*10:00am, Sunday 25 December — Christmas Day*

Holy Eucharist with Carols, Trumpet & Organ: **ONE SERVICE ONLY**



## Look Ahead and Save These Dates!

*10:00am, Sunday 1 January — The Holy Name*

Christmas Lessons & Carols and Holy Eucharist: **ONE SERVICE ONLY**

*7:00pm, Saturday 21 January*

FALL GALA sign-up event: Mediterranean Dinner Party, at the Poe/Vitullo home

*Sunday 29 January*

**4:00pm** Arts at St. Bede's presents MUSA Ensemble

*Friday-Sunday, 9-11 June*

St. Bede's Annual Parish Retreat 2017 at The Bishop's Ranch, Healdsburg

## Soulwork for Advent



On December 4, 11, and 18, Soulwork will explore spiritual practices that will help us enter the season of Advent more deeply. We'll prepare for the coming of Christ into the world with prayer techniques, poetry, music, and visual art. Soulwork meets on Sundays at 9:00am in Lehman Hall.

Soulwork will take a Christmas vacation on December 25 and January 1; we'll resume on January 8.

## Arts at St. Bede's presents

### Kitka — Wintersongs

### Sunday, December 11, 4pm

Few things evoke the magic of the winter holidays as the transcendent splendor of the human voice raised in song. Kitka Women's Vocal Ensemble has researched and discovered a treasure-trove of exquisite and unusual seasonal music from a wide variety of Eastern European ethnic and spiritual traditions. This year's program will showcase material ranging from rousing Slavic folk carols to lush, meditative Eastern Orthodox sacred choral works, from mesmerizing pre-Christian incantations for the longest nights of the year to Yiddish chants for Chanukah to original new pieces inspired by the beauty and mystery of wintertime. Plan to arrive early to find good seats! [www.kitka.org](http://www.kitka.org)

*Tickets at the door: \$40 center front/\$35 general/\$30 senior/\$15 student*

*For advance purchase at a small discount, see*

[www.stbedesmenlopark.org/upcoming-arts-events/](http://www.stbedesmenlopark.org/upcoming-arts-events/)



## A New Approach to Advent Outreach

St. Bede's has traditionally offered several ways to share our bounty and God's love with our neighbors in Advent, reflecting Jesus' call in Matthew 25:36: "I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

This year, thanks to the generosity of patrons and donors to our Fall Gala for the Seccombe Outreach Fund, we are able to focus all of our charitable efforts in Advent and Christmas on hands-on service, *without additional fundraising*. We hope that all will feel empowered to participate, without adding stress in this busy season, and that all may feel a more personal connection to those in whom we see and serve Christ himself.

Here's an overview of our programs and what's new:

### FAMILY SHARING

**What it does/what we do:** This program ensures deserving East Palo Alto families with very limited means receive Christmas



gifts and grocery funds. This year we're aiding 16 adults and children, all vetted by Ecumenical Hunger Program (EHP, [www.ehpcares.org](http://www.ehpcares.org)), in an effort coordinated by Fred Langhorst.

**What's new:** The Seccombe Outreach Fund will underwrite the actual costs of gifts and/or gift cards and grocery cards, but we still need volunteers to shop for and wrap gifts. Sign up at coffee hours on Sunday, December 4, to buy specified gifts or gift cards for one of the 16 people; submit receipts for reimbursement when you bring your purchases to St. Bede's on Sunday, December 11. Volunteers are also invited to help wrap gifts after the 8am and 10:15 services on Sunday, December 11. (Additional gift-wrapping may take place from 11:15 to noon on Wednesday, December 14.) Gifts will be delivered to EHP on December 19; talk to Fred for details.

### NURSING SCHOLARSHIP

**What it does/what we do:** In Malawi, a \$2,500 nursing scholarship administered by Global AIDS Interfaith Alliance ([www.thegaia.org](http://www.thegaia.org)) covers tuition, books, uniforms, and a stipend for other expenses, which often include care of younger siblings due to parents lost to AIDS. Recipients agree to serve in Malawi for at least five years after graduation and, through GAIA's mobile clinics, can ultimately care for thousands of patients each per year. Traditionally we've asked for your donations in return for a

memento and card you can send a recipient as an "alternative gift."

**What's new:** The Seccombe Outreach Fund will fully underwrite the nursing scholarship! If you are in need of ideas for alternative giving, you can still donate directly via GAIA's website. Or consider one of the gifts in Episcopal Relief and Development's Gifts for Life program: [www.episcopalrelief.org/what-you-can-do/gifts-for-life](http://www.episcopalrelief.org/what-you-can-do/gifts-for-life).

### COOKIE BAG JAIL MINISTRY

**What it does/what we do:** The Service League of San Mateo County gives about 1,000 hand-decorated cookie bags to inmates and guards in the county jail in Redwood City on Christmas Day. We contribute dozens of homemade cookies, participate in the bag assembly at another church in Redwood City, and sing carols and shake inmates' hands while helping distribute the bags. Children help decorate the bags at special events and at Trinity School crafts fair.

**What's new:** Emilee Wilhelm-Leen will lead a mass cookie-baking after church on



Sunday, December 18 (while children rehearse for the Christmas pageant); if you'd like to participate, contact Emilee. You're also welcome to bring homemade cookies and other holiday treats (no soft icing or fragile items, please) to church that day, or leave in the freezer earlier in non-returnable containers marked "Service League." (Low-sugar, nut-free, and gluten-free cookies are especially welcome; please label with ingredients.) To volunteer for caroling in the jail, which requires a background check and brief training, contact Jeanne Cooper by Monday, December 5.

— Jeanne Cooper

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**Hoofing It**

Members of the St. Bede's Community Service Committee participated in The Journey Home, Home & Hope's 5K run/walk on November 13 at Seal Point Park in San Mateo. Our team raised more than \$500 for Home & Hope and had a blast doing so!

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— Emilee Wilhelm-Leen

## Music at St. Bede's

### The Great O Antiphons

**O** *come, O come, Emmanuel.* So begins one of the most beloved Advent hymns of all time. The words are rooted in the antiphons that were sung before and after the *Magnificat* at the daily office of Vespers on each of the seven (in the Roman rite) or eight (in the Sarum rite\*) days before Christmas. The origins of the texts are unknown, but date at least back to the 9<sup>th</sup> century. Each of the seven Roman antiphons begins with one of the titles of the Messiah: Wisdom, Lord, Root of Jesse, Key of David, Rising Sun, King of Nations, Emmanuel. The text for our modern hymn (#56 in *The Hymnal 1982*) has its origins in a German book of Latin hymns, the *Psalterium Canticum Catholicarum*; at its debut, the hymn had just five verses (Emmanuel, Jesse, Dayspring, Key of David, Adonai) and was given its now famous refrain: Rejoice, rejoice, Emmanuel shall come to thee, O Israel. The remaining verses (Wisdom and King of Nations) were published later. The text was published in England in both Latin and English versions by the great Oxford Movement priest and theologian, John Mason Neale, and linked to the 15<sup>th</sup> century plainchant tune we now know and love by Thomas Helmore. It received its first publication in *Hymns Noted*, a book of Office hymns (all in Latin) in 1851, and became known throughout Great Britain when it was included (in English) in *Hymns Ancient and Modern*, first published in 1861. It became part of the Episcopal hymnal in America in *The New Hymnal* in 1916. It has enjoyed great popularity across the spectrum of American churches, being one of the few chant-based hymn tunes that is regularly sung by Protestant churches (such as the Baptist Church and the United Church of Christ) which otherwise tend to shun music with such strong Roman Catholic roots.

In our modern world, few Christians have the opportunity for daily worship on the seven days preceding Christmas. The hymn *O come, O come, Emmanuel* gives us a connection to that monastic world in which these beautiful petitions for the coming of the Messiah were part of the daily Office at the end of the Advent season. This year at St. Bede's we will structure our service of Advent Lessons & Carols (**Sunday, December 11 at 10:15am**) around the words of the ancient antiphons and their adaptations as sung in the hymn.



1. O Wisdom, Who didst come out of the mouth of the Most High, reaching from end to end and ordering all things mightily and sweetly: come and teach us the way of prudence.  
*O come, thou Wisdom from on high, who orderest all things mightily; to us the path of knowledge show, and teach us in the way to go.*



2. O Adonai, and leader of the house of Israel, Who didst appear to Moses in the flame of the burning bush, and didst give unto him the Law on Sinai: come and with an outstretched arm redeem us.  
*O come, thou Lord of might, who to thy tribes on Sinai's height in ancient times didst give the law, in cloud and majesty and awe.*



3. O Root of Jesse, Who dost stand for an ensign of the people, before Whom kings shall keep silence, and unto Whom the Gentiles shall make their supplication: come to deliver us, and tarry not.  
*O come, thou Branch of Jesse's tree, free them from Satan's tyranny that trust thy mighty power to save, and give them victory o'er the grave.*



4. O Key of David and Sceptre of the house of Israel, Who dost open and no man doth shut, Who dost shut and no man doth open, come and bring forth from his prisonhouse the captive that sitteth in darkness and in the shadow of death.  
*O come, thou Key of David, come, and open wide our heavenly home; make safe the way that leads on high, and close the path to misery.*



5. O Dawn of the East, Brightness of the Light Eternal and Sun of Justice, come and enlighten them that sit in darkness and in the shadow of death.  
*O come, thou Dayspring from on high, and cheer us by thy drawing nigh; disperse the gloomy clouds of night, and death's dark shadows put to flight.*



6. O King of the Gentiles and Desired of them, Thou Cornerstone that dost make both one, come and deliver man, whom Thou didst form out of the dust of the earth.  
*O come, Desire of Nations, bind in one the hearts of all mankind; bid thou our sad divisions cease, and be thyself our King of Peace.*



7. O Emmanuel, our King and Lawgiver, the Expected of the Nations and their Saviour, come to save us, O Lord our God.  
*O come, O come, Emmanuel, and ransom captive Israel. That mourns in lonely exile here until the Son of God appear.*

\* The eighth antiphon is *O Virgo virginum*, a dialogue between the Daughters of Jerusalem and Mary: O Virgin of virgins, how shall this be? for neither before thee was any like thee, nor shall there be after. Daughters of Jerusalem, why marvel ye at me? the thing which ye beheld is a divine mystery.

– Katherine McKee Music Director

## From the Rector

### How We Love Our Neighbors

Respectful, open communication is one way we love our neighbors as God loves us. Unfortunately, this kind of communication doesn't always come naturally to us. Most of us learned to communicate from our families of origin, and our families and culture may have taught us patterns that aren't all that healthy or life-giving. That's certainly true for me. I grew up in a culture that prizes niceness over everything else, so I learned passive aggression as the way to interact with others. It's taken me a long time and a lot of work to learn to communicate directly without triangulation, allow myself to be angry or upset, and speak up when something bothers me. Painful experience has taught me that whenever we assume that everyone knows how to communicate in healthy, life-giving ways, we'll be disappointed. This is especially true in group settings. Everyone brings their own patterns of communication, healthy or not, into the group, and if we don't take the time to agree how we will interact with each other, it's harder to be truly respectful and open with each other.

The best groups I've participated in, the groups that were the most honest, the most trusting, the most profound, the most receptive to the movement of the Holy Spirit, have all used clearly articulated, commonly

agreed-upon standards of behavior to guide our time together. I have come to believe that group norms are essential to true community. Over the summer, we began using group norms in our Soulwork conversations. We were preparing to spend several weeks discussing a difficult subject—the spirituality of money—and I wanted to lay the proper groundwork for these conversations to be open, respectful, and life-giving. We worked together to articulate these norms. We have continued to use and refine them as we've moved on to other topics. These are the norms we are currently working with (including some explanation where necessary):

- Jesus is always part of the discussion  
*Wherever two or three gather in his name, he is in the midst of us.*
- Respect for everyone
- No cross-talk, no interruptions
- Ask yourself W.A.I.T.—why am I talking?  
*Am I talking because I have a legitimate contribution to the discussion? I should speak up. Am I talking to score a point against someone else, prove that I'm an expert, make myself feel better, shut down conversation, etc.? I should probably be silent.*
- Reach out when someone is experiencing difficulty



- Listen carefully without judgment; no shaming
- Speak only for yourself; don't assume your experience or opinion is universal  
*We are all different. Statements that begin "We all know..." or "Everyone has done this..." are bound to be false. We will offer our perspective with a humility that leaves space for others to disagree.*
- Brevity, be to the point, allow time for others to speak
- Monitor your own emotional reaction
- Intent does not always match impact; if impact is hurtful, speak up  
*Sometimes our words and actions don't come across the way we meant them. When someone's words or actions cause us pain, we will say so in a way that invites apology and forgiveness.*

These norms, from what I can see, are working. While there's always room for improvement, discussions in Soulwork have been honest, open, respectful, and real. My hope is that the seed planted in this group will grow and blossom throughout the St. Bede's community, so that we are all clear about how we treat each other, and we can grow more fully into Jesus' values of loving-kindness, mercy, and unity across differences.

Respectful, open communication is all the more important at this time in our country's life. Whether voters intended it or not, the impact of Donald Trump's election as president is to legitimize meanness and bullying. There is a danger that Americans, having seen their next president engaged in this behavior for the last year and a half, will conclude that name-calling, mocking people for their differences, and belittling anyone who disagrees with them are acceptable. This is, quite simply, not how Christians treat each other. It is not how Christians treat anyone, whatever their faith. We know better, and it is up to us to provide a counter-example.

Part of God's call to us as Christians in this historical moment is to demonstrate love of neighbor in the most basic ways. Our group norms help us to do that. We practice respectful, open communication here at church so that we take it with us into the rest of our lives. We treat each other with kindness so that we learn to treat all people with kindness. We teach children kindness before the world can teach them to be mean. While we can't control others' behavior, we can control our own, and we can shape our immediate environment to reflect more closely the values of Jesus.

A blessed Advent to you and yours.

Peace,

Gia+

## December 2016 at St. Bede's Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p style="color: red; font-weight: bold;">Born is the King of Israel</p>				<i>Nicholas Ferrar</i> <b>1</b> 8:30a School Eucharist noon Alcoholics Anonymous*	<i>Channing Moore Williams</i> <b>2</b> 8:30a School chapel	<b>3</b> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 7:00p Folk Dance*
<b>2 Advent</b> <b>4</b> <i>St. Nicholas Sunday</i> <b>8:00a&amp;10:15a</b> Holy Eucharist <b>9:00a Soulwork:Advent prac</b> 10:00a Nursery 10:15a Sunday school <b>11:15a Pageant rehearsal</b> <b>12:15p &lt;Gala: Gingerbread House Party</b>	<i>Clement of Alexandria</i> <b>5</b> 8:30a School chapel 9:00a Counting Crew 6:00p Sarum Seminar*	<i>Nicholas of Myra</i> <b>6</b> 8:30a School chapel 2:00p Staff meeting 8:00p Narcotics Anonymous*	<i>Ambrose of Milan</i> <b>7</b> 8:00a Holy Eucharist 8:30a School chapel 9:00a Companions group <b>noon Bldgs &amp; Grounds mtg</b> 7:30p Choir rehearsal 7:30p Highland Pipe Band*	<b>8</b> 8:30a School chapel noon Alcoholics Anonymous*	<b>9</b> 8:30a School chapel noon Parkinson's Caregivers*	<b>10</b> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 6:00p Sequoia Alumni Party*
<b>3 Advent</b> <b>11</b> <b>8:00a</b> Holy Eucharist Rite I <b>9:00a Soulwork:Advent prac</b> 10:00a Nursery 10:15a Sunday school <b>10:15a Advent Lessons &amp; Carols and Eucharist</b> <b>11:15a Pageant rehearsal</b> <b>4:00p Arts: Kitka</b>	<b>12</b> 8:30a School chapel 9:00a Counting Crew	<b>13</b> 8:30a School chapel 2:00p Staff meeting <b>4:15p Finance Cmte mtg</b> <b>7:00p Vestry mtg</b> 8:00p Narcotics Anonymous*	<b>Ember Day</b> <b>14</b> 8:00a Holy Eucharist 8:30a School chapel 9:00a Companions group 7:30p Choir rehearsal 7:30p Highland Pipe Band*	<b>15</b> 8:30a School chapel noon Alcoholics Anonymous* 7:00p School Lessons&Carols	<b>Ember Day</b> <b>16</b> 11:00a School family chapel	<b>Ember Day</b> <b>17</b> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 10:30a Outdoor Greening of Church
<b>4 Advent</b> <b>18</b> <b>8:00a</b> Holy Eucharist Rite I <b>9:00a Soulwork:Advent prac</b> 10:00a Nursery 10:15a Sunday school <b>10:15a</b> Holy Eucharist Rite II <b>11:15a Pageant rehearsal</b> <b>11:45a Mass cookie baking &amp; decorating</b>	<b>19</b> 9:00a Counting Crew	<b>20</b> noon Parkinson's Caregivers* 2:00p Staff meeting 8:00p Narcotics Anonymous*	<b>St. Thomas</b> <b>21</b> 8:00a Holy Eucharist 9:00a Companions group 10:00a Indoor Greening of Church 7:30p Choir rehearsal 7:30p Highland Pipe Band*	<b>22</b> noon Alcoholics Anonymous*	<b>23</b> Parish office closes at noon	<b>24</b> Christmas Eve 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* <b>4:00p Children's Pageant &amp; Holy Eucharist</b> <b>5:30p Community Dinner</b> 6:15p Choir warm-up <b>7:30p Bach by Candlelight</b> <b>8:00p Festival Eucharist</b>
<b>Christmas Day</b> <b>25</b> <b>10:00a Holy Eucharist with Carols</b> 3:00p Folk dance party*	<b>St. Stephen</b> <b>26</b> Parish office closed 9:00a Counting Crew	<b>St. John</b> <b>27</b> Parish office closed 8:00p Narcotics Anonymous*	<b>Holy Innocents</b> <b>28</b> 7:30p Highland Pipe Band*	<i>Thomas Becket</i> <b>29</b> noon Alcoholics Anonymous*	<b>30</b>	<b>New Year's Eve</b> <b>31</b> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work

\*use of St. Bede's facilities in outreach to the broader community

## Christmas Eve at St. Bede's

✦ *Children's Christmas Pageant & Eucharist, 4PM* ✦

*Community Dinner, 5:30PM*

For the third year in a row, parishioners and members of the public are warmly invited to share festive food and fellowship at a community dinner between our two worship services on Christmas Eve.

We invite guests to be seated in Lehman Hall at 5:30pm, after the reception with piñatas following the 4pm Christmas Pageant and Eucharist. We'll enjoy a buffet of appetizers, salads, vegetarian lasagna, and spiral-cut smoked turkey, plus Christmas cookies and potluck dessert (a good time to re-gift sweets you can't consume yourself!). We'll also have holiday libations.

While choir members will still adjourn in time to rehearse before the 8pm service, the other patrons will be invited to enjoy games and puzzles until just before 7:30pm, when a musical prelude, "Bach by Candlelight," begins in the sanctuary.

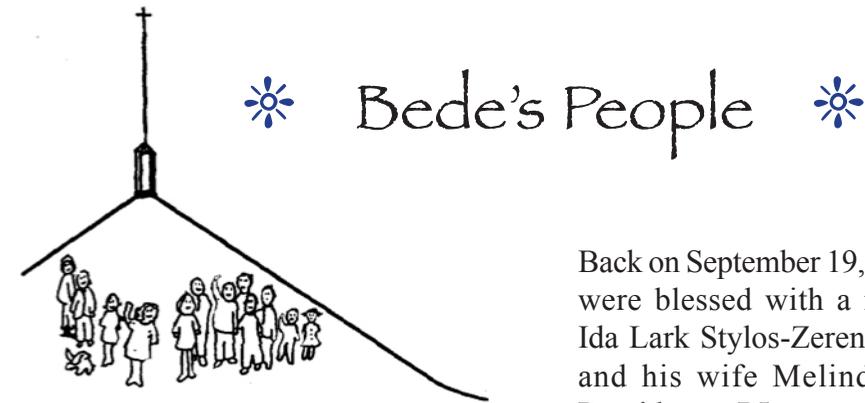
Family members, friends, or neighbors who might enjoy cheerful company are welcome to join you; **be sure to RSVP** to the parish office by Monday, December 19, with the number attending and any significant dietary restrictions. Donations towards hospitality costs are welcome, but not required.

Volunteers are welcome to help decorate the stage in Lehman Hall after the 10:15am service's coffee time on Sunday, December 18, during the mass cookie baking. Set-up for dinner begins at 2:30pm; volunteers are also welcome then.

*Bach by Candlelight, 7:30PM*

Come hear the beloved story of the birth of Christ in excerpts from two of Bach's beloved Christmas compositions: the *Magnificat* and the *Christmas Oratorio*. Journey with the shepherds and hear the angels sing, with Bach's glorious music sung in German and the story narrated in English. The St. Bede's choir and soloists will be accompanied by organist Rani Fischer, under the direction of Katherine McKee.

✦ *Festival Eucharist with Choir, 8PM* ✦



*J.B.* and *Charlie Pellegrin* will perform with Ragazzi Boys Chorus in its holiday concert series "In the Company of Angels." Both boys sing with the chorus Saturday, 12/3, in Palo Alto and Sunday, 12/11, in San Francisco; J.B. also performs on Sunday, 12/4, in Burlingame. Charlie sings in Ragazzi's Winter Recital on Saturday, 12/10, in Palo Alto. For details and tickets, see [www.ragazzi.org/performances](http://www.ragazzi.org/performances).

In addition to directing St. Bede's Christmas Pageant, *Claire Lawrence* will appear in Los Altos Stage Company's production of "From Us, To You: A Musical Celebration of the Holidays," with four performances over December 16-18 in Los Altos. The collection of songs and stories includes a surprise visit from Santa and sing-along; see [www.losaltosstage.org](http://www.losaltosstage.org) for details and tickets.

Back on September 19, *Becky & Dick Zeren* were blessed with a new granddaughter, Ida Lark Stylos-Zeren, born to Seth Zeren and his wife Melinda Stylos-Allan, in Providence, RI.

Jon & Julie Backlund welcomed their first grandchild, Hayley Rose Backlund, born on November 20 to Peter Backlund and his wife Julia O'Rourke, in Albuquerque, NM.

Several of St. Bede's old-timers were pleased to see *Jim & Lisa Simon* at Soulwork and in the pews on November 13. The Simons, active members of St. Bede's back in the 1970s and '80s but now Wilmington, DE residents, made a point of visiting us after attending a wedding further north.

We hear that *William Parsons* recently accepted a position as Assistant Professor at Oberlin College, to begin next summer. William was active at St. Bede's in worship, choir, and vestry until receiving his Ph.D. in Chemistry from Stanford just a few years ago, and has since been at Scripps Research Institute in La Jolla.



## Tutoring at the Jail

It was the indefatigable Jeanne Cooper who convinced me to sing and distribute cookies at the San Mateo County Jail in December of 2013. If you have ever been to the World Market in Redwood City or had jury duty at the Courthouse you may not have even noticed the jail building at 300 Bradford Street. It looks like a lot of the other massive structures downtown.

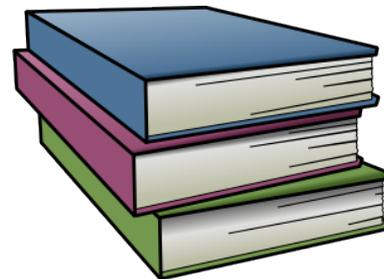
We met at 7:30am and a U-Haul full of cookies pulled up. Small groups of us went with deputies into the jail. For me, it was the first time.

Entering the cellblock that morning was a revelation. The space—about the size of a middle school cafeteria with two stories of cells on three sides and a deputy seated in the middle—had the same feeling as a cloister or a church. The only way I can describe is that that space felt, in some way, sacred. It was full of the power of enclosure, containing its own universe, its own life completely surrounded by and cut off from the world. Was it like a terrarium? a space station? Alice’s garden? Somehow it was accessible and inaccessible at the same time.

The faces of the inmates were like all the faces you see every day. All ages, all races, all shapes and sizes. Different degrees of worry, struggle, and suffering. Marks of weakness, marks of woe.

As a professor, I felt that any one of those inmates could be one of my students. And that is when my journey began—to see if there was some way I could connect more fully with life and education at the jail. I went on Christmas morning for two more years and finally last summer I decided to see if I could make a more regular commitment and teach at the jail.

I stopped in one day at the Service League building and got the contact information for Project READ, which runs its program out of the downtown Redwood City Library, just a few blocks from the jail. Project READ trains people to be tutors for adults who want to learn how to read. Some people have not graduated from high school, but in addition, a shockingly large percentage of adults graduate from our school system and are functionally illiterate. If you want to help one of them, you can take four evenings of training at the library and you will be qualified to help a struggling adult learn how to read.



We heard of one man who was told to get x-rays for a health problem and was so ashamed to admit that he could not recognize

the word X-Ray that he never went for his tests. Others are inspired to learn to read because they have children and want to be able to read to them. It was moving to hear these stories and meet the people who run this program.

I completed my training and asked specifically to work in the jail. On the sixth floor, a group of dedicated counselors and educators run a program called “Choices.” This program serves men who have committed to continuing their education and to become their better selves. I have been tutoring now since October and have found the inmates to be intelligent, committed, and, for the most part, just like you or me. We do not talk about why they are in jail but focus on writing and the skills necessary to pass the high school equivalency exam. For those of us who grew up in families where education was part of the background noise of our life, it can be revelatory to realize how much impact you can have and how much you can import to someone who has not progressed much beyond sixth grade.

I plan to continue with my one inmate for the moment, but I may also teach a writing class in the spring. I have found something I feel I am truly called to do. If you are interested, I am happy to share information on Project READ and the jail tutoring program. It is something unlike most of us have ever experienced and I am glad to recommend it as a service opportunity.

– Nancy Stork



## “Arts” Reaches Out

The Arts at St. Bede’s concert series reaches out to the greater community in more ways than one! In addition to offering beautiful music and special worship opportunities to those who attend our events, this fall we have raised \$510 for *Los Ayudantes*, \$459 for Home & Hope, and \$1,263 for LifeMoves, thanks to the efforts of the choirs of St. Bede’s & Christ Church Portola Valley, organist Jin Kyung Lim, and Collage Vocal Ensemble.

– Katherine McKee  
Music Director

## Vestry View

Hello everyone! We had an efficient and productive vestry meeting this month. As always we started with a spiritual practice. Reverend Gia led us in praying the Great Litany. I've not prayed the Great Litany before, but it was a beautiful and meaningful experience—if you've not experienced this liturgy before, I commend it to you. It's very powerful.

Next up, as always, we had time for community input. This month, no parishioners joined us, so no community input. Having said that, please know that anyone from the parish is always welcome to join us to discuss whatever's on your mind. As a reminder, vestry meetings are on the third Tuesday of each month, at 7pm in the Ford Room.

Moving along, we quickly approved the minutes from last month's vestry meeting—thanks to Katie Machemer for continuing to prepare these minutes each month.

Next, we discussed the proposed 2017 budget for the parish. Unfortunately a representative from the finance committee wasn't available to join us this month. As we had some outstanding questions about the proposed budget, we'll plan to discuss it further at the December vestry meeting and hopefully approve the budget then.

As we do every year, we approved the rector's housing allowance for 2017. As a reminder, members of the clergy are allowed, under IRS rules, to designate a portion of their income as "housing allowance" for tax purposes. This housing allowance must be approved each year.

We discussed the ongoing pledge campaign. At that point, 36 pledges had been turned in. If you haven't yet returned your pledge card, please consider doing so by the end of the year to allow the Finance Committee and Vestry to plan for the coming year.

Next, Rev. Gia provided an update on Trinity School. The school has retained a consultant to interview families who chose to send their children to other schools and this process has resulted in some important and actionable feedback that the school is working on incorporating.

Rector's report: We are still in the process of considering a capital campaign in the next year or two. An exploratory committee is planning to begin meeting to discuss this possibility. A second cohort of Companions in Christ has started. Of note, Rev. Gia will likely engage a third group perhaps starting in another year or so, so if you're interested, discuss your interest with her directly.

Jon Backlund, our senior warden, offered a report on Buildings & Grounds. Work

## Trinity School

Trinity School's tradition of service learning includes support of several local nonprofits to whom St. Bede's also supplies volunteers and donated funds and goods. In November, the monthly school Eucharist food drive collected a record 367 nonperishable items for Second Harvest Food Bank. The fourth grade class then visited Ecumenical Hunger Program in East Palo Alto, whose food pantry is stocked by Second Harvest, St. Bede's, and other community groups, to see where their donations go. Kindergarteners also led a school-wide coat drive, collecting 63 pieces of outerwear for adults and children. We are grateful for their generosity!

Do you know a family seeking a private school placement for their child? Trinity will offer tours of its Jr.K-5 upper campus, shared with St. Bede's, on December 6 and 14, and January 4 and 12, from 8:20 to 10am. Tours of the preschool and transitional kindergarten, on the Trinity Church campus in downtown Menlo Park, take place at 8:30am on December 7 and 13. Applications are due January 20. For more information on applying, contact Admissions Director Marie Campbell at (650) 854-0288, ext. 107, or email [admission@trinity-mp.org](mailto:admission@trinity-mp.org). The school website, [www.trinity-mp.org](http://www.trinity-mp.org), has also been redesigned—take a look to see more about what's going on at Trinity.

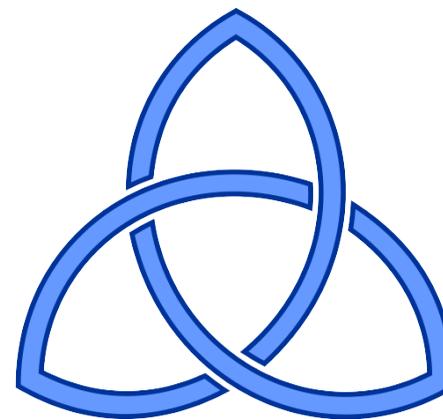
—Jeanne Cooper  
Parish Representative, Trinity School Board

continues on getting the dead trees out on our berm removed. The kitchen floor needs replacing and we are considering the most cost effective way to do that.

As the junior warden, I updated the vestry on Community Service committee happenings. We had a small team participate in the Home & Hope 5K run/walk on November 13. We had a blast! If you missed it, be sure to catch us next year. The Community Service committee is gearing up for the busy Advent season with alternate gift giving, Family Sharing drive, and cookie-baking/bag-decorating for the San Mateo County Service League.

We ended our meeting with Compline, then dispersed into the crisp fall evening.

—Emilee Wilhelm-Leen  
Junior Warden



## Hospitality

### Feeding His Sheep

In John 21, Jesus asks Peter three times if he loves him, and after Peter responds, “Lord, you know everything; you know that I love you,” Jesus tells him, “Feed my sheep.” Thanks to our capacious kitchen and dedicated volunteers, we’ve been able to feed a wide of variety of Jesus’ sheep in recent weeks:

\* In late October, Irene Lawrence and Jeanne Cooper organized dinner on short notice for about 16 students and mentors at the Stanford Episcopal Lutheran Fellowship’s weekly Bread and Belonging dinner. And about 60 adults and 10 children enjoyed the parish’s Harvest Brunch, which included a Halloween costume parade and tableside trick-or-treating. Thanks to the many volunteers who helped make the occasion possible.

\* In early November, Irene Lawrence organized a dinner in Lehman Hall for the Peninsula deanery—that is, about 40 clergy and lay delegates from parishes in our region—with support from fellow St. Bede’s delegates Dave Sell, Michael Graebner, and Carol Brink. The dinner followed a worship service led by Rev. Gia Hayes-Martin. We also offered hospitality



after the October 23 Choral Evensong and the November 12 All Souls service with the help of Sally Marshall, Helen Greenwood, Fred Langhorst, Ann Latta, Jeanne Cooper, and other volunteers.

\* Three events whose proceeds benefited the Seccombe Outreach Fund brought parishioners together in October and November for food and fun: a whisky and wine tasting at Michelle Swenson and Stan Drobac’s house, for a dozen guests plus co-hosts Melville Hayes-Martin, Ian Hersey, and Jeanne Cooper; a formal afternoon tea for eight guests prepared by Irene Lawrence at her and David Chu’s home; and a pre-Thanksgiving party at St. Bede’s for a half-dozen children hosted by Emilee Wilhelm-Leen and Brian Leen.

\* At the same time, parishioners continue to feed needy children each week through the Pack the Bag program at Ecumenical Hunger Program. Your donations of pop-top and single-serving healthy foods and grocery bags are appreciated; additional volunteers are welcome to join the approximately one-hour packing each week. Contact Tanya Brugh or Emilee Wilhelm-Leen for details.

— *Jeanne Cooper* Hospitality Chair

The deadline for the January issue of Bede’s Journal is Thursday 15 December.



Please send copy to: [cshedlock@stbedesmenlopark.org](mailto:cshedlock@stbedesmenlopark.org)



## In the Month of December

### Birthdays

- 3 Robert Shurtleff
- 4 Brian Leen
- 5 Elena Brugh  
Freddy Churchill
- 6 Bob Wood
- 8 Lois Poole
- 10 Nancy Shurtleff
- 13 Medea Bern  
George Shultz  
Caroline Spath
- 17 Luis Wright
- 19 Carol Brink
- 21 Cynthia Thacker
- 24 Oran Terra
- 25 Mathew Mammen
- 31 Alexis Reed

### Anniversary

- 28 Nancy & Peter Nunn



**St. Bede's Episcopal Church**  
**2650 Sand Hill Road**  
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**Time Value**

Date Mailed: 2 December 2016

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*  
Katherine McKee *Music Director*  
Rani Fischer *Organist*  
Angela Sherry *Bookkeeper*

**Sunday Services**

Holy Eucharist 8:00am, 10:15am

**Sunday Programs**

Adult Education 9:00am

Nursery 10:00am

Children's Sunday school 10:15am

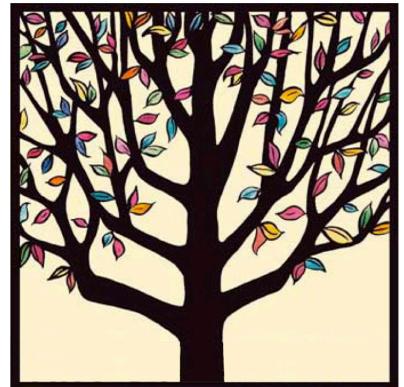
**Weekdays**

Holy Eucharist Wednesday 8:00am

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

650-854-6555

**Trinity School + Preschool-Fifth Grade**



Read *Bede's Journal* online at

[www.stbedesmenlopark.org](http://www.stbedesmenlopark.org)