

Bede's Journal

March 2017



The Monthly Newsmagazine of St. Bede's Episcopal Church

March at a Glance

Ash Wednesday, 1 March

8:00am Imposition of Ashes

noon & 7:30pm Eucharist with Imposition of Ashes

9:00am, every Sunday in March

Soulwork: Living Our Baptismal Covenant

4:00pm, Sunday 19 March

Arts at St. Bede's presents a Candlelight Evensong & Organ Recital with newly commissioned works by Angela Kraft Cross



Look Ahead and Save These Dates!

4:00pm, Sunday 2 April

Arts at St. Bede's presents An Afternoon at the Opera

Sunday of the Passion: Palm Sunday, 9 April

13 April + Maundy Thursday

14 April + Good Friday

15 April + Holy Saturday

16 April + Easter Day

Soulwork in Lent

The last several months have been tumultuous for the country. Lenten Soulwork, led by Vestry members, will help us focus on theology that unites us by taking a deep look at our Baptismal Covenant and the Episcopal Church's recommendations on a variety of topics, including racism, addiction, immigration, disadvantaged youth, and religious freedom. This series meets in Lehman Hall at 9am on Sundays, March 1 through April 2.

– Sue Sartor
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 +

Jane Elizabeth Smith
13 March 1920 – 14 February 2017
Grant that she may dwell with Christ in paradise.



EPISCOPAL
Impact Fund

ADVANCING PATHWAYS OUT OF POVERTY

Help us make a grant to a nonprofit in your community!

The Episcopal Impact Fund is getting ready to make grants to nonprofits that are working to reduce poverty in the San Francisco Bay Area. This year, our granting focus area is health and wellness. We invite you to take part in our annual grant-making process and join us at your local Action Network meeting, where you can bring your ideas of organizations we should consider supporting with grant funding and other assistance.

Please visit our website to learn about our grant-making process and project guidelines. Each Action Network meets twice per year; the second meeting will be scheduled at the end of the first. If you have other questions or comments, please contact MJ Leechor at mjleechor@episcopalimpact.org or (415) 869-7824.

The first 2017 Peninsula Action Network Meeting:

Thursday, March 2, 7 pm, at Holy Child and St. Martin Episcopal Church,
777 Southgate Avenue, Daly City

Episcopal Charities has a new name! Visit us online at episcopalimpact.org

From the Rector

Pray with Poetry for Lent

Lent, the forty-day season of penitence and amendment of life that prepares us for Easter, begins on March 1 this year. Many Christians observe Lent with a seasonal spiritual practice, either giving up something or taking something on.

If you are looking for a spiritual practice this season, I commend to you prayer with poetry. We learned this form of prayer in a Soulwork series last December, and the vestry also used this for its spiritual practice that month. The excellent website Explore Faith, a compendium of Christian spirituality, suggests this method of praying with poetry:

1. Quiet yourself and imagine dropping down into the dark abundant well of your soul. Take a few moments to feel that deep place and become aware of God's presence there.
2. Silently read the poem completely through once.
3. Read the poem out loud.
4. Slowly read the poem again silently, savoring the phrases, the words, the feel, the taste of it.
5. On a blank piece of paper or on a page in your journal, complete the following:
 - a. The first image that arose in me as I read this poem was...
 - b. My immediate feelings after reading this poem are...
 - c. The reality that has been unearthed for me by reading this poem is...
 - d. If I were to paint a picture about this poem I would include in my work of art...
 - e. If I were to add a line of my own somewhere in this poem it would be...
6. Read the poem out loud again, but this time as a prayer to God.
7. Sit in silence to see if God has a response to make to you.
8. End with your own prayer or poem of thanksgiving.

(from *Explore Faith*, www.explorefaith.org/oasis/poetry/otherwise.html)

Hymnals are a fine source for seasonal poetry. The Lent section of the *The Hymnal 1982*, hymns 140 through 152, includes texts by John Donne, Gregory the Great, and Martin Luther. There's also this contemporary hymn by Elizabeth Smith, which was sung at St. Bede's several years ago:

Love will be our Lenten calling,
love to shake and shatter sin.
Waking every closed, cold spirit,
stirring new life deep within,
till the quickened heart remembers
what our Easter birth can mean.

Peace will be our Lenten living
as we turn for home again,
longing for the words of pardon
stripping off old grief and pain,
till we stand restored and joyful,
with the Church on Easter day.

Truth will be our Lenten learning:
Hear the Crucified One call!
Shadowed by the Savior's passion,
images and idols fall,
and, in Easter's holy splendor,
God alone is all in all.

©1997, Elizabeth J. Smith

If poetry doesn't seem like your cup of tea and you're searching for some other Lenten practice, I'd be happy to talk with you. May this season of repentance and amendment of life be holy for you.

Peace,

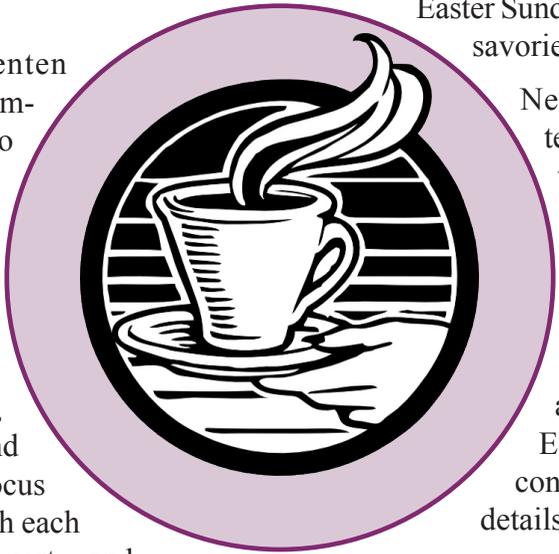
Gia+

Hospitality

Mindful Coffee Hours in Lent

Many people still follow the tradition of “giving up” something for Lent, while some modern theology emphasizes the “adding in”—whether it be extra prayers, other devotions, or acts of charity. This year, for the first five Sundays in Lent, March 5 through April 2, we’ll slightly modify our coffee hour hospitality to reflect both traditions.

We’re asking our Lenten coffee hour hosts to simplify their offerings to one baked good (nut-free) and a second choice of fruit, nuts, or cheese, which will also serve as a gluten-free option. While the servings will still be ample, we hope our guests and hosts will be able to focus more on fellowship with each other—the “adding in” part—and less on the menu. This will also allow our coffee hosts, who serve year-round, to enjoy more time in worship services and/or with visitors and parishioners, and less time shopping, preparing food, setting up, and cleaning up.



Before these mindful coffee hours begin, we’ll have enjoyed another beloved tradition, the Shrove Tuesday pancake supper (February 28), meant to use up all the fats and sugar in the household before Lent begins. We’ll also have indulged Mardi Gras-style at coffee hours on the Last Sunday after the Epiphany, February 26. After our five simpler Sunday gatherings, we’ll feast on hot cross buns on Palm Sunday, April 9, and an Easter Sunday spread of sweets and savories on April 16.

New coffee hour volunteers are welcome to pair with an experienced host in Lent, when it will be easiest to learn the not-too-difficult ropes, and additional hospitality volunteers are always welcome for Easter Sunday. Please contact Jeanne Cooper for details.

– Jeanne Cooper
Hospitality Chair

Bede’s Kids
Coin Drive

Besides fun games and high-fat content, Shrove Tuesday brings another important children’s tradition at St. Bede’s, the start of the Lenten coin drive. Called “Change for Good,” this drive has traditionally benefited a nonprofit to which St. Bede’s children and youth felt a special connection. In the past, funds have gone to buy children’s clothing for families on the Rosebud Lakota reservation in South Dakota, to aid young victims of the 2011 tsunami in Japan, and to buy seeds for a children’s orphanage and tree farm in Haiti, among other recipients.

Following the sudden loss of 6-year-old Laine Mammen in February 2014, our coin drive has supported There With Care, a local nonprofit that aids families with a child in

medical crisis. We have used proceeds to create children’s art kits and to buy ingredients so that our youth could make lasagnas, which There With Care has frozen and later distributed to families. We especially appreciate the participation of Laine’s family in this annual effort.

After our Sunday school kids decorate this year’s coin jar on Shrove Tuesday, you’ll see the jar and signage out at coffee hours March 5 through April 2. This year the children will announce the total on Palm Sunday, April 9, so please be prepared to dig out your spare change before then (paper money also gratefully accepted!). During the week, donations may be left in the parish office.

Last year we raised \$602.67 in coins and bills—thank you in advance for your support this year!

– Jeanne Cooper
Sunday school volunteer

Arts at St. Bede’s presents

Candlelight Evensong & Organ Recital
Sunday, March 19, 4pm

The choir of St. Bede’s and guest organist/composer Angela Kraft Cross will offer a service of Evensong highlighted by newly commissioned service music and anthems composed for the St. Bede’s choir by Angela Kraft Cross. The service will be followed immediately by an organ recital featuring works of German Romantic composers Felix Mendelssohn, Robert Schumann, Johannes Brahms, and Max Reger, as well as Ms. Kraft Cross’ own compositions, including the *St. Bede’s Voluntary*, dedicated to St. Bede’s own organist, Rani Fischer.



A free will offering will be received, to benefit the Seccombe Fund for Outreach.

March 2017 at St. Bede's Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>You will show me the path of life; in your presence there is fullness of joy, and in your right hand are pleasures for evermore.</p> <p style="text-align: right;">Psalms 16:11</p>			Ash Wednesday 1 <i>David of Wales</i> 8:00a Imposition of Ashes 8:30a School chapel w/ashes 9:00 Companions group noon Ashes & Eucharist 6:00p Choir rehearsal 7:30p Ashes & Eucharist 7:30p Highland Pipe Band*	<i>Chad of Lichfield 2</i> 8:30a School Eucharist noon Bldgs & Grounds mtg noon Alcoholics Anonymous*	<i>John and Charles Wesley 3</i> 8:30a School chapel	4 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 7:00p Scandinavian Dance*
1 Lent 5 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bapt Cvnt 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II	6 8:30a School chapel 9:00a Counting Crew	7 <i>Perpetua and her Companions</i> 8:30a School chapel 11:30 Stanford Women* 2:00p Staff meeting 7:00p Finance meeting 8:00p Narcotics Anonymous*	8 Ember Day 8:00a Holy Eucharist 8:30a School chapel 9:00a Companions group 7:30p Choir rehearsal 7:30p Highland Pipe Band*	9 <i>Gregory of Nyssa</i> 8:30a School chapel noon Alcoholics Anonymous*	10 Ember Day 8:30a School chapel noon Parkinson's Caregivers*	11 Ember Day 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 7:00p Folk Dance*
2 Lent 12 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bapt Cvnt 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II	13 8:30a School chapel 9:00a Counting Crew	14 8:30a School chapel 2:00p Staff meeting 8:00p Narcotics Anonymous*	15 8:00a Holy Eucharist 8:30a School chapel 9:00a Companions group 7:30p Choir rehearsal 7:30p Highland Pipe Band*	16 8:30a School chapel noon Alcoholics Anonymous* 5:00p Investment Club*	17 <i>Patrick of Ireland</i> 8:30a School chapel 7:30p Junior Bach concert*	18 <i>Cyril of Jerusalem</i> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
3 Lent 19 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bapt Cvnt 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II 11:30a Altar Guild meeting 4:00p Arts: Evensong	20 <i>St. Joseph (tr)</i> 8:30a School chapel 9:00a Counting Crew	21 <i>Thomas Ken</i> 8:30a School chapel noon Parkinson's Caregivers* 2:00p Staff meeting 7:00p Vestry meeting 8:00p Narcotics Anonymous*	22 <i>James De Koven</i> 8:00a Holy Eucharist 8:30a School chapel 9:00a Companions group 7:00p School Board mtg 7:30p Choir rehearsal 7:30p Highland Pipe Band*	23 <i>Gregory the Illuminator</i> 8:30a School chapel noon Alcoholics Anonymous*	24 8:30a School chapel 5:00p Girl Scout babysitting*	25 The Annunciation 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
4 Lent 26 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bapt Cvnt 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II 2:00p Folk dance workshop*	27 <i>Charles Henry Brent</i> 8:30a School chapel 9:00a Counting Crew	28 8:30a School chapel 2:00p Staff meeting 8:00p Narcotics Anonymous*	29 <i>John Keble</i> 8:00a Morning Prayer 8:30a School chapel 9:00a Companions group 7:30p Choir rehearsal 7:30p Highland Pipe Band*	30 8:30a School chapel noon Alcoholics Anonymous*	31 <i>John Donne</i> 8:30a School chapel	

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

St. Bede's Welcomes Salisbury Cathedral Choristers

The boys and girls choirs of Salisbury Cathedral in England are visiting California on their American tour from March 16 to 27. Families from St. Bede's and Trinity Church will be hosting the choristers and chaperones in their homes. The choirs are singing a number of engagements around the Bay Area. The closest concert is a program at Stanford's Memorial Church on Friday, March 17, at 7:30pm; tickets are available at the Stanford Live website, <https://live.stanford.edu>. In addition, the choristers will sing for Trinity School students during their visit, and the Rev. Canon Robert Titley, Canon Treasurer of the cathedral, will be our guest preacher on Sunday, March 26. Please greet our guests when you see them!



Salisbury Cathedral Choir Concert

Friday, March 17, 7:30pm
Stanford Memorial Church

General Admission \$23 / Senior (65+) \$12 / Non-Stanford Student \$12
Stanford students free with SUID (at the door)

The renowned Salisbury Cathedral Choir has maintained a tradition of church music in Salisbury Cathedral since its consecration in 1258. Just over twenty-five years ago, Salisbury was the first British cathedral to admit girls into their traditional men and boys choir. We look forward to welcoming the men, girls and boys of Salisbury Cathedral choir for this concert in Stanford Memorial Church, when their repertoire will include Allegri's *Miserere* (a stunning piece, composed for the Sistine chapel) and some of Bach's most magnificent choral works.

Tickets are available online at:

<http://sto.stanfordtickets.org/single/SelectSeating.aspx?p=7425>

Community Service Corner

Home & Hope

Thanks to the St. Bede's team who aided the four families in the Home & Hope transitional shelter program on January 24, hosted by Congregation Beth Jacob in Redwood City. Hasma Serverian, Megan Sell, and Jeanne Cooper helped prepare the kosher meal of meatloaf, mashed potatoes, broccoli, and fruit salad, with Megan staying on to assist with childcare, ages one through eleven.

Special thanks go to our overnight hosts, Katie Machemer and Melville Hayes-Martin, who help the families make breakfast and sack lunches before they depart at 7:00am for Home & Hope's day center in Burlingame.

Our next time to co-host at Beth Jacob will be the week of April 23-30. If you can't join our regular Tuesday evening support (April 25), consider helping set up the tents and cots at Beth Jacob on Sunday afternoon, April 23. It's a fun group effort and service activity for adults, youth, and older children; contact Jeanne Cooper for details.

Pack the Bag

Some fifteen to twenty families continue to rely on our Pack the Bag program at Ecu-menical Hunger Program for supplemental healthful food and snacks for their children,

who typically receive free meals at school and often prepare other meals without adult supervision due to their parents' work.

While the Seccombe Fund has underwritten nutritious, lightweight snacks for the Sunday school and Godly Play classes to bring to the altar each week, and fresh donations purchased by volunteers, your continued donations of single-serving fruit cups, low-sugar applesauce, nuts and trail mixes, tuna salad pouches, *etc.*, as well as paper grocery bags, are very appreciated. Please leave them in the narthex basket marked for Home & Hope.

Tanya Brugh, Mary Working, Angela Sherry, and Jeanne Cooper pack the bags for about an hour a week on a monthly rota, which could use one more person to cover months with five weeks. Please contact coordinator Tanya Brugh for details.



Music in Worship

Mrs. Alexander and St. Patrick

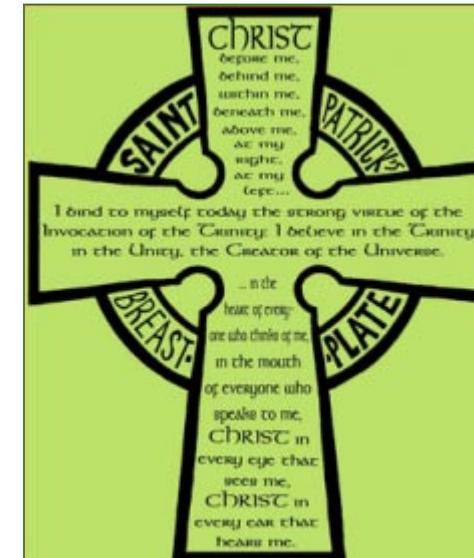
Our *Hymnal 1982* abounds with contributions from talented women, and the texts of some of our most beloved hymns came from the pen of Mrs. Cecil Frances Alexander. Born Cecil Frances Humphreys in County Wicklow in 1818, she started writing poetry at age nine, spurred on by a sister who could be counted on to request a reading. She grew up in the countryside of Strabane on the borders of Donegal and Tyrone, the daughter of Major John Humphreys, an agent for the Duke of Abercorn. The family was active in the Church of Ireland, aiding the sick, the poor, and establishing a school for “deaf and dumb” children. Early in her career, Mrs. Alexander came under the influence of Dr. Hook of Leeds, the dean of Chichester, and John Keble, who edited her *Hymns for Little Children*. In 1850 she married William Alexander, Protestant bishop of Derry (afterwards archbishop of Armagh and primate of all Ireland), and they had four children, two boys and two girls. Mrs. Alexander wrote tracts for the Oxford Movement, and much of her poetry celebrating the rugged beauty of rural Ireland. She wrote some four hundred hymn texts; our hymnal includes *Once in royal David's city* (#102), *There is a green hill far away* (#167), *He is risen, he is risen!* (Hymn #180), *For thy blest saints, a noble throng* (#276), *All things bright and beautiful* (#405), and *Jesus calls us; o'er the tumult* (#'s 549-550). In addition, at the request of the Dean H.H. Dickinson of the Chapel Royal at Dublin Castle, she penned a metrical version of *St. Patrick's Breastplate*, an ancient Irish prayer from an 11th century manuscript housed in Dublin. The original prayer contained nine long verses which include invocations for



protection against various dangers and ills, and supplications that Christ be everywhere, in all things, and in all persons. Mrs. Alexander's hymn text distills the original down to seven shorter verses, using a distinctly different meter for the verse which prays for Christ's presence.

This year during Lent we are experimenting with a seasonal offertory hymn, one that, like our service music, will be repeated from week to week through the season. *St. Patrick's Breastplate* (Hymn #370) suggested itself as it is a wonderful old chestnut of a hymn which doesn't get sung often enough due to its length and intensity, although it is frequently heard at ordinations and confirmations, or at celebrations of the Feast of St. Patrick. Each Sunday during Lent (with a break on the fourth, or *Laetare* Sunday) we will sing the first, sixth, and seventh verses in addition to one of the other interior verses, allowing for both continuity and a different, specific focus each week. Gia and I hope that this chance to enjoy St. Patrick's robust prayer, experienced through the talented pen of Mrs. Alexander and the music of Charles Villiers Stanford and Ralph Vaughan Williams, will prove to be both illuminating and thought provoking.

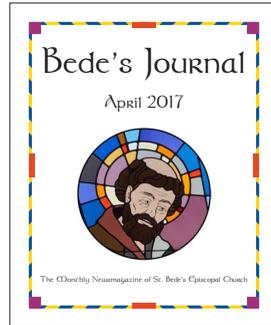
– Katherine McKee
Music Director



Vestry View

St. Bede's Vestry had a busy month despite not having a business meeting in February. They convened in Trinity School's Tang Library on February 4 for the annual vestry retreat, held a very productive project meeting on February 21, and hosted a festive and much appreciated Shrove Tuesday pancake supper for the parish on February 28.

The next vestry business meeting is scheduled for Tuesday, March 21, 7:00pm, in the Ford Room. Meetings begin with a spiritual practice led by Gia, then input is welcomed from parish members. Consider yourself invited!



The deadline

for the April issue of

🌸 Bede's Journal is 🌸

Thursday 15 March.

Please send copy to:

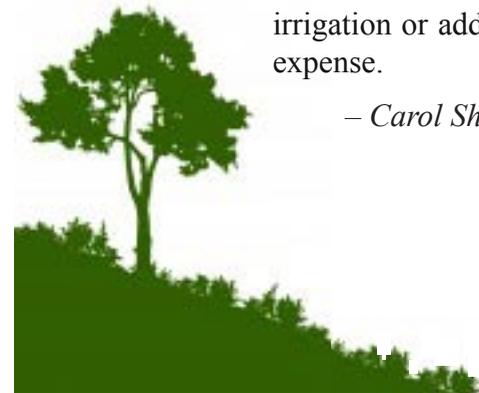
cshedlock@stbedesmenlopark.org

Physical Plant

St. Bede's Forest

Parishioners and passers-by may have noticed that several large, dead Monterey pine trees were removed from St. Bede's berm along Sand Hill Road early last month. Victims of drought and beetle infestation, these trees had been dead long enough to have become brittle—so much so that a strong storm in January had knocked the tops off two of them. One treetop came crashing into the parking lot, but thankfully no one was hurt and there was no property damage to speak of. The absence of the large, dead trees enhances visibility of some younger, moderately sized trees (many live oaks and even a few olives) that are coming along, as well as quite a number of spindly saplings starting off. In addition, you may be interested to learn that scores of native tree seedlings have also been actively nurtured on the berm for the past three years, to encourage the sustainable reforestation of that natural habitat without irrigation or additional expense.

— Carol Shedlock



In the Month of March

Birthdays

- 1 Athena Burrs-President
- 6 Kristín Black
Elena Hobbs-Minor
- 7 Deborah Blackmore
- 9 Claire Pisani
- 10 Janet Hill
Isabel Norman
- 11 Jon Poe
- 12 Nick Flegel
- 14 Michaella Adams
- 16 Kathy Thompson
- 17 Will Bowman
Sally Marshall
Virginia Royden
- 19 Vicki Blayney
- 23 Grace Knowles
Marjorie Oda-Burns
- 24 Steven Minor
Kenya Mitchell
Wes Poulson
- 25 Bob Gable
- 26 Michael Graebner
- 29 Peter Blackmore
- 30 Virginia Knight
- 31 Sam Leen

Anniversaries

- 19 Abby & Arthur Mintz
- 24 Frank & Janet Hill
- 30 Angela Sherry & Peter Brown



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Time Value

Date Mailed: 2 March 2017

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*
Fred Langhorst *Sexton*

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

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

650-854-6555

Trinity School + Preschool-Fifth Grade

Read *Bede's Journal* online at

www.stbedesmenlopark.org

