

Bede's Journal

The Monthly Newsmagazine of St. Bede's Episcopal Church



We help all ages grow in faith and service.

September 2015

September at a Glance

6:00pm, Wednesdays, 2 September – 7 October
The New Jim Crow Reading Group #2

noon-4:00pm, Saturday 12 September

Kids' Carnival Diversity Event at Cubberley Community Center,
community day coordinated by University AME Zion Church

Sunday 13 September

Fall Kick-Off!

St. Bede's Choir returns to the 10:15 service

9:00am, Sundays, 20 September – 18 October
Soulwork: St. Paul

4:00pm, Sunday 27 September

Autumn Evensong with the Choir of St. Bede's



Look Ahead and Save These Dates!

10:15am, Sunday 4 October

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

4:00pm, Sunday 11 October

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

Sunday 25 October

9:00am Parish Fall Meeting & Harvest Brunch

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

7:00pm, Friday 30 October

Annual Gala Fundraiser

St. Bede's Children & Youth: New Beginnings

On 26 July we welcomed a new Children's and Youth Minister to the team at St. Bede's. Michaela Kruger comes with three years of children and youth experience and is very excited to be joining us. She has some new ideas for the children's and youth ministry, but also is excited to join in on St. Bede's traditions. Please welcome her and introduce yourself at coffee hour. She would love to hear your ideas and suggestions on how to make the family ministries at St. Bede's the best they can be.

It's the start of a brand new Sunday school year! We have brushed up on our Bible stories, bought the craft supplies, and come up with a great year of activities and lessons for your children! Sunday school will be offered during the 10:15 service; we will have a Godly Play class for children ages 3 to 6 and a lectionary-based curriculum for children ages 7 to 11. We recommend that



students 12 and older join their families in church and then join our Sunday school team for a middle school lesson after coffee hour (approximately 11:30-12:15). Nursery care is still provided at the 10:15 service, starting at 10am.

September Soulwork

Wednesday Soulwork resumes on September 2 with a facilitated discussion of Michelle Alexander's *The New Jim Crow: Mass Incarceration in the Era of Colorblindness*, led by Jeanne Cooper. Because creating trust within the group is necessary for a discussion of a topic as sensitive as race, this group will function a little differently than the usual Wednesday Soulwork pattern: advance sign-up is required, the group will not be open to new members after the first week, and the meeting will start half an hour earlier, at 6pm. Discussion will begin over a simple dinner. Contact Gia to sign up and get the first week's reading assignment.

Overleaf for Sunday Soulwork >>

Sunday school began on 30 August with a small picnic, but Fall Kick-Off will be 15 September. We hope that you can come out and join us. We will be having a lot of fun activities after the 10:15 service. Bring friends! Kick-Off Sunday will be a great day to introduce new members to the St. Bede's family.

Stay tuned for future news of the Children's & Youth Ministry. We are hoping to start a prayer partner program as well as adding some new social and service events to the calendar!

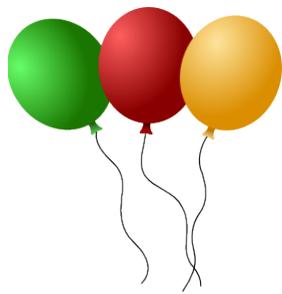
– Michaela Kruger
Children's & Youth Minister



Sunday Soulwork takes a short vacation on September 6 and 13. On September 20, we begin a new five-week series on Paul. He never knew Jesus in the flesh and never read any of the gospels, but he has had a larger influence on Christianity than any other New Testament writer. We'll explore Paul's life and letters to gain a better understanding of this prickly, arrogant, wise, and hope-filled apostle and what he might have to say



to us today. Sunday Soulwork meets at 9:00am in Lehman Hall; childcare is available.



tion of homemade and artisanal items, and of course delicious food, inviting decor, music, and more.

The kick-off display will have sign-ups for gala volunteers and donors of items and events (to be accepted at the discretion of the auction chair, with a deadline of 1 October, to allow adequate publicity and appropriate display). While the parish is unable to subsidize costs of donating items, the auction chair may be able to connect those who wish to contribute their services but need assistance in purchasing materials, with others who may have resources to help.

Thanks to all who have made these events welcoming and successful in the past, and those who are able to share their gifts with us this year.

– *Jeanne Cooper* Auction Chair

Fall Fun and Fellowship

Our **Fall Kick-Off** takes place Sunday, 13 September, featuring festive coffee hours and new Lehman Hall displays at both 8am and 10:15 services, the return of our talented choir at the later service, and music, a bounce house, and children's activities afterwards. We look forward to seeing everyone there!



While you are at the kick-off, look for the display about our **Fall Gala** on Friday, October 30, from 7:00 to 9:30pm. While details are still in the works, current plans include a costume parade by St. Bede's children, a half-hour "tricks and treats" talent show (musicians welcome!), event sign-ups that showcase parishioners' special gifts (such as marmalade making, creating Italian cuisine, and hosting an afternoon tea), a silent auc-

Vestry Elections

The Nominating Committee* of the St. Bede's Vestry seeks qualified members to stand for election at the fall meeting/Harvest Brunch on 25 October. To qualify, members need to be baptized, to pledge, and to have received Communion at least three times in the previous year. Any parish member may nominate ("open" nomination), or may suggest a name to the committee for their consideration. Nominations of qualified members may also be made from the floor at the meeting next month.

According to our parish bylaws, we require a slate of **at least four** parishioners able to serve a three-year term, which begins at the end of January. At this time we also need to fill the position (two years remaining) recently vacated by Mike Sartor, to whom we are very grateful for his continued service on the Buildings & Grounds Committee.

The vestry meets monthly, generally the third Tuesday of the month, from 7pm to approximately 9pm, with an annual one-day retreat and occasional service on vestry task forces. Please contact senior warden Jeanne Cooper or another committee member if you are interested in sharing your time and talents in this way.

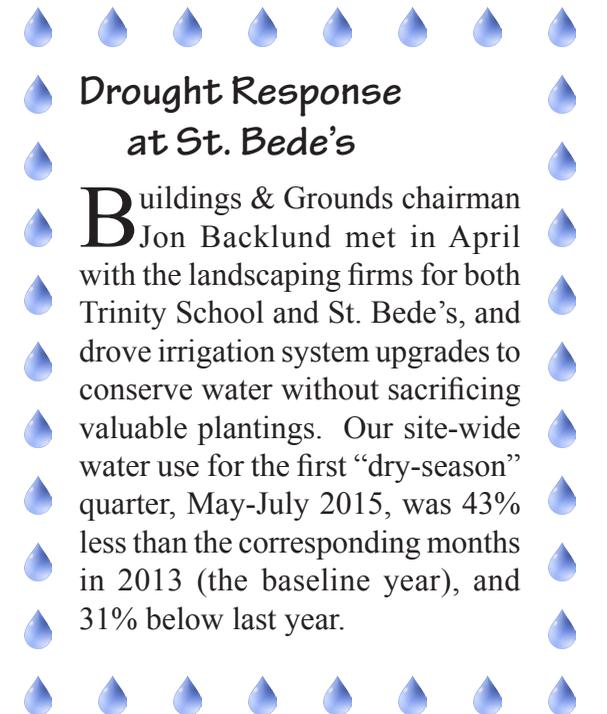
We hope to publish the slate of candidates in the October *Bede's Journal*, so don't delay, and do feel free to ask questions about what the vestry does from any current member,

including the rector. Many thanks to all who have served in this way before us and those who will come after.

As a reminder, community input is welcome at vestry meetings, and follows a 20-minute spiritual practice at the beginning of each meeting. The next meeting is 15 September at 7pm in the Ford Room.

– *Jeanne Cooper*

* *St. Bede's Nominating Committee* comprises the present year's and prior year's graduating classes. At this time, that is *Jeanne Cooper, Sung Moon, Robin Sequeira, Diane Spath, Vicki Blayney, Carol Brink, Michael Graebner, and Fred Langhorst.*



Drought Response at St. Bede's

Buildings & Grounds chairman Jon Backlund met in April with the landscaping firms for both Trinity School and St. Bede's, and drove irrigation system upgrades to conserve water without sacrificing valuable plantings. Our site-wide water use for the first "dry-season" quarter, May-July 2015, was 43% less than the corresponding months in 2013 (the baseline year), and 31% below last year.

From the Rector

Goodness vs. Cleanness

A couple of weeks ago, a group of St. Bede's folk met to begin reading and discussing *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander. I called upon the parish to do this as a first step in responding to the murder of nine of our sisters and brothers in Christ at the Emanuel African Methodist Episcopal Church in Charleston in June. I'm pleased to say that we have two groups going, one already meeting and one about to start on September 2 (see Soulwork announcement on page 3), with sufficient interest to form a third group soon. I was a bit nervous about how this first meeting of the first group would go. We started off by acknowledging that race is an incredibly difficult subject to discuss. Many white people, including me, are reluctant to talk about it for fear of saying something wrong and being labeled a racist. They're not able to separate what they say from who they are, so if they say something that comes across as racist, it means *they* are racist, and that can't be possible, because they are good people. Calling out a racist



comment is a tricky thing that usually leads to defensiveness and mutual frustration.

In a TED talk titled "How I Learned to Stop Worrying and Love Discussing Race" that our group watched, Jay Smooth offers a couple of ways out of this hole. (The video is available at <https://www.youtube.com/watch?v=MbdxeFcQtaU>.) First, he points out that the concept of race was created to defend the indefensible. It's inevitable that we will slip up when we're discussing things that were meant to be illogical and contradictory, and that means only that we are human. Second, he suggests that the way to live without imperfections is to acknowledge and work on them, rather than denying they exist. He says this is the difference between thinking of ourselves as being good versus being clean. No one says, "I'm a clean person, so I don't need to brush my teeth today." We know that cleanness requires dental hygiene, so we brush and have regular cleanings and listen when the dentist suggests a more effective flossing technique. Cleanness takes work to maintain, and sometimes we need other people to tell us when we have something stuck in our teeth. If we think of ourselves as trying to be clean rather than trying to be

good, our imperfections don't make us bad or dirty. They merely suggest areas that need some attention, things we need to do to maintain our cleanness.

It struck me that Jay's analogy has applications far beyond discussions of racism. Lots of us try hard to be good—good people, good friends, good employees, good Christians—and wind up beating ourselves up for being less than perfect. We're afraid people will find out that we're not really good, that we are, in Jesus' phrase, whited sepulchres whose decay is covered up by a thick layer of paint. But what if the point is not to be good, but to be clean? What if our imperfections aren't indictments of ourselves, but merely areas that need some attention?

I wonder if this attitude might help us see ourselves as God sees us: as human beings who aren't perfect, but who nevertheless are created in God's image and loved beyond measure. We might learn to forgive ourselves for being human. We might be able to acknowledge our growing edges without fearing that we are somehow bad. Maybe we might even welcome being told when there is something stuck in our teeth.

Peace,

Gia+

In Gratitude

St. Bede's has received a bequest from the estate of beloved parishioner Mary Fran Jett, who died in August 2014. We remember her with affection and gratitude.



Autumn Evensong
with St. Bede's Choir
Sunday, September 27, 4pm

Soaring chant, stirring hymnody, and dramatic poetry will highlight this Service of Light, which welcomes the lengthening shadows of autumn with a bounteous harvest of music by Hildegard von Bingen, Sister Élise, and Libby Larsen.

Free will donation benefits Los Ayudantes



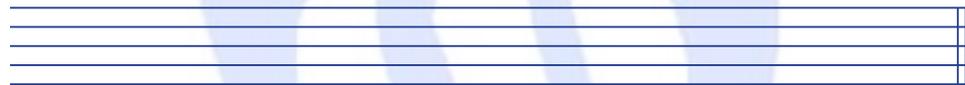
There's a place for you in the Choir of St. Bede's!

*They lift up their voices, they sing for joy;
they shout from the west over the majesty of the Lord.*

Isaiah 24:14

St. Bede's choir resumes this month with our first rehearsal on Wednesday, 9 September in preparation for our first Sunday back at worship together on 13 September. We have room in all sections for new singers, and welcome singers aged 14 and up. Regular attendance at mid-week rehearsals (most on Wednesdays, some on Thursdays) and Sunday morning services is expected and encouraged, with the understanding that everyone will need to miss now and then. We've got some great music lined up for the coming year—the more, the merrier! Singing beautiful music to the glory of God is a sure way to strengthen one's sense of the mystery and beauty of creation, as well as illuminate one's own life of praise and prayer. Regular work and play with a dedicated core of church members provides a deeper connection to the community. And the fringe benefits of choir membership include your very own robe (no more fretting about what to wear on Sunday) and the best reserved seats in the house!

If you are interested in joining the choir, please contact Music Director Katherine McKee at kmckee@stbedesmenlopark.org



Sunday School Singers to Sing for the Feast of St. Francis

Calling all families to mark their calendars for a very special all-ages liturgy on Sunday, 4 October, when St. Bede's will honor the Feast of St. Francis of Assisi by blessing our pets during the 10:15 service. The service will include an offertory anthem "Praise our God and King" sung by our Sunday school students. We will have time at

the beginning of Sunday school on all four Sundays of September to learn and practice the piece, which includes accompaniment by piano, hand bells, and percussion. Children young and old are needed for this special opportunity to lend their musical gifts to our worship on this beloved feast day.

— *Katherine McKee* Music Director

Vestry View

The Vestry's hot August meeting covered several different topics. Emilee Wilhelm-Leen reported for the Community Service committee that \$300 was raised at the pie sale on the Fourth of July weekend. All of this money will go to purchase shelf-stable milk, a much-needed item for Pack the Bag. Also, team members contributed significant time to Home & Hope this summer, feeding and entertaining families in transition on two nights in July and one night in August. We have two more Home & Hope dates coming up in October. Finally, in early October, the Community Service team will meet after a 10:15 service to start planning Advent and Christmas activities.

Gia reported for the Buildings and Grounds committee that the renovation of the sanctuary exterior has been completed to great results. We spent a little extra to repair some stained glass windows, so more light is being let into the sanctuary. The committee is currently getting a quote for a leaky area of the roof. Also, five dead Monterey pine trees have been removed from the berm along Sand Hill Road. Dozens of California buckeye, live oak, and toyon saplings are being protected to replace them over time.

Gia reported that the Bishop's visit planned for November 1 will be rescheduled to another date, probably in January, due to com-

mitments to the national Episcopal Church. The new date will be announced soon.

We discussed our ongoing work to define our identity and vocation. We agreed that we discover our identity as we try new things and make efforts that affect the world around us. One prominent sign of growth is Michaela Kruger, our new Children's and Youth Minister, writing a curriculum for the older Sunday school class. Another is more than twenty parishioners signing up to read and discuss *The New Jim Crow*, a book that addresses racism in America.



We approved a \$1500 yearly hospitality budget for Gia. So, if you'd like Gia to take you out to lunch, please give her a call!

We had a lively discussion about hospitality, which is how we welcome newcomers and share of ourselves at coffee hour and other events. We discussed ideas for lightening the load on our current hospitality volunteers, such as a sign-up board that would encourage everyone to volunteer just a little bit. We also noted that when we welcome new people it's important to give them a

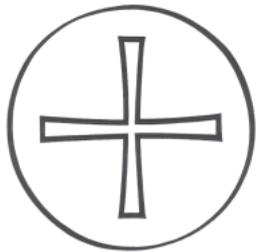


ministry so that they can quickly feel that they are part of church life.

Senior Warden Jeanne Cooper announced that the Harvest Brunch this year will be on October 25 and the Fall Gala will be on October 30. We will be forming Stewardship, Nominating, and Gala committees to help with these events.

Finally, we noted that there has been a lack of community input at our meetings. All are welcome to join us for the open session at the beginning of each meeting; please feel free to attend and tell us your opinions!

Laura Gable
Junior Warden



The deadline for the October issue of
Bede's Journal
is Tuesday 15 September.



Please send copy to:
cshedlock@stbedesmenlopark.org

Sharing Our Gifts, Sharing Ourselves

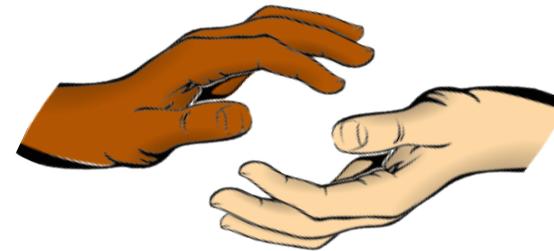
As an unofficial leader of our hospitality guild and the official leader of our stewardship committee, I've been thinking a lot about how we share our gifts—and how we share the gift of ourselves—at St. Bede's.

The recent bequest from the estate of Mary Fran Jett—one of several generous contributions from beloved parishioners in recent years—highlights how we can continue to share our financial gifts and legacy of leadership even after we've gone, supporting our future as Christ's body in the world by strengthening St. Bede's endowment.

The annual pledge drive, which supports our present by funding current programs and facilities, also strengthens our sense of community. No matter how small the amount, a pledge establishes official membership in our church—necessary for voting in vestry and bylaw elections, and a determining factor in the number of delegates to diocesan convention. But even more importantly, our pledges establish a sense of commitment to one another, the various members of the body of Christ, each with our own special gifts to share.

And “share” is the operative word. We sometimes respond to hearing “sharing” as “Yikes, I'm being asked to give up something!”—but forget that “receiving”

is also implied by sharing, by the giver as well as the recipient. Never is this more true than when we share of ourselves during our common worship and our fellowship afterward, both of which require the aid of many volunteers. I am always grateful for the gift of others' presence at our services and the welcome we extend to newcomers and infrequent visitors during the exchange of peace and at the coffee hours.



And we all have a role to play in offering hospitality—whether it's actively seeking out an unfamiliar or less mobile person to chat with at coffee hour, bringing a treat and making coffee, or simply helping with clean-up. Consider signing up at the fall kick-off, 13 September, to help as part of a team one Sunday in the coming year; we've got experienced partners to join you.

This year we'll also be asking for additional volunteers to assist with receptions after Arts at St. Bede's events, where the majority of attendees are not parishioners. It's another gift of our time, but we receive in turn the chance to share who we are with members of

our geographic community and learn about them as well. (The music is also superb.)

“Sharing our gifts” also characterizes our approach to the Fall Gala, 30 October. We'll continue the tradition of subsidizing tickets for newcomers and those in need, and will be looking for donations of time and talent, including an actual talent show! (See related article on page 4.)

Our community service volunteers will continue sharing their gifts of time and talent, and the funds they've helped raise, with the needy families served by Home & Hope and Ecumenical Hunger Program, among others.

At this point, I've probably shared too much to digest in one sitting. But I have one last thought to ponder: Do we take, receive, or share Communion? My perspective has been different at different times in my life, but I'm reminded now of when one of our Eucharistic visitors stands at the altar with gifts that will go out to a homebound member. We affirm that we are one body, because we share one bread, one cup. And in that moment of sharing of our gifts and of ourselves, I believe we equip the body of Christ to move in the world: welcoming the stranger, serving the needy, and loving one another.

—*Jeanne Cooper*
Senior Warden

Arts at St. Bede's – Now Seeking Angels of All Ranks!

The season brochures for the 2015-16 Arts at St. Bede's series were mailed the third week of August. If you didn't receive yours, or would like a few extra copies to share with friends and family, please drop by the office where there is an ample supply. Additional copies are available in the literature racks at both entries to the sanctuary as well. The series depends heavily on the support of annual subscribers (Angels, Archangels, Cherubim, and Seraphim), so if you have not already done so, please consider adding your name to our list of heavenly supporters.



Please note that our first event is a choral Evensong on Sunday, **27 September**, and our second concert is two weeks later on **11 October**—an organ recital by St. Bede's own organist *extraordinaire*, Rani Fischer.

– *Katherine McKee* Music Director

A note from Kathy:

Many of you know that one of my other jobs is to serve as Music Director of San Francisco Renaissance Voices. We're thrilled to be able to return to St. Bede's to sing two concerts (25 October and 21 February) on the Arts at St. Bede's series for 2015-16.

In addition to the Arts Series appearances, we will also be at St. Bede's on Sunday, 10 January, at 4pm for a special event. We hope you will join us for a 650-year-old tradition celebrating *Twelfth Night*... Our sixth annual **Boar's Head Festival** delights audiences young and old alike, and is our most popular event of each and every season! This evening of feasting, libations, music, and dramatic surprises is set at the court of Her Royal Highness Queen Elizabeth I. The SFRV singers will be joined by a host of our all-time audience-favorite guests: *Phantom of the Opera's* soprano Susan Gundunas as our Queen, the Celtic/Early Music band Broceliande, guest percussionist Geneva Harrison, and our dance troupe San Francisco Renaissance Dancers.

Tickets (\$25-\$50) for the Boar's Head Festival can be obtained online at sfrvoices.org, or from me.

In the Month of September

Birthdays

- 1 Elizabeth Mintz
- 2 Mike Spath
- 5 Jane Ross
- 6 Frank Hill
Kevin Kopczynski
- 8 Tanya Gulevich
Amy Worden
- 10 Rachael Bowman
- 11 Quentin Long
- 13 Larry Bowman
- 18 Irene Lawrence
- 20 Carol Shedlock
- 21 Lorri Brady Jackson
- 24 Barbara Wood
- 25 Gia Hayes-Martin
Becky Zeren
- 27 Rita Horiguchi
Daniel Machemer
Angela Sherry
- 29 Carol Louchheim

Anniversaries

- 1 Kevin & Toffie Kopczynski
Jack & Linda Wenstrand
- 6 Doug Ross & Liz Bellock
Gerald & Margot Spillman
- 15 Donna & Jack Reynolds
- 17 Joe & Lorri Jackson
- 23 Ed Chrapla & Erica Cicero
- 25 Meredith & Michael Pellegrin



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Date Mailed: 31 August 2015

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

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

Sunday Services

Holy Eucharist 8:00am, 10:15am

Sunday Programs

Adult Education 9:00am — *childcare available*

Nursery 10:00am

Children's Sunday school 10:15am

Weekdays

Holy Eucharist Wednesday 8:00am

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

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

650-854-6555

Trinity School + Preschool-Fifth Grade



Read *Bede's Journal* on-line at

www.stbedesmenlopark.org