

Bede's Journal

The Monthly Newsmagazine of St. Bede's Episcopal Church



We help all ages grow in faith and service.

February 2014

February at a Glance

9:00am, every Sunday in February
Soulwork: Exploring Spiritual Practices

9:00am, Saturday 1 February
Vestry Retreat, Trinity Library

Sunday 2 February — *Feast of the Presentation of Our Lord in the Temple*
Both Eucharists begin with a Candlemas Procession

noon, Sunday 9 February
Joint Vestries and School Board meeting, Trinity Library

4:00pm, Sunday 23 February
Arts at St. Bede's presents Divisa Ensemble



Look Ahead and Save These Dates!

6:00pm, Shrove Tuesday, 4 March
Vestry-Hosted Pancake Supper

Ash Wednesday, 5 March
8:00am Imposition of Ashes
noon & 7:30pm Eucharist with Imposition of Ashes

2:30pm, Sunday 16 March
Parish Afternoon at the Theater: *Jesus Christ Superstar*

Friday-Sunday, 30 May-1 June
Annual Parish Retreat at St. Dorothy's Rest, Camp Meeker



February Soulwork:

Exploring Spiritual Practices

Gia recently quoted this story in a sermon: A rabbi taught his students to practice spiritual disciplines with devotion. They read scripture, set aside time for prayer each day, and attended synagogue faithfully. One day, the rabbi said, "Experiences of God can't be planned. They happen by accident." His students were upset; why did they have to spend so much time on their spiritual practices, then? The rabbi replied, "So that we may be as accident-prone as possible."

This month we'll try four different spiritual practices that can help us be accident-prone—Morning Prayer and the Daily Devotions for Individuals and Families from the prayer book; *lectio divina*, or holy reading; making and praying the Anglican rosary; and walking the labyrinth. Whether you've never encountered these practices before or you're a pro at them, this Soulwork is for you! The series meets on Sundays at 9:00am in Lehman Hall; childcare is available.



An Afternoon at the Theater

Our own *Claire Lawrence* is appearing in West Valley Light Opera's production of *Jesus Christ Superstar*, and St. Bede's has reserved a block of tickets for a performance on Sunday, 16 March, at 2:30pm at Saratoga Civic Theater. Lent is an ideal time to view Andrew Lloyd Webber's classic musical and reflect on its depiction of Jesus' life and death. Tickets are \$31 for adults, \$29 for seniors and teens, and \$20 for kids twelve and younger; scholarships are available. Contact the parish office by 25 February to reserve your seats. We'll carpool to the show from the church parking lot.

☀ Bede's People ☀

Jeanne Cooper was recently chosen to rewrite the Frommer's Hawaii guidebook. After the vestry retreat on 1 February, she'll be taking a month-long break from volunteer duties at St. Bede's to complete the project by early March.

Tell us! Let us know about your milestones, your accomplishments, your travels and visits, your performances and competitions. Share your news with St. Bede's family and friends by sending word to cshedlock@stbedesmenlopark.org.



From the Rector

Candlemas

One of my seminary professors used to say that all liturgy is experimental. We had designated “experimental” liturgies a few times a month in the seminary chapel where students could plan and enact worship using new texts, different styles of music, and cultural influences from around the world. But my professor wasn’t referring to those services. I think she meant that even the most familiar, done-this-a-hundred-times-before prayer book liturgy always has an element of unpredictability to it. Sometimes this is because human beings are involved, and from time to time we will get things wrong—or get them spectacularly right in an unexpected way. More often,



though, liturgy is unpredictable because of the activity of God, who can’t be predicted or controlled despite our best efforts. Whenever we gather in the name of Christ, we stand in the presence of God, and where God is present, anything is possible.

The Episcopal Church observes the feast of the Presentation of Our Lord in the Temple on February 2. The Presentation marks Mary’s journey to Jerusalem forty days after Jesus’ birth to complete the ritual purification required of new mothers by Jewish law. The story is told in Luke 2:22-38. While Mary and Jesus were in the Temple, they met two elderly people, the devout man Simeon and the prophet Anna, both of whom recognized Jesus as the Messiah. Simeon gave thanks to God in the words we now know as the Song of Simeon or *Nunc dimittis* (“Lord, you now have set your servant free to go in peace as you have promised...”). Anna praised God and shared the news of the Messiah to all those who were awaiting him. The Presentation celebrates the coming of the Light of Christ to all peoples. It falls at a turning point in the season of winter, halfway between the longest night of the year and the coming of spring, as the days lengthen and sunlight gradually returns. The feast was first observed in the fourth century in Jerusalem; it began to be widely kept in Western Europe sometime later. In the medieval church, this feast included a

blessing over candles and a procession with lighted candles—hence its popular name, Candlemas.

This year, Candlemas falls on a Sunday, as it does every five or six years. St. Bede’s has observed Candlemas with an Evensong in the past; this time, we are going to try keeping it as part of our usual Sunday morning services. We will gather at the rear of the church at 8:00 and in Jarrow Garden at 10:15. Each person will be given an unlighted candle. We’ll say or sing the Song of Simeon as we light our candles, then say a prayer. We will process into the church carrying our candles, stopping at the altar to read a few verses from Psalm 48, and the Eucharist will proceed as usual with the Gloria. After the Collect of the Day, we’ll extinguish our candles.

This will be an experimental liturgy for us in two senses. It is something new to us, something many of us (including me) have not witnessed or participated in before. And it has that element of unpredictability. When we gather and light our candles in the name of Christ, we will stand in the presence of God, as we always do in worship. And where God is present, anything is possible. See you in church, with candles.

Peace,

Gia+



Music Update

David Sheetz will conclude his tenure as interim music director of St. Bede’s at the end of February because of a prior commitment to Christ Church, Portola Valley. We are grateful to him for his steady leadership of the choir over the past year, and we’re glad that we will continue to see David about once a month in his role as priest-associate. Ruth Escher and Rani Fischer will share the position of interim music director beginning in March.

Our search for a permanent music director continues. The position has been posted, and applications are coming in. The search committee (Carol Brink, Rani Fischer, Gia Hayes-Martin, Mathai Mammen, and Nancy Stork) expects to begin interviews soon.

Vestry View



The January meeting of the vestry saw the retiring members—

senior warden Ann Latta, Tanya Gulevich, Nancy Stork, and (*in absentia*) Mathai Mammen—pass the baton to the incoming class of Jon Backlund, Laura Gable, Abby Mintz, and Jack Wenstrand, all of whom were in attendance and ready to plunge into the work of the parish.

We heard a financial report with a positive review of the fall pledge campaign (we're very close to our goal of \$290,000) and end-of-year accounting notes from assistant treasurer George Fern. We also learned that we should start developing water conservation measures, most likely in partnership with Trinity School, to avoid financial penalties as well as demonstrate good stewardship of natural resources. Jon Backlund updated the group on his research as a Buildings & Grounds committee member into solar energy systems.

Rev. Gia Hayes-Martin summarized the ongoing search for a permanent music director, noting a number of applications had been received before the deadline, and that interim music director Rev. David Sheetz will remain as a priest associate after his music position ends in late February. She also encouraged nominations of more parishioners—including those without young

children at home—to join a task force in developing sustainable youth ministry at St. Bede's.

Gia also announced that Jack Wenstrand has agreed to serve as senior warden, who works closely with the rector. Vestry members were scheduled to elect the junior warden, who traditionally serves as a conduit for parishioner input, at their organizational meeting immediately following the 26 January parish Annual Meeting. [*Editor's note: Laura Gable was elected as junior warden.*] The vestry will hold its annual daylong retreat—the first with our new rector—on 1 February at Trinity School, and also meet there at noon on 9 February for the annual joint meeting with the vestry of Trinity Church (and the School Board), which focuses on our shared ministry and ownership of Trinity School.

– *Jeanne Cooper* Vestry class of 2016

Hospitality & Ushers Meeting, 3/2

Ushers, Hospitality Committee members, and all those interested in hospitality will meet on Sunday, March 2, in Lehman Hall following the 10:15 service. We'll continue our conversation from January about welcoming visitors and bringing new members into our community.

Arts at St. Bede's presents



Divisa Ensemble Sunday, February 23, 4pm

The Divisa Ensemble will present a program of classical chamber music at St. Bede's as part of their Fifth Anniversary Season. The recital will feature everything from duos to quintets, with works by Ginastera, Schubert, Casterade, Koetsier, Bloomer-Deussen and Hartmann.

www.divisaensemble.com

Tickets: In advance \$20 general/\$16 senior/\$5 student

At door \$25 general/\$21 senior/\$5 student

Advance ticket purchase at www.brownpapertickets.com

Calendar Corner

27 February: George Herbert
Priest, 1593-1633
Welsh



Famous for his poems and his prose work,
A Priest in the Temple: or The Country Parson.

He described his poems as “a picture of the many spiritual conflicts that have passed betwixt God and my soul, before I could submit mine to the will of Jesus my Master; in whose service I have found perfect freedom.”

His words, “Nothing is little in God's service,” have reminded Christians again and again that everything in daily life, small or great, may be a means of serving and worshipping God.

– From *Lesser Feasts and Fasts*, 2003



The Elixir

Teach me, my God and King,
 In all things thee to see,
 And what I do in any thing,
 To do it as for thee:

Not rudely, as a beast,
 To run into an action;
 But still to make thee prepossest,
 And give it his perfection.

A man that looks on glass,
 On it may stay his eye;
 Or if he pleaseth, through it pass,
 And then the heav'n espy.

All may of thee partake:
 Nothing can be so mean,
 Which with his tincture (for thy sake)
 Will not grow bright and clean.

A servant with this clause
 Makes drudgery divine:
 Who sweeps a room, as for thy laws,
 Makes that and th' action fine.

This is the famous stone
 That turneth all to gold:
 For that which God doth touch and own
 Cannot for less be told.

– George Herbert –



Follow-up: Home & Hope Fundraiser

Late last November, St. Bede's own Jeanne Cooper, Bertita Graebner, Gia Hayes-Martin, Melville Hayes-Martin, Hasma Serverian, and Kathy Thompson (walkers) and Ian Hersey (cyclist) participated in a walk-, run-, bike-athon fundraiser for Home & Hope, and many more from St. Bede's made donations. The following was excerpted from a letter of thanks by Raj Rambob, Executive Director of Home & Hope.

Thank you for your support of Home & Hope's "Journey Home" Fundraiser and the Walk, Run, and Bike event! ...

What a success the event was! Thanks to your support and the support of 100 participants and 200 new supporters, Home & Hope raised \$20k! Your care is an integral part of the Home & Hope community. Just this year, Home & Hope has provided 20 families with a place to live, learn, and feel safe as they work to find a home. Through a network of congregations, community organizations, and wonderfully dedicated volunteers, Home & Hope has been able to transition 85% of our guests into permanent and transitional housing in 2012. Many of our families are experiencing homelessness for the first time. Your kindness is encouraging and uplifting during these critical stages of recovery.

A Christmas Visit to the San Mateo County Jail by Nancy Stork

After years of marathon baking sessions for the San Mateo jail, my daughter Livy and I finally decided to visit for ourselves. Each year the Service League coordinates thousands of homemade cookies and hand-decorated bags to give as Christmas presents to local prisoners. Kathy Thompson and Jeanne's friend Cici helped this year with the baking and our Sunday school kids decorated bags.

We were up early on Christmas Day to arrive by 7am at the men's jail in Redwood City. The cookies arrived in a U-Haul just after we did. Luckily, no one among the St. Bede's group—Jeanne Cooper, Ian Hersey, Ann Latta, Livy or I—are serious ophidiophobes so we helped unload the cookies despite a six-foot mural of the Narcisse Red Garter Snakes of Manitoba on the side of the truck. There were ten or twelve people there from other organizations and we divided into two groups.

Deputies took the cookies upstairs in big laundry carts while we waited in the mostly empty lobby. We left the contents of our pockets in lockers. About 7:40, we were ready to go upstairs through metal detectors, sing carols, and distribute the cookie bags. Our first stop was the 5th Floor, which is a transitional floor for prisoners work-



ing on job skills and hoping to return to the outside world. We came through locked doors into a large room about the size of a middle school library. There were comfortable chairs, books, computers, and posters on the walls saying “CHOICES,” “We do not lie; we do not cheat; we do not steal.” Pictures of Obama and other inspirational figures adorned the walls, many of them the work of the prisoners themselves. All around us at ground level and one floor up were 48 cells.

We could see the men peering at us through the narrow windows of the cells. Many of them were shirtless and had clearly just woken up. We arranged cookie bags on tables and lined up to greet them. One of us was to give out the bags, the next one was to shake each prisoner’s hand, and the rest of us were lined up behind the table to sing Christmas carols. The deputy was very concerned that everything be well ordered. A second deputy sat in the center of the room and opened the cell doors electronically from a control panel, eight at a time. We started to sing and the first eight doors opened. Out came sixteen prisoners in varying shades of prison orange, some in T-shirts, some in sweats. What was most remarkable about these men was how completely unremarkable they looked. They were all heights, all ages, all races, and all sizes. They were extremely friendly and seemed glad for the chance to stretch their legs. We in



the back row waved to them as we struggled to follow along with the lyrics to the second and third verses of *Oh Come All ye Faithful*, *Deck the Halls*, and *We Wish You a Merry Christmas*. We did not have a lot of practice time for our singing but we made up for it with enthusiasm.

Those sixteen men returned to their cells and when all the doors were closed, the deputy let out the next sixteen. It took about fifteen minutes for all the men to pick up their bags of cookies. What intrigued me most was that the deputies seemed to have a special relationship with some of the prisoners, exchanging many fist bumps and even a few “bro-hugs.” We left singing and headed to the 4th Floor.

Our deputy warned us that this floor was a bit different than the 5th. He said these men had problems with impulse control and that he would be extra alert with them. We entered through another locked door into the same type of room as above: 48 cells on two floors around a central room. There were no books, no computers, no comfy chairs, no posters, no art, just four tables turned on their sides in the middle of the room. We righted the tables and set up the cookies. These men came out in their turn and looked

very much like the men on the floor above, perhaps a few more with tattoos. A few of them looked like they were coming down off a six-

month bender, but once again, most of them looked like anyone you might see walking down a street in Menlo Park. One of them clearly knew all the words to the third verse of *Deck the Halls* and sang along with gusto. It was hard to hold the music, sing, wave, say hi, make eye contact, and all the while wonder what each of them had done to end up here on the non-transitional floor of the County Jail.

Exiting the elevator, we met some inmates delivering breakfast. The head of our group assured them that they would receive cookie bags later, to which one of them replied, “Thanks so much. We’re not going anywhere!”

The deputy told us that we would not be visiting the 3rd Floor as there were some “really bad dudes” on that floor. So we went down to the ground floor and the



six “holding tanks” for prisoners yet to be arraigned. This room was much smaller than the ones above, but the cells were much larger, each holding about twelve men. Unlike the rooms above, these seemed to be somewhat divided by race—black and white prisoners were together, but Latinos and Asians were in separate cells. A deputy told us the prisoners here were divided because of gang activity. The men waved cheerfully through the glass and again we sang. These cells were opened one at a time. We were able to see these men return to their bunks and enjoy their cookies.

After this, we drove out past 101 to the women’s jail and the transitional home for male prisoners who work with dogs from the Humane Society. The women’s jail was much homier than the men’s. The guards were wearing “ugly Christmas sweaters” and seemed to be having a contest for the ugliest one. The women’s jail had books, posters and artwork, as well as a kitchen where the inmates could gain some cooking skills. Two young women sat at a computer and the others came out of dormitories at the four corners of the room. There was a small infirmary in one corner and an outdoor patio with a table and chairs. The women were

dressed in prison orange and, like the men, came in all ages, races, sizes and shapes. They were very grateful we had come and many of them said so directly. We all shook hands this time and were

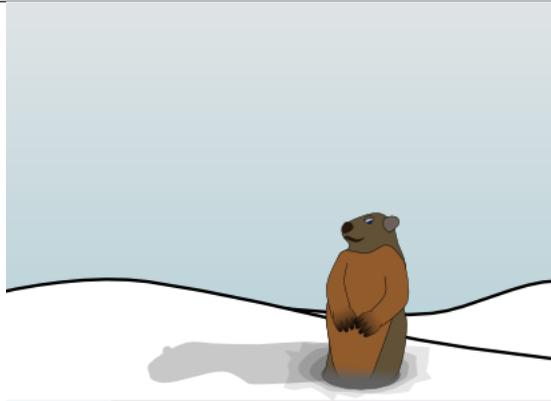
able to exchange a few words. Several of them remarked on Livy’s glasses, “Great shades, girl!” Many were very friendly and outgoing. A large number of them had braided hair in elaborate styles. Some had tears in their eyes.

We continued to the Humane Society shelter, where inmates work with the T.A.I.L.S. program to rehabilitate dogs and adopt them out. The walls were filled with pictures of the many canine graduates of the program. The men came out of their dormitories and then several of them came with three super friendly dogs, pit bull and other mixes. →

We chatted with them and wished them well. We left the TAILS program about 9:45 and drove past the Maple Street Homeless Shelter, back to Portola Valley and our own family Christmas.

It was, all in all, a very moving experience and I hope many of you will consider joining us next year!

– Nancy Stork



In-kind Donations

From Christmas until the start of Lent, the Community Service committee takes a break from fundraising, but support of charitable initiatives continues through hands-on service and many parishioners' in-kind donations. The latter means we also need volunteers to drive donated food, clothing, and practical household items to nonprofits such as Shelter Network's Haven House in East Menlo Park and Ecumenical Hunger Program (EHP) in East Palo Alto.

While Juliet Knowles, Kate Machemer, and Diane Spath have a rota to purchase healthful food for EHP's Pack the Bag program for needy children, we do need a few more drivers willing to make a monthly or occasional weekday trip from St. Bede's to EHP or Haven House. It's about an hour roundtrip,

depending on time of day and how long it takes you to load the offerings in the narthex baskets into your car.

It's helpful if volunteer drivers first sort donations for up-to-date clothing (new or gently worn) and practical household items in good condition, which is what clients of our nonprofit partners most need. Vintage clothing and less practical items may be reserved for our Lenten rummage sale, while nonworking or overly worn items may be discarded. Parents may want to share the sorting and delivery with a child in need of community service hours, or just a valuable lesson of the need among us. Contact John Hickson, David Chu, or Nancy Stork about being a volunteer "alms driver."

– Jeanne Cooper
Community Service Chair

The deadline for the March issue of Bede's Journal is Friday 14 February.



Please send copy to: cshedlock@stbedesmenlopark.org



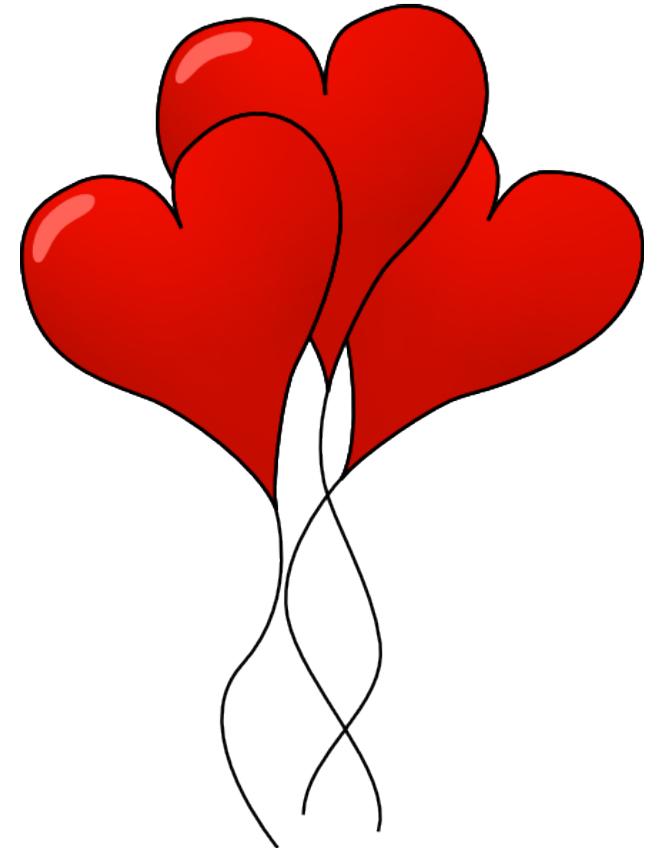
In the Month of February

Birthdays

- 1 Jeff Weber
- 2 Bertita Graebner
- 7 Julie Carman
Oliver Talbot
- 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
Maggie Turner
- 24 Ellie Turner
- 26 Renee Hannebrink
- 27 Joan Craig

Anniversaries

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



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Time Value

Date Mailed: 28 January 2014

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. David A. Sheetz *Priest Assistant & Interim Music Director*
The Rev. John Oda-Burns *Priest Assistant*
Carol Shedlock *Parish Administrator*
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

Weekday Service

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* on-line at

www.stbedesmenlopark.org