

# Bede's Journal

The Monthly Newsmagazine of St. Bede's Episcopal Church



We help all ages grow in faith and service.

February 2013

### February at a Glance

*Saturday, 2 February*  
Vestry Retreat, Trinity School library

*9am, every Sunday in February (and through Lent)*  
Sunday Soulwork Movie Series

*Wednesday, 6 February*  
Registration due for Parish Retreat!

*noon, Sunday, 10 February*  
Joint Vestries and School Board Meeting, Trinity Library

*6:00pm, Shrove Tuesday, 12 February*  
Vestry-Hosted Pancake Supper

*Ash Wednesday, 13 February*  
Services at 12:00 noon and 7:00pm

*7:30pm, Saturday 16 February*  
Arts at St. Bede's presents a Choir Concert

*Sunday 17 February — First Sunday in Lent*  
11:15am Sending & Blessing of the Rev. Dr. Jane McDougle



### Look Ahead and Save These Dates!

*4:00pm, Sunday 10 March*  
Arts at St. Bede's presents organist Susan Jane Matthews

*Sunday 24 March*  
Palm Sunday begins Holy Week

*Sunday 31 March*  
Easter Day



### Sunday Soulwork

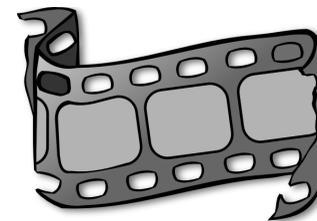
#### Movie Series

Beginning Sunday, 2/3, and continuing through Lent, check out Sunday Soulwork (at 9am in the Great Hall) for a series of movies and discussion.

First up is *Of Gods and Men*: Inspired by a true story, this award-winning film is loosely based on the lives of Cistercian monks in Algeria. They lived in harmony with their Muslim brothers during a time of Islamic uprising. The movie describes why they elected to stay until their kidnapping in 1996.

Next will be *Entertaining Angels*: Dorothy Day is being talked about as a proposed saint in the Roman Catholic Church. This remarkable twentieth-century woman is the subject of this movie.

And lastly, *Romero*: Raul Julia stars in this compelling look at Archbishop Oscar Romero of El Salvador. In 1980, this beloved archbishop was assassinated by a military junta. This inspiring story is appropriate as we prepare for Holy Week.



### SOUPER BOWL

Please bring cans of hearty soup and stews to put in specially marked baskets in the narthex on Souper Bowl Sunday, 3 February. Show your support for the needy as well as the 49ers, and that way we're sure to have a winning outcome.

The soup "score" will be announced on 10 February.



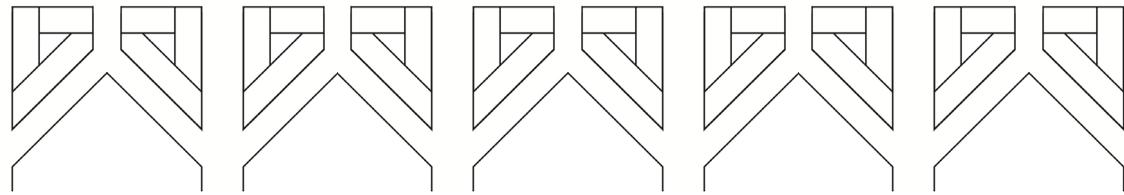
#### + Rites of Passage +

*Life is marked by significant cycles and events: we are born, baptized, confirmed; some of us are married, families are raised, illness comes, death occurs. Such are the Rites of Passage and such are marked by special prayers in the church.*

#### + Baptism +

Cameron Thomas Bowman

*Keep him in the faith and communion of your holy Church.*



## “Ei” Spied and Commented

### Are we there yet?

When the subject of growth comes up, I suspect we all rebel a little against any definition that is only about numbers. In *The House Alongside* (1978), his book about the church in New Zealand, Ted Buckle defined growth in four ways.

1. numerical – average Sunday attendance (ASA), and things like the assets of the church and the pledging support
2. maturational – Growth of this kind is about making progress in faith. Growing deeper in spiritual resources as individuals and as a body
3. organic – growth of the church as a community that can interact with other churches, institutions, and agencies
4. incarnational – This is growth in “walking the talk,” you could say. Making visible the virtues that Christians value like faith, hope, and love... mercy, justice, and compassion to those not in church.

The question, “Are we growing?” is a good one. The answer is perhaps nuanced. What would you say if asked about St. Bede’s and its growth?

## Jane’s Farewell

It is with both sadness and excitement that I anticipate my departure from St. Bede’s this month. Many of you will have heard that I have accepted a call to serve as Vicar at Holy Innocents’ Episcopal Church in San Francisco, beginning March 1.

St. Bede’s has been a marvelous place for me to be for the last twenty years. You have generously and lovingly walked beside me as I have grown through our shared ministry together. David Whyte, who has so often slipped into my preaching, has a lovely poem called “Working Together”; the first lines of which go:

We shape our self  
to fit this world  
and by the world  
are shaped again.

The visible  
and the invisible  
working together  
in common cause,

to produce  
the miraculous.

And those words seem to fit. In seeing the richness of the St. Bede’s community, I was inspired to change and grow into the music director and priest that could be of most use, and in doing so, have been shaped by what has kept growing around me as we all worked together to create the miraculous thing



help them tell their own story eventually. It helps them create their identity.

Churches use such stories to create an identity as well. If you hear the phrase “Bede’s in the weeds,” or “all may, some should, none must,” you can see people smile and nod in a look that acknowledges that they remember, too. Talking about the carob tree, the pageants, Rosebud reservation trips, The Bishop’s Ranch, Trinity School memories, or “Donna’s books” can evoke stories as well.

We need such stories to bind us together and to understand how they help “outsiders” become “insiders.” As St. Bede’s weaves what has defined us for fifty years into a vision of what we are yet called to be, our stories can be “plumb lines” that show us the things we value.

“By the way, did I ever tell you about the time...?”

“I wonder if we could...?”

*Eileen+*



that a living congregation is, complete with the visible and the invisible.

I have loved making music with you all in our beautiful sanctuary with its glowing acoustic, supported by our magnificent organ. I have enjoyed the support and participation of the congregation, and I have delighted in working with the choir: a most extraordinary group of talented and committed men and women.

I have grown into the priest that I am today because of your support, and your invaluable and tactful coaching. That I am at least capable of trying to speak slowly and within audible range when I get excited is in large part due to your consistent and gentle tutelage.

I have many wonderful memories from my years with you that I treasure. You gave Eleanor a loving and supportive church home in which to grow up. And I can only imagine what a formative experience that regularly sleeping under the altar as a little girl during Wednesday evening choir practices must have been!

Liturgy at St. Bede's has always been special, with the Holy Week experience being the best: moving from the mystery of the foot washing to the desolation of the stripping of the altar on Maundy Thursday evening,

to the grief and darkness of Good Friday, to the extraordinary lighting of the New Fire, the baptisms in the sacred horse trough in Jarrow Garden, and then the jubilant procession back into the brightly lit sanctuary to celebrate the Eucharist. Oh what joy! You have set a high standard for sacred experience for me that I will take with me.

I am looking forward to moving to San Francisco with Paul, and of course the other family members, the two small dogs that many of you know, and the two cats who have visited for the occasional St. Francis Day celebration. Holy Innocents sits in the Noe Valley and is the oldest standing Episcopal Church in San Francisco. It was built in 1890 to a design by architect Stuart Coxhead, mentor to both Julia Morgan and Bernard Maybeck. I do hope you'll come and visit if you find yourselves up in the city.

Dear congregation of St. Bede's, know that you will always be dear to my heart. I thank you for the many visible and invisible gifts you have given and shared with me over the years. I wish you all the very best in your journey through this exciting year, and in the years to come.

*Jane+*



*Arts at St. Bede's presents  
a concert with the Choir of St. Bede's*

*Saturday, February 16, 7:30pm*

*How can we keep from singing?*

**A** lively concert of American songs of faith from across three centuries presented by the choir of St. Bede's, co-directed by Jane McDougle and Marsha Genensky

Our program will include psalm tunes from the 18<sup>th</sup> century, folk hymns and revival songs from the 19<sup>th</sup>, some very early gospel songs, and some modern arrangements. While we hope to share with you some less familiar songs, we also have some well-known ones for you to join in with us!

*Free will offering; reception follows.*



## A Welcoming Approach

How are those New Year's resolutions holding up? Ready to start spring cleaning? Or does the IRS have you reviewing the previous year to determine what was earned and what was spent?

One resolution that can be relatively easy to keep is to make our parish as welcoming as possible. We can start with spring cleaning, meaning asking what needs to be fixed, renewed, or perhaps discarded. The new directional signs to point visitors to the school and parish offices are one positive step, as are the service bulletins' recently added notes about the Eucharist.

Another simple suggestion is to observe the rules of three, five and ten, the subject of a Soulwork session last fall.

Personally, I think Bede's folk do a great job with the **rule of three**: During the peace, exchange greetings with people at least three pews forward and three back, and three on each side.

Some of our outgoing parishioners also already model the **rule of five**: Spend the first five minutes at coffee hour talking with someone you don't know, or don't know well. This guarantees that visitors and relative newcomers don't feel left out, while still leaving time to catch up with our old friends. And in those five minutes of friendly chat, new friendships—and memberships at Bede's—may be born.

The **rule of ten** is even easier to follow: When you pass within ten feet of someone on church grounds—perhaps the parish hall, parking lot, or courtyard—say hello, whether or not you know them. It's an easy way to let visitors know someone has registered and welcomed their appearance, without putting any social pressure on them. In my experience, some visitors will want to initiate conversation, which gives us yet another opportunity to welcome them into our community.

All of these take very little time to spend, but what we earn in return is precious indeed.

—*Jeanne Cooper*



## Five Points to Ponder

From *Beyond the First Visit: The Complete Guide to Connecting Guests to Your Church*, by Gary McIntosh (Baker Books, 2006)

**1. If guests to our church don't think we're friendly, we aren't. It is only friendly to the degree that those visiting our church think it is so.**

“People who attend a church regularly look at the issue of friendliness from the inside out. They know other people and other people know them—by name. When they have a personal need, their friends take notice and respond with appropriate action.

“In contrast, visitors view the issue of friendliness from the outside in. They are experiencing a totally new atmosphere. They may not know other people and other people may not know them. If they have needs, they are rarely noticed, let alone responded with appropriate action.”

**2. When we extend our hand of welcome to visitors, we are extending God's hand of grace.**

“Israel was instructed to treat strangers with the love, protection and respect they had wished for while living as outsiders in Egypt for four hundred years. ... ‘The stranger who resides with you shall be to you as the native among you, and you shall love him as yourself, for you were aliens in the land of Egypt; I am the LORD your God.’ (Lev 19:33-34)

“Jesus modeled the welcoming nature of God by accepting sinners [not to mention crowds, children, women and ‘interruptions’ of all kinds!] ... As God's people, we are to be welcomers just as God is a welcomer. Someone welcomed each of us to church and to God while we were yet sinners (see Rom 5:8).”

**3. Prepare for guests, not visitors.**

“Visitors are often unwanted; guests are expected. Visitors just show up; guests are invited. Visitors are expected to leave; guests are expected to stay. Visitors come one time; guests return again.”

“Instinctively we expect churches to be friendly places. Research studies... found a direct correlation between friendliness and potential growth... friendly churches had great potential for growth, while less friendly churches had little potential for growth. True friendliness begins with welcoming newcomers to our church as honored guests.

**4. Welcoming guests does not happen accidentally. Helping guests feel welcomed is the responsibility of the church, not the guests.**

“In most churches the social and service networks are closed to the natural addition of new people. So new people simply cannot find their way in.

“When people enter a new environment, they must be introduced to its culture.



In businesses, this orientation takes place through formal training. New workers attend classes to learn about the history, expectations and requirements of the company. A long-term employee often takes new hires on a tour of the facilities and introduces them to other workers they meet along the way. ... Growing churches do not expect guests to find their way alone through the maze of relationships and expectations of their church.”

**5. People no longer come to church simply because it is the thing to do, and most guests will no longer know what to do when they get there.**

“A little more than fifty years ago, approximately ninety percent of a church’s guests came from the same denominational background. This meant that they already understood the church’s theology, order of worship, music, values, and culture. ... Most newcomers knew how to fit in the church.

“In today’s world only thirty percent of our guests will come from a sister church or one of a similar background ... Many guests will not be familiar with our worship format. They will not know when to stand, sit, or kneel. Others will not know our songs, language, and religious jargon. They will not know how to fit in or get involved in ministry.”

## Community Service

Although it seems so distant now, all the parish’s support of Advent and year-round fundraising is still receiving appreciation from the local and international nonprofits that benefited.



On 31 December, the Seccombe Outreach Fund distributed a total of \$4,500 to our local partners: Ecumenical Hunger Program, Habitat for Humanity Greater San Francisco, Home & Hope, InnVision Shelter Network, Los Ayudantes, Service League of San Mateo County, and Stanford Episcopal Chaplaincy. The monies primarily came from:

- our Advent chili tasting, led by Steve Worden & Amy Boisvert, with help from Nancy Stork, Rani Fischer, Katie Machemer, Josh & Juliet Knowles, and Jeanne Cooper
- our semiannual rummage sales and Advent bookstall sales
- eScrip donations (merchants give a percentage of parishioners’ credit card sales—ask Fred Langhorst how to sign up)

Speaking of Fred, he and Laura Gable coordinated our annual Family Sharing drive

which, thanks to generous parish donors, supplied \$2,048 in gifts and grocery gift cards for fifteen needy adults and children chosen by Ecumenical Hunger Program (EHP) in East Palo Alto.

By the end of the year, we had also raised \$975 toward a Global AIDS Interfaith Alliance nursing scholarship in Malawi, with the help of donors, coordinator Carol Brink, and sales of community garden vinegars created by Bertita Graebner. The remaining \$225 will be covered by more recent donations and the Seccombe Fund, including a small surplus from the Family Sharing drive.

Parishioners also donated new toys, games, and stuffed animals to the Service League, and like-new items to EHP, as part of our annual St. Nicholas collection. Many also supported our “Mindful Giving” suggestion of cold-weather clothing donations for local agencies and our ongoing canned and dry food drives for adults and children (“Pack the Back”).

One of the tastiest charitable contributions came from Nancy Stork, with the help of young sous chefs Alexandra and Gigi Spath, and Luke, Sally and Isabel Norman. Nancy prepared several hundred Christmas cookies and supervised the children in decorating them. The cookies were distributed in the county jail on Christmas Day by the Service League, some in bags with cheery drawings by St. Bede’s and Trinity School students.

Bertita Graebner, Megan Sell, Ed and Carol Brink, and Jeanne Cooper also helped Home & Hope clients at their temporary shelter in December, while Los Ayudantes volunteers—including Michelle Swenson, Deb Blackmore, John Hickson and Ann Latta—resumed reading with kindergartners and older students at Fair Oaks Elementary last month. Both programs are ongoing and could always use more volunteers, so please let me know if you’re interested.

Other than a Souper Bowl drive for early in February, the Community Service Committee takes a breather from fundraising until spring, when we’ll plan another rummage sale.

— Jeanne Cooper

## ✻ Bede’s People ✻

The Stanford Early Music Singers, including **David Chu**, will perform at the university’s new Bing Concert Hall on Sunday, 3 March, at 2:30pm. Admission is free.

**Amy Worden & Steve Boisvert** are helping with wardrobe and lighting, respectively, in West Bay Opera’s production of Lucia di Lammermoor at Lucie Stern Community Theater in Palo Alto 15-24 February. See [www.wbopera.org](http://www.wbopera.org) for details.



## The Medieval and Modern Cathedral:

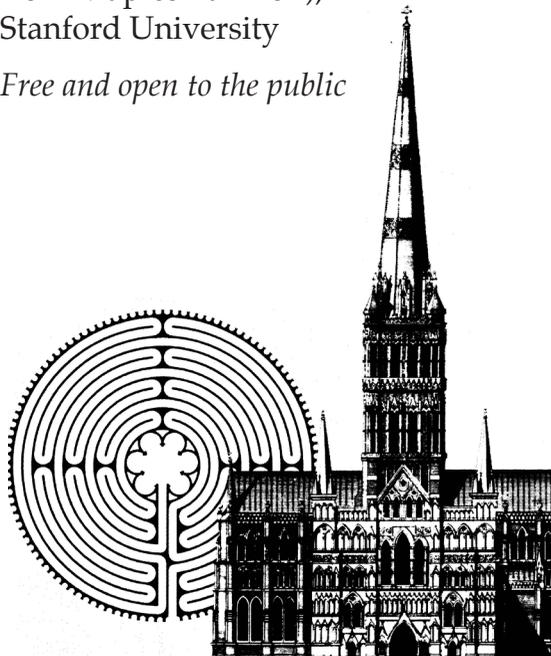
A Conversation with the Deans of  
Salisbury and Grace Cathedrals

**Jane Shaw**, Dean of Grace Cathedral,  
San Francisco, and **June Osborne**,  
Dean of Salisbury, England, will share  
their experiences and the wisdom they  
have gained as leaders of these great  
institutions. In conversation with  
KQED's Michael Krasny.

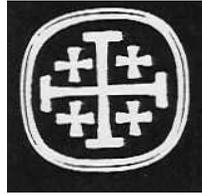
**Tuesday, 26 February, 7:30pm**

CEMEX Auditorium, Knight Manage-  
ment Center (Across Campus Drive  
from Maples Pavilion),  
Stanford University

*Free and open to the public*



## Planned Giving Something Good From the “Fiscal Cliff”



If you know people who  
are 70½ or older, you may  
have some good news for  
them: The recent “Fiscal  
Cliff” legislation permits  
one to pay their 2013 parish  
pledge out of their IRA and, thus, bypass  
having it taxed. What a great opportunity!

Normally IRA owners of this age are re-  
quired to withdraw a certain amount each  
year from their account and add it their  
taxable income. But this new law, without  
changing the amount that must be taking out  
of their IRA, permits them to contribute these  
funds directly to their church or other charity  
and, thus, reduce their 2013 income taxes.

For seniors, this opens another “pocket” to  
finance their pledge. They may also use  
their tax free IRA to make a one-time dona-  
tion, of up to \$100,000, to create a named  
endowment fund, or for some other special  
purpose.

For more information about how to do this,  
contact your Gift Planning Officer. I'll be  
very happy to assist you!

*The Rev. Richard L. Schaper, CFP*  
*Gift Planning Officer*  
*Episcopal Diocese of California*  
*(415) 869-7812*  
*RichardS@DioCal.org*  
*www.EpiscopalGift.org*

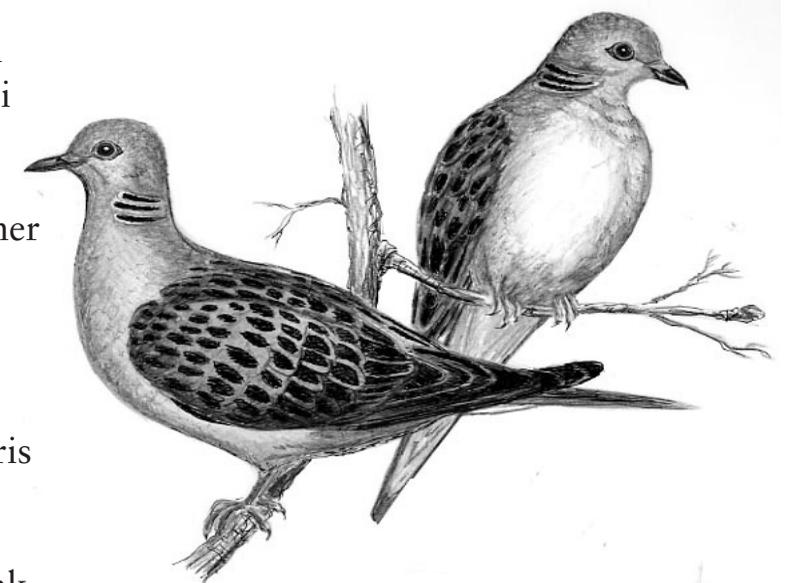
## In the Month of February

### Birthdays

- 1 Jeff Weber
- 2 Bertita Graebner
- 7 Julie Carman
- 9 Alison Dickens
- 11 Melody Lowman
- 12 Clara Kopczynski
- 14 Fred Langhorst
- 15 Ann Inglis
- 16 Kiersten Machemer  
Laurie Reynolds  
Harper Skey
- 19 Laura Gable
- 20 Audrey Harris  
Christopher Harris  
Richard Sequeira
- 23 Neill Norman
- 26 Renee Hannebrink
- 27 Joan Craig

### Anniversaries

- 3 Hasma & Aram Serverian
- 17 Catherine & Neill Norman



**St. Bede's Episcopal Church**  
**2650 Sand Hill Road**  
**Menlo Park, CA 94025**

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**Time Value**

Date Mailed: 29 January 2013

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. Eileen Lindeman *Interim Rector*  
The Rev. Jane McDougle, DMA *Priest Associate & Music Director*  
The Rev. Kevin Sparrow *Sunday Assistant*  
The Rev. John Oda-Burns *Sunday Assistant*  
The Rev. David A. Sheetz *Sunday Assistant*  
Carol Shedlock *Parish Administrator*  
Rani Fischer *Organist*  
Angela Sherry *Bookkeeper*  
Ann Latta *Senior Warden*

**Sunday Services**

Holy Eucharist 8:00, 10:15am  
(Nursery 10:00, Godly Play Sunday School 10:15am)

**Weekday Services**

Holy Eucharist Tuesday 8:00am, Thursday 12:10pm

**Parish Office Hours** M-F 9:00am-5:00pm  
650-854-6555

**Trinity School + Preschool-Fifth Grade**



Bede's Journal is on-line at

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