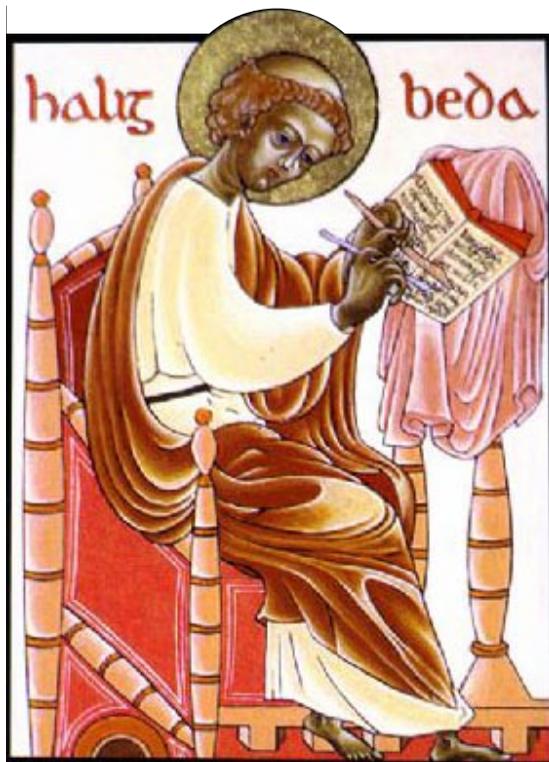


Bede's Journal

The Monthly Newsmagazine of St. Bede's Episcopal Church



We help all ages grow in faith and service.

Summer 2015

Summer at a Glance

Sunday 5 July

8:50am & 11:30am Treat Sales at coffee hours, supporting Pack the Bag
9:00am Soulwork: General Convention

9:00am, Sundays, July 12, 19, 26
Soulwork: Images of God

Sunday 26 July

10:15am All ages worship together
noonish Family picnic with Rector and new Children's & Youth Minister

9:00am, every Sunday in August
Soulwork: Last Things — Preparing for the end of life

Sunday 16 August

Youth outing to Pacifica: lunch, beach, & *West Side Story*

Sunday 30 August

Sunday school & Youth Group resume



Look Ahead and Save These Dates!

Wednesday 2 September

Wednesday Soulwork resumes: *The New Jim Crow*

Sunday 13 September

St. Bede's Choir returns

Sunday 27 September

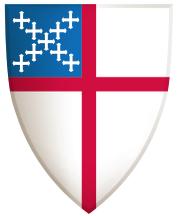
4:00pm Evensong with the Choir of St. Bede's

Friday 2 October

Annual Gala Fundraiser

Sunday Soulwork in July and August

July 5 is the last session of a three-week series on *General Convention*, the governing assembly of the Episcopal Church that recently concluded in Salt Lake City. Whether you've been to the first two sessions or not, please join us for this conversation about the outcomes of Convention's debates and the life of the Church beyond our parish.



We'll spend three weeks exploring *Images of God* on July 12, 19, and 26. What images of God are present in the Bible and Christian tradition? How do different God-images affect our faith life and prayer?

In August, we'll explore *Last Things*, a series on preparing for the end of life. See the rector's column on page 6 for more information. The schedule of sessions is:

- August 2: Christian perspectives on death and dying, led by Gia Hayes-Martin
- August 9: Advance healthcare directives and decisions at the end of life, led by Sean Baldwin of Pathways Hospice
- August 16: Estate planning and planned giving, led by Amanda Kiernan of the Diocese of California
- August 23: Planning a funeral, led by Kathy McKee and Gia Hayes-Martin
- August 30: After the funeral: burial and grieving, led by Gia Hayes-Martin

Sunday Soulwork meets at 9:00am in Lehman Hall; during the summer, childcare is available by advance request.

Wednesday Soulwork is on summer vacation and will resume on 2 September with a facilitated discussion of *The New Jim Crow* by Michelle Alexander.

Staff Transitions

Michaela Kruger has accepted the call to serve as Children's and Youth Minister at St. Bede's. She is a new graduate of Princeton Theological Seminary and has been a children's and youth minister at Episcopal and Lutheran churches. She will join us on 26 July.

The Rev. David Sheetz concluded his time as Priest Associate at St. Bede's in June. The parish is giving a tangible expression of appreciation for his ministry here; if you would like to contribute, send a check to the church office with memo "Sheetz Gift" by the end of July.

Community Service

Home & Hope

On July 8 and 11, volunteers from St. Bede's will staff the Home & Hope transitional housing ministry at Trinity Church in Menlo Park. We could use another volunteer or two for the July 11 date; if you are interested in coming along to help prepare and serve dinner, or provide childcare/fellowship after dinner, your help would be very welcome! Email Emilee if you can help out. Our next service opportunity will be evenings TBA the week of August 9-15.

Pie & Ice Cream Coffee Hours

Thanks to all who enjoyed the homemade pie à la mode at coffee hour after both the 8:00 and 10:15 services on Independence Day weekend. Pies were baked by members of the community service committee, with proceeds supporting Pack the Bag. Specifically,

we will use the money raised to purchase shelf-stable milk for local kids in need.

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 50 children. Please keep your donations of kid-friendly food coming throughout the summer as we will continue to pack during the summer season. We especially need shelf-stable milk! Contact Emilee Wilhelm-Leen or Diane Spath if you would like to get involved in this ministry.

– Emilee Wilhelm-Leen & Carol Brink
Community Service Committee Co-Chairs



Summertime Sprucing Up

The sanctuary exterior will be undergoing renovation and repairs for two weeks beginning Monday, 6 July. Church services will continue as normal during this time.

The parish office building will be tented and fumigated to eradicate termites Thursday-Saturday, 9-11 July. Staff will be available on Thursday and Friday via email and voice-mail, and you may run across us camped out in some non-lethal area of the campus.

The hardwood floor of the parish hall will be refinished Tuesday-Wednesday, 4-5 August, and the hall will remain closed until the evening of Tuesday, 11 August. Sunday coffee hours on 9 August will take place in the courtyard, and Sunday Soulwork will meet in the large Wyatt classroom (furthest from the church).

Children & Youth Summer Activities

The arrival of our new Children's & Youth Minister Michaela Kruger on 7/26 happily coincides with the all-ages 10:15 service that day, when children and youth will join the worship in the sanctuary. After coffee hour, families with children and youth are invited to a picnic on the playground level with Rev. Gia and Michaela. RSVP to the parish office by Wednesday, 22 July.

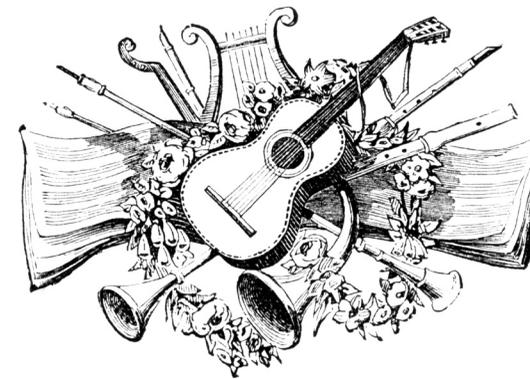
Sunday Funday activities will be offered July 12 and 19, and on Sundays in August until 30 August, when Sunday school and youth group resume. Thanks to Jeanne Cooper and Amy and Michael Salvato for volunteering in June, and to Diane Spath, Laura Gable, and Jon Backlund for signing up to lead Sunday Funday in July and August; see the sign-up sheet in the sanctuary if you'd like to lead or help lead a session with our younger members.

Older children and youth will have an outing to Pacifica after church on 16 August. Jeanne Cooper and others will drive kids to Pacifica to have lunch and beach time before seeing the 2pm show of *West Side Story*, featuring Claire Lawrence and the timely theme of "us vs. them" stereotyping and conflicts. RSVP to Jeanne at jcooper@stbedesmenlopark.org as soon as possible to guarantee a ticket (\$25); the show is expected to sell out well before the date.

Musicians Wanted!

*Raise a song, sound the tambourine,
the sweet lyre with the harp.*

Psalm 81:2



Instrumentalists and singers alike are invited to share their musical talents during the months of July and August while the choir is enjoying a well-earned break. If you would like to play or sing for the Offertory for the 10:15 service over the summer, please contact Kathy McKee at: kmckee@stbedesmenlopark.org

Clipart courtesy of FCIT. <http://etc.usf.edu/clipart/>

From the Rector Hard Conversations

This summer brings an opportunity for us as a parish community to engage with two subjects that are difficult to discuss and therefore tempting to avoid. The first of these is end-of-life issues. It has often been observed that American culture would like to deny the reality of death. We've turned funerals into "celebrations of life," we claim that we're not grieving when a loved one has died, we use euphemisms so we don't even have to say the word. None of this changes the hard fact that everyone will die someday. To help us and our loved ones face the journey we will all eventually make, Sunday Soulwork in August will explore several issues we face at the end of life, including the Christian understanding of death, advance healthcare directives and estate planning, and planning a funeral. (See page 3 for details.)

Doing some advance planning is a gift to our loved ones. There are many, many decisions to make at the end of life: medical decisions, funeral plans, burial options, whom to notify and when. As anyone who has mourned a loved one knows, grief



impedes our decision-making capacity; our brains just don't function well under such an emotional onslaught. Planning ahead relieves our survivors of this burden. It also helps to ensure that our wishes are honored. Our families can't care for us or bury us as we want them to unless we tell them what we want.

End-of-life issues are a concern for all people, regardless of age. Life is uncertain, and we cannot know when these issues will affect us or a loved one directly. Terri Schiavo, whose very public last days in 2005 raised awareness about advance healthcare directives, was only 26 when she suffered the brain damage that left her in a persistent vegetative state. And making a will is a moral imperative for parents of minor children. Designating a guardian in the event of the death of both parents fulfills a parent's fundamental responsibility to care for their children no matter what.

The second of these difficult subjects is race. It's a painful subject for Americans, whatever race we are. The news of the last year has shown us again and again that wishing the topic away will not heal the gaping wounds in our country's past and present, and the murders of nine of our

sisters and brothers in Christ at Emanuel AME Church in Charleston, South Carolina, demand that we as Christians do something to bring about reconciliation and justice.

In my sermon after the Charleston murders (available at www.stbedesmenlopark.org/recent-sermons-archive/), many of you heard me call upon St. Bede's to read and discuss *The New Jim Crow* by Michelle Alexander, using a guide for facilitated conversations produced by the Diocese of California's Urban Peace Collaboration. The guide helps to create a structured and supportive space that reduces tension and awkwardness while leading us to action. We will form at least two groups to talk about this book, each meeting for six weeks. The first group will be on Thursday mornings from 10:00am to noon, and I would like to start it as soon as possible. A second group will meet during an expanded Wednesday Soulwork time, from 6:00 to 7:30pm, beginning on 2 September. We will need at least four people for each group to go forward. If you would like to sign up, please call or email me at the church office.

These are hard conversations, but you've shown me that St. Bede's is a place where we can have these discussions in a spirit of love and respect for one another. That same spirit—and the Holy Spirit—will be with us in these discussions, too.

Peace,

Gia+

All-Ages Worship on July 26



Our next quarterly all-ages worship service will be on 26 July at 10:15am. Sunday Funday will not meet; children will be with their parents in church for the entire service. (Nursery care will be available for babies.) Families with young children are encouraged to sit in the front pew, where children can see and hear what is going on more easily.



☀ Bede's People ☀

Megan Ancker and teammates on the Menlo Mavens women's masters water polo team won a silver medal at the national championships in Riverside, June 12-14.

Our congratulations to more graduates:

Bruno G. recently graduated from Menlo School and will attend the University of Colorado at Boulder. His sister **Tessa G.** graduated from 8th grade at Woodside Priory, where she will continue for high school.

Allison Mintz will be awarded her JD from John Marshall Law School in Chicago at the end of July. While at John Marshall, Allison did extensive work helping U.S. Military Veterans with benefits appeals at the school's Veterans Legal Support Center and Clinic. Allison is particularly interested in tort litigation, plaintiff's side. She would also enjoy returning to Mongolia (where she served in the Peace Corps, 2009-2011), to see friends and possibly even to live and work for several years. Allison will be moving home to Woodside to live with her parents, Abby and Arthur, while studying for and taking the Bar Exam and seeking employment. She would ideally like to live in either northern California or Washington, D.C.



Vestry View

To open the May meeting, Hal Louchheim reported for the Finance Committee that we are currently under-spending our repair and maintenance allowance. A few upcoming projects will change that: the Hill Center will be tented and fumigated for termites, and some maintenance of the sanctuary's exterior will be conducted.

Emilee Wilhelm-Leen reported for the Community Service Committee that we have almost enough Home & Hope volunteers for our support of several families during the week of 5-11 July at Trinity Episcopal in downtown Menlo Park. Home & Hope volunteers can bring dinner, stay the night, or simply spend much-appreciated time with families in need. Please contact Emilee if you would like to volunteer.

Jon Backlund reported for the Buildings and Grounds committee that our sprinkler upgrade is well under way. The committee will test and monitor usage of the sprinklers, use a drip system instead of spray wherever possible, and move sprinklers to where they are most needed.

Gia announced that the top candidate for our Children's and Youth Minister has accepted our call and will start in late July. Congratulations to Gia and the Children's and Youth Committee for bringing this valuable team member aboard!

– *Laura Gable* Junior Warden

Is Altar Guild Service for You?

Come find out at the Altar Guild Summer Social, Saturday, August 15, 3 to 5pm at the home of Anne Vitullo in Menlo Park.



You'll meet current Guild members and learn about the important—but often behind-the-scenes—role we play in enhancing our weekly services. It offers a wonderful opportunity for church fellowship while engaging in the hands-on work of the Guild.

Altar Guild membership is open to both women and men of the parish. Teens in 8th grade or higher are welcome as Guild “trainees,” and will work side-by-side with an adult volunteer.

To RSVP for the 15 August social, please email Anne.

GRACE CATHEDRAL PRESENTS

50TH ANNIVERSARY OF VINCE GUARALDI'S SACRED MUSIC CONCERT

PLUS ORIGINAL JAZZ MUSIC INSPIRED BY PEANUTS

The **Fair Oaks Presbyterian Church Choir** (Sacramento area), including **Choir members** from the original 1965 performance and **The Jim Martinez Quartet**

Saturday, August 15, 2015 • 2:00 pm

Grace Cathedral

1100 California Street, San Francisco

\$20 adult / \$10 child & student

tickets online: www.brownpapertickets.com/event/1635536

www.GraceCathedral.org



GRACE
CATHEDRAL

Arts at St. Bede's 2014 – 2015

A huge **THANK YOU!** to all who contributed time, talent, and financial support to making this past year's series a grand success. The season saw fifteen outstanding presentations including vocal and organ recitals, choral, dance and orchestral performances of both early and modern music, and worship services featuring St. Bede's choir. Receptions, offering audiences and performers alike an opportunity to relax and socialize, followed each event. Over the fifteen presentations, 1085 audience members came to enjoy the music. Box office receipts totaled over \$12,000, approximately 50% of which was donated by the presenting artists to local charities. Special thanks to Rani Fischer for organizing the performers for the season, Carol Shedlock for creating the season brochure and program covers, Carol and Ed Brink for running the box office, Fred Langhorst for assisting set-up for performances, and to Jeanne Cooper, Jim Bartosh, and Liza Taft for assisting with receptions. And bravo to all at St. Bede's for continual support of this wonderful series which fosters artistic creativity and opens the doors of St. Bede's to the greater community.

– Katherine McKee Music Director

2015 – 2016

The 2015-2016 season brochure will be mailed later this summer, but meanwhile, please mark your calendars for the dates below so you won't miss a single one of the coming events. The 4/24 concert by Broceliande is all-ages-appropriate—plan to bring the kids!

- | | |
|--------------|---|
| September 27 | St. Bede's Choir: Evensong |
| October 8 | Rani Fischer: Organ recital |
| October 25 | SF Renaissance Voices: <i>Viva Italia!</i> |
| November 8 | Collage Vocal Ensemble |
| November 22 | Michael Killen art exhibit |
| December 13 | Kitka: <i>Wintersongs</i> |
| January 24 | Konevets Russian Vocal Quartet |
| January 31 | Colby Roberts & friends: <i>An Afternoon at the Opera</i> |
| February 21 | San Francisco Renaissance Voices:
<i>Grand Tour</i> —Polychoral music from Scotland & Europe |
| March 6 | Dan Levitan: Harp recital |
| April 10 | Dawn Harms: Violin recital |
| April 24 | Broceliande Celtic & Early Music Ensemble |
| May 1 | Collage Vocal Ensemble |
| May 22 | St. Bede's Choir Concert— <i>Saints and Celebrations</i> |



Retreat Report

Our parish retreat at Bishop's Ranch—the first since 2013—brought together nineteen adults and ten children for a weekend of fellowship, reflection, relaxation, and fun in one of the Bay Area's most beautiful settings.

While adults shared our spiritual journeys Saturday morning, children created a special prayer flag and explored the ranch's natural wonders. In the afternoon, some swam in the newly heated and expanded pool; others splashed in the Russian River in Guerneville; some took to the road in bikes, and others rested with a good book. In the evening, we gathered around a campfire for rousing songs led by Ed and Carol Brink, and s'mores with peanut butter cups (a delicate art).

We also toasted the 50th anniversary of Dick and Becky Zeren, the 59th anniversary of Ed and Carol Brink, and the one-day anniversary of Alex Stork and Kenya Mitchell (whose civil marriage service will be followed by a church service next summer). And in keeping with the all-ages spirit of this retreat, many enjoyed holding 6-week-old Zachary M.

But we realize that the distance, time, or finances involved may not make this annual retreat possible for all those who would like to participate. In the fall, Rev. Gia and I will be gathering input from those who hold the Bishop's Ranch experience dear to their hearts while examining possible alternative locations and experiences. Please share with us your thoughts on the retreat, whether you have participated in the past or not, so we can better understand the parish needs and desires.

– Jeanne Cooper
Senior Warden



+ 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.

+ Burial +

Sharon Dean Clark
4 February 1931 – 28 April 2013
Let light perpetual shine upon her.

Heart of Trinity School Awards for 2015

Service Learning is a core value of Trinity School and a major expression of the school's Episcopal identity. Students in every grade participate in multiple forms of service learning each year. In Grade 5, we ask students to reflect on their experiences with service learning and to choose five organizations to receive Heart of Trinity Awards which represent core values of our school. These five areas include peace, medical needs, basic needs, animals, and our earth.



World Wide Peace Award: Free the Children

Presented by Oliver, Claudia, Luke, and Priam

We like how you build schools and help provide education for kids who don't have it. Schools can educate people to make smart choices in voting, have ideas for promoting peace, and create good opportunities for the next generation.

Medical Award: Ronald McDonald House at Stanford

Presented by Jessica, Peter, Evan, and Kendall

It is great that you make the kids more comfortable and feel loved and happy. You also value people being treated equally by helping people from many places and with different backgrounds have somewhere to stay while getting medical treatment.

Basic Needs Award: Water is Life

Presented by Braden, Aidan, Nick, and Makena

We think you are a brilliant organization because you use the best scientific information and cheapest ways to produce effective devices. We especially like the water filter book that creates clean water. This is important because they can be transported easily and you can make lots of them so they can be given to more people.

Animal Compassion Award: The Humane Society

Presented by Ava, Isabella, Nikhi, and Will

We like that you rescue animals, heal them, and give them temporary homes until they are lovingly adopted. It is awesome that you rescue many different breeds of animals, instead of focusing on only one type, because there are many kinds of animals that need help.

Eco-Earth Award: Nature Conservancy

Presented by Joanna, Conner, Liam, and Ben

We admire how you are protecting forests and taking a stand for earth. We like that you are helping with re-growing trees to create sustainable forests because people need to use wood, and this way we can use wood and also still have animal habitats.

Want a rewarding volunteer opportunity?

Becoming an **Episcopal Spiritual Care Service Volunteer at Stanford Hospital** may be just the right opportunity for you, if you're . . .

- a compassionate listener
- sensitive to the needs of others
- a selfless giver (two hours of your time each week)
- empathetic and encouraging
- open-minded
- well grounded within your faith as an Episcopalian
- teachable

The next training will be held on three consecutive **Tuesday** evenings:

October 13, 20, and 27, 2015 from 7-9 PM

For more information or for an application form, please call Episcopal Chaplain Tom Jackson (510) 759.3275 or email: tcjackson@episcochaplain.org. Web: episcochaplain.org

The Episcopal Chaplaincy is a ministry of the Diocese of California. Training is offered by the Spiritual Care Services of Stanford Hospital.



Places at Trinity School

Trinity School, serving Preschool through Grade 5 students and families, is accepting applications in select grades for Fall 2015 enrollment. Please contact Shelley Willig at admission@trinity-mp.org for further information. Visit the website at www.trinity-mp.org.

The deadline for the September issue of Bede's Journal is Monday 17 August.



Please send copy to:
cshedlock@stbedesmenlopark.org

In the Month of July

Birthdays

- 1 Chris Talbot
- 4 Cristina Harris
Marcel Hayden-Gephart
Dominique Rose
Tina Talbot
- 8 Ann Mason
Nancy Stork
- 10 Toffie Kopczynski
- 15 Jeanne Cooper
- 16 Cyrus Hayden-Gephart
- 17 Eileen DiGiorgio
Jack Wenstrand
- 19 Brian DiGiorgio
- 20 Curtis Grisham
- 21 Ray Ross
- 23 Taylor Whitney
- 24 Will McDowall
Marge Posthauer
- 25 Isabel Gable
- 29 Dave Sell
Emilee Wilhelm-Leen

Anniversaries

- 5 Fred & Julia Klasson Langhorst
- 6 Jon & Julie Backlund
Meagan & John Wenstrand
- 13 Doug & Vicki Blayney
- 24 Jeanne Cooper & Ian Hersey



In the Month of August

Anniversaries

- 3 Bertita & Michael Graebner
Melville & Gia Hayes-Martin
- 6 Katherine McKee & Colby Roberts
- 9 Matt & Melanie Hayden-Gephart
Brian Leen & Emilee Wilhelm-Leen
- 12 Gregg & Stephanie von Thaden
- 23 Anne & Wes Poulson
- 26 Elaine & Randy Kriegh
- 27 Diane & Mike Spath
- 29 Dora Ho & Pedro Lo
- 31 Chris & Linda Brown

Birthdays

- 2 Alexandra Spath
- 4 Elaine Kriegh
- 5 Alex Coleman
Jeanette Latta
- 7 Mathai Mammen
Rosemary Reynolds
Luke Terra
- 8 Julie Backlund
David Chu
- 9 Doug Ross
Megan Sell
- 14 Megan Terra
- 17 Peter Nunn
- 19 Christopher DiGiorgio
- 22 Elizabeth Chamberlain
William Wenstrand
- 25 Judith Paulus
- 26 Abigail Macheimer
- 28 Jean Culbertson
- 31 Bill Harris
Allison Mintz



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Menlo Park, CA 94025

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Time Value

Date Mailed: 6 July 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*
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