

Bede's Journal

September 2017



The Monthly Newsmagazine of St. Bede's Episcopal Church

September at a Glance

9:00am, Sunday 3 September

Soulwork: Sharing suggestions for future topics

Sunday 10 September — Fall Kick-Off

Ministry fair at festive coffee gatherings after both services

10:00am Youth Group resumes

10:15am St. Bede’s Choir returns

11:30am Kick-Off celebration with bounce house & special treats

9:00am, six Sundays, 17 September–22 October

Soulwork: Introducing the Old Testament

Sunday 24 September

4:00pm Arts at St. Bede’s presents

a Candlelight Choral Evensong & organ recital with Rani Fischer



Look Ahead and Save These Dates!

Friday 6 October

Annual Gala Fundraiser

10:15am, Sunday 8 October

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

11:30am, Sunday 22 October

Parish Fall Meeting & Harvest Brunch

Sunday 29 October

4:00pm Arts at St. Bede’s presents Clerestory

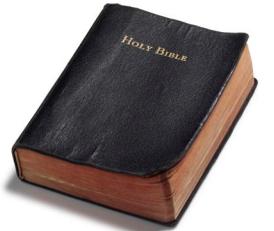
Soulwork in September

On September 3, Gia wants to hear your suggestions for future Soulwork topics. What would you like to learn? What might you be willing to lead?

Soulwork will take a brief break on September 10 to enable all of us to participate more fully in Kick-off Sunday.

We begin a new series, Introducing the Old Testament, on September 17. Using materials developed by the ecumenical Massachusetts Bible Society, we’ll explore some key

passages from the Old Testament and relate them to our lives today. This series is meant for those who don’t know much about the Bible, as well as those who are familiar with the content of the Bible but want to learn more about its context. The series meets on six Sundays, September 17 through October 22, at 9:00am in Lehman Hall; childcare is available by advance request.



Fall Kick-Off

Sunday, September 10

Let’s all celebrate the launch of St. Bede’s 2017-2018 program year!

Check the wall panels for new displays to learn about parish ministries and programs while enjoying especially festive coffee hours after both services.



Youth Group at 10:00am!

The 10:15 service sees the return of the choir and commissioning of lay ministries.

Bounce house at 11:30!



St. Bede's Children & Youth

Tending and Growing God's Creation



On 8/27, the Sunday school program resumed; Youth Group will resume on 9/10.

Thanks to the wonderful leadership of parents and volunteers, summer Sunday Fundays were well attended and enjoyed by all! As the academic calendar rolls around to fall again, the Children's and Youth Ministry program will resume. This year our programs will have an agricultural theme, "Tending and Growing God's Creation." We will explore the role of humanity in the world, created in God's image as a tender of all created things to be the grower of glory for God. Understanding our humanity in these terms will help to illustrate the importance and the meaning of our community worship. We will learn from the wisdom of the ancient witnesses in our sacred texts and apply it to our own faith journeys.

In Godly Play, Sunday school, and Youth Group, the youngest members of the St. Bede's community will experience the shape of liturgical worship in the organization of their weekly meetings. We will gather, hear lessons, reflect on those lessons, and then prepare to enter the sanctuary for the Eucharist. All of the programs for children and youth will follow the liturgical calendar and the lectionary—the church's seasons and the weekly Scripture lessons—so that children and youth will be learning about the same lessons that are read each week in the worship services.

Nursery care is available for babies and children through age three:

Our nursery is equipped with a variety of storytelling and imaginative playtime equipment to engage children lovingly in their earliest church experiences.

Godly Play is offered for children from age four through the first grade in the Small Wyatt classroom:

Godly Play includes visual storytelling about the Bible and our liturgical traditions in a way that is designed to activate reflection through artistic expression. Children will have work time to explore the lessons alongside this year's themes of tending and growing.

Sunday school is available for children from the second grade through the fifth grade in the Large Wyatt classroom:

Sunday school will utilize "Weaving God's Promises," a curriculum written for The Episcopal Church. Class time will be divided into experiences of

gathering, lessons, and reflection through activities, discussion, or artistic expression before a time of preparation to join the worship service.

Beginning on September 10, Youth Group will meet on Sundays from 10:00am through the passing of the Peace, in the Youth Room:

Youth Group will employ experiential and service learning to allow for exploration of faith, doubt, and the meaning of communities of worship. Our meetings will begin with a time of check-in and community building, followed by planning time for missional service and activities. Local service opportunities will include organizing parish-wide engagement, experiences of interfaith and ecumenical youth service in the community, and growing awareness of the place of faith in the world and in individual lives. Local projects will help our youth prepare for a one-week mission trip next summer with Sierra Service Project to San Diego.

September 10 – Jump into fall at the Sunday school and Youth Group Kick-Off celebration:

After commissioning the Sunday school leaders during the worship service, what better way is there to celebrate the start of another year of Christian formation at St. Bede's than with a bouncy castle, lunch and fellowship, activities for children, and tasty treats, while learning about programs all around the parish? We will begin the celebration at coffee hour directly following the second service.

October 8 – The Blessing of the Animals, at the 10:15am service in Lehman Hall:

We hope you will participate in this day when we consider the life of St. Francis of Assisi and recognize the blessing of the creatures of the world, especially our pets. Please bring well-behaved animals to church, though there are other ways to include them in this celebration: photos of animals and favorite plush toy animals are welcome.

The Blessing of the Animals on October 8 is included in an all-ages worship service, so children and youth are invited to participate:

- two acolytes (must allow time for training if not yet trained)
- one youth or child to serve as lector, to read a lesson for the day
- one child or youth to lead the reading of the Psalm
- three children and youth to lead the Prayers of the People
- two children to bring up the offering plates after ushers have taken the collection

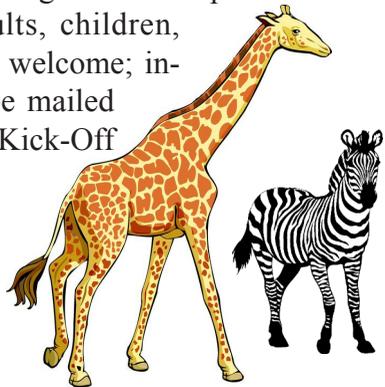
– Pamela Stevens Children's & Youth Minister

Gala Planning

The Fall Kick-Off is not until September 10, but St. Bede's Fall Gala benefiting the Seccombe Outreach Fund—our primary source of funding for local nonprofits and our work with them—can use your support *now!*

This year's event takes place **Friday, October 6**, with the theme of "Fantastic Beasts," inspired by the Feast of St. Francis, and featuring Italian antipasti and buffet as well as auction items. As with previous galas, we need your help in providing handmade auction items, sign-up dinners and workshops, and other donations of time, treasure, and talent reflecting parishioners' interests. Contact auction chair Jeanne Cooper with your ideas via email or at coffee hours on Sunday, September 3.

While some details of the 2017 fundraiser are still being planned, we hope you will join us in sharing your gifts. The most important may be the gift of time—please save the date! Adults, children, and friends are welcome; invitations will be mailed before the Fall Kick-Off on September 10, when we'll ask for RSVPs and specific volunteers for the event.



From the Rector Grape Juice and Wine at Communion



There's a lot to celebrate as we look to our Fall Kick-Off on Sunday, September 10! During the 10:15 service, we'll give thanks for all St. Bede's lay ministries. The choir returns from its summer break. Coffee hour will include special treats and a bounce house for children. The displays in Lehman Hall will be refreshed so you can absorb the stories of ministry at St. Bede's while enjoying coffee. It'll be a joyful, energetic morning, and I hope to see you there.

We're also introducing a small change to both our Eucharist services on September 10. In addition to wine, grape juice will be offered at communion. I have had a couple of requests from members of our parish to use grape juice as well as wine, and after conversation with Bishop Marc, the Altar Guild, our wardens, and the staff, I've decided that St. Bede's should try it for the remainder of the season after Pentecost. As we talked through the logistics of offering two chalices, it made sense for the chalice ministers to follow the priest around both sides of the altar rail. The chalice of wine will go around first; the chalice of grape juice will be the second. Please indicate your preference to the chalice ministers by discreetly nodding or shaking your head, or by crossing your arms over your chest for the

chalice you do not wish to receive. Parents should let the chalice minister know which chalice to offer their child, and you may wish to talk about this with your child beforehand. We will use white grape juice to be visually distinct from the red port wine. Since grape juice will ferment if left unrefrigerated in the aumbry, it will not be reserved for Eucharistic visits. We'll continue to make consecrated wine available for communion in homes and hospitals.

The sacramental theology of the Episcopal Church states that communion is complete in one species: if we receive only the bread or only the wine, we have received communion fully. Yet people who choose not to receive wine have told me that they feel a sense of spiritual loss. The connection to Jesus Christ in both the bread and the cup is important to them. The Chicago-Lambeth Quadrilateral (BCP 876), one of the core theological statements of Anglicanism, calls for "the unfailing use of Christ's words of institution and of the elements ordained by him" in the sacraments of baptism and Eucharist. As the Episcopal Church has worked towards a closer relationship with the United Methodist Church, which uses only grape juice for communion, we have come to understand that nothing in Anglican theology prevents the Eucharist being celebrated with both wine and grape juice. Bishop Marc uses grape juice for the Eucharist when he visits shelters for the homeless.

There are several reasons why someone might choose grape juice instead of wine. Many prescription medications interact with alcohol. Some people are so sensitive to the sulfites in wine that even a small sip triggers a reaction. Parents of young children often prefer to wait until their kids are older before introducing them to alcohol. Those in recovery from alcoholism, or with a family history of addiction, often choose to avoid wine altogether. For Christians raised in abstemious traditions like the Methodist or Baptist churches, teetotaling may be so deeply ingrained that they can't bring themselves to drink wine in church of all places. The St. Bede's Way is to respect each other. We respect all these choices regarding alcohol, and we will refrain from speculating why someone is receiving grape juice or wine. If your preference is to receive wine, I encourage you to receive grape juice from time to time in solidarity with those who do not drink alcohol.

As you've heard me say before, all liturgy is experimental. We will try this for the fall, see how it goes, and evaluate. I'd appreciate your responses to this change. How does it affect your perception of the presence of Jesus Christ in the Eucharist? In what ways do the logistics enhance or detract from our worship? What difference does it make when all the members of our community are able to participate fully in communion?

Peace,

Gia+

September 2017 at St. Bede's Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p style="text-align: center;">So all the generations from Abraham to David are fourteen generations; and from David to the deportation to Babylon, fourteen generations; and from the deportation to Babylon to the Messiah, fourteen generations.</p> <p style="text-align: right;">Matthew 1:17</p>					<i>David Pendleton Oakerhater</i> 8:30a School chapel	1 <i>The Martyrs of New Guinea</i> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 7:00p Scandinavian Dance*
13 Pentecost 3 8:00a Holy Eucharist Rite I 9:00a Soulwork: Ideas? 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II 1:00p AGO barbecue*	<i>Paul Jones</i> Labor Day Parish office closed 9:00a Counting Crew	5 8:30a School chapel 2:00p Staff meeting 8:00p Narcotics Anonymous*	6 8:00a Holy Eucharist 8:30a School chapel noon Bldgs & Grounds mtg 7:30p Choir rehearsal 7:30p Highland Pipe Band*	7 8:30a School chapel noon Alcoholics Anonymous*	8 8:30a School chapel noon Parkinson's Caregivers*	9 <i>Constance, Nun, and her Companions</i> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 4:30p Trinity BTS Barbecue
14 Pentecost 10 Fall Kick-Off 8:00a Holy Eucharist Rite I 10:00a Nursery 10:00a Youth Group 10:15a Sunday school 10:15a Holy Eucharist Rite II	11 8:30a School chapel 9:00a Counting Crew	<i>John Henry Hobart</i> 12 8:30a School chapel 2:00p Staff meeting 7:00p Finance Cmte mtg 8:00p Narcotics Anonymous*	<i>Cyprian</i> 13 8:00a Holy Eucharist 8:30a School chapel 9:00a Companions alumni mtg 7:30p Choir rehearsal 7:30p Highland Pipe Band*	Holy Cross Day 14 8:30a School chapel noon Alcoholics Anonymous* 7:00p Trinity BTS Night	15 8:30a School chapel	<i>Ninian of Galloway</i> 16 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
15 Pentecost 17 8:00a Holy Eucharist Rite I 9:00a Soulwork: Old Testmt 10:00a Nursery 10:00a Youth Group 10:15a Sunday school 10:15a Holy Eucharist Rite II 11:30a Youth & Parents mtg	<i>Edward Bouverie Pusey</i> 18 8:30a School chapel 9:00a Counting Crew	<i>Theodore of Tarsus</i> 19 8:30a School chapel noon Parkinson's Caregivers* 2:00p Staff meeting 7:00p Vestry mtg 8:00p Narcotics Anonymous*	<i>John Coleridge Patteson and his Companions</i> Ember Day 20 8:00a Holy Eucharist 8:30a School chapel 7:30p Choir rehearsal 7:30p Highland Pipe Band*	St. Matthew 21 8:30a School chapel noon Alcoholics Anonymous*	<i>Philander Chase</i> Ember Day 22 8:30a School chapel	Ember Day 23 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
16 Pentecost 24 8:00a Holy Eucharist Rite I 9:00a Soulwork: Old Testmt 10:00a Nursery 10:00a Youth Group 10:15a Sunday school 10:15a Holy Eucharist Rite II 4:00p Arts: Evensong	<i>Sergius of Moscow</i> 25 8:30a School chapel 9:00a Counting Crew	<i>Lancelot Andrewes</i> 26 8:30a School chapel 2:00p Staff meeting 8:00p Narcotics Anonymous*	27 8:00a Holy Eucharist 8:30a School chapel 7:30p Choir rehearsal 7:30p Highland Pipe Band*	28 8:30a School chapel noon Alcoholics Anonymous*	St. Michael and All Angels 29 8:30a School chapel	<i>Jerome of Bethlehem</i> 30 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 7:00p Moveable Feet Dance*

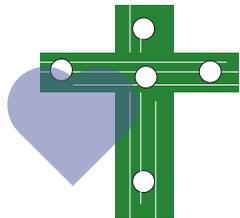
**use of St. Bede's facilities in outreach to the broader community*

Community Service

The Blessing of Home & Hope

Last month saw an extraordinary outpouring of time, energy, and love on behalf of our first-ever hosting of Home & Hope, the transitional shelter program for families that is also an interfaith collaboration. St. Bede's staff and volunteers of all ages (including some from our partner congregations) helped welcome, feed, and play and converse with four families of six adults and eight children, who repeatedly expressed their appreciation for our hospitality and beautiful campus. But I think all those who interacted with the families personally—as well as those who prayed for the families by name, shopped for supplies, delivered breakfast, or set up tents—received something precious, too: gifts of insight and compassion. As part of a longer article for the October *Bede's Journal*, we invite all parishioners to share a few sentences of your reflections on the experience with Home & Hope. Please email them to Jeanne Cooper by September 14. With deep appreciation for all your support,

Jeanne Cooper & Emilee Wilhelm-Leen
Home & Hope coordinators



Aumbry, Baptistry, Ciborium... It's as Easy as A, B, C

Have you ever wondered who, what, or where is a ciborium? How to vest a chalice and place it on the credence table? Where a hidden key is always available for the aumbry? How to tell a frontal from a purificator from a fair linen? These are the mysteries of the **Altar Guild (AG)**, a group of friends who serve St. Bede's behind the scenes in the sacristy. Think of us as a sort of backstage crew for a sacramental "*high school musical*"... dedicated, thoughtful, and determined folks helping to set up for each service. We are a small group of women and men who each offer about two hours, once or twice each month, and we are hoping that you might consider joining us.

The word "guild" has been used from medieval times to mean an association of skilled workers. Guilds were the keepers of traditions and standards; they taught apprentices; and they kept track of tools and supplies. The St. Bede's Altar Guild does much the same, including caring for sacramental objects and arranging flowers for services.

Every Saturday morning, we collect the still-warm Eucharist loaf from the Woodside Bakery in Sharon Heights Center (and grab a coffee while we're at it). Then we meet at St. Bede's for an hour to dress the altar according to the seasons, trim candles, tidy the pews, and mark the Sunday readings

while enjoying the peace of a *Saturday* morning colored by sunlight through stained glass. And yes, we admit it's true. Someone does take home those pure white linens to wash and iron, but only someone who enjoys it! Honest. The same applies to our "flower team," who work together to make their floral magic each week.



Altar Guild service, however, is much more than "God's housekeeping." It's an opportunity for members of our congregation to honor the Episcopal traditions and spend some quiet, prayerful time during the week in relationship to God and our Christian community. That's not to say that we don't have our moments of high excitement. The Holy Weeks of Christmas and Easter challenge us to set up for extra services. We ask only that our Altar Guild team members make themselves available for one or the other of our "big events."

More experienced AG members partner to help an "apprentice" to learn the ropes. And no one needs to worry about remembering what goes where, when and why... we keep updated, illustrated guide books in the sacristy for every type of service.

Our scheduling process is *flexible* and *convenient*. We recognize that some months are

busier than others and we ask only that AG team members look ahead for eight weeks at a time. We are trying out on-line service Sign Up Genius® (www.signupgenius.com) for our September and October scheduling.

So, if you appreciate the finer details of our Episcopal services, and have the curiosity or calling to spend a few hours

honoring God and serving Reverend Gia and St. Bede's congregation, please contact **Sue Sartor** or **Elaine Kriegh**, Altar Guild captains.

— Deborah Blackmore
Altar Guild member

+ 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 +

Jean Royda Moore
6 February 1941 – 15 July 2017
Give to our sister eternal life.

We have a place for you in the St. Bede's Choir!

*Happy are those who live in your house,
ever singing your praise.* (Psalm 84:4)

St. Bede's choir resumes this month with our first rehearsal on Wednesday, September 6, in preparation for our first Sunday back at worship together on September 10. There is room in all sections for new singers, and we welcome singers ages fourteen and up. This year we are in particular need of more sopranos. New members will find both enthusiastic welcome and great vocal and musical support. St. Bede's choir is blessed with talented and dedicated singers, including section leaders to help each section of the choir learn and sound their best. This year we are delighted to have Dan Stanley and Naomi Braun returning to the tenor and alto sections, and will welcome Nick Volkert and Katina Mitchell to the bass and sopranos sections.

We've got some great music lined up for the coming year for Sunday morning worship, and for special services of Evensong and Compline. 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. Weekly 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!

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 rehearsals or services from time to time. Great expertise is not necessary, but some familiarity with choral singing is very helpful.

If you think you might be interested in joining the choir, please speak to me at coffee hour, or contact me by phone at the church office, or via email at kmckee@stbedesmenlopark.org

– Katherine McKee Music Director

Want a sneak audio peak at some of this year's choir music?

Our September Evensong music will include Ralph Vaughan Williams's setting of the *Magnificat* and *Nunc Dimittis* in C:

<https://www.youtube.com/watch?v=vyDzULHrw-8>
<https://www.youtube.com/watch?v=KgFhVgMmcA4>

Anthems for Sunday morning worship will include many beloved familiar works, as well as these sure-to-be-new-favorites:

Kinley Lange's *Esto les digo*, set to Matthew 18:19-20

<https://www.youtube.com/watch?v=nj4r4mFes2U>

Kevin Siegfried's setting of the Shaker tunes *Cords of Love* and *The Humble Heart*

<https://www.youtube.com/watch?v=yqNgje51zXM>
<https://www.youtube.com/watch?v=BgAAJVR3Tpw>

Christmas Eve will be celebrated with music by American composers from the 18th through 21st centuries. We'll be joined by members of the Piedmont Brass Quintet for Daniel Pinkham's Renaissance-inspired *Christmas Cantata*:

https://www.youtube.com/watch?v=_3cjWodSq2E

☀ Bede's People ☀

We give thanks for the birth on July 13 of Alina Grace Zarembo-Tymienicka, daughter of Maggie and Michal Zarembo-Tymienicki, granddaughter of **Vicki & Doug Blayne**.

Congratulations to **Eleanor Boothroyd** and her husband Martin on the birth of Michael John de Jong on July 15.

And congratulations to **John & Meagan Wenstrand** on the birth of Abigail Suzanne Wenstrand on July 18.



Arts at St. Bede's

Music that Sings to the Heart

Season brochures for the 2017-18 Arts at St. Bede's series were mailed in the middle 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 each narthex 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

Arts at St. Bede's presents

A Candlelight Evensong & Organ Recital Sunday, September 24, 4pm



The choir of St. Bede's, organist Jin Kyung Lim, and Father Eric Nefstead will offer a service of Evensong drawing on music of the English Romantic period, including Ralph Vaughan Williams's *Magnificat & Nunc Dimittis in C*, Arthur Baynon's *When rooks fly homeward*, and Charles Villiers Stanford's *Pray that Jerusalem may have peace*.

Immediately following will be an organ recital given by **Rani Fischer**, featuring the *Suite médiévale* by Jean Langlais,

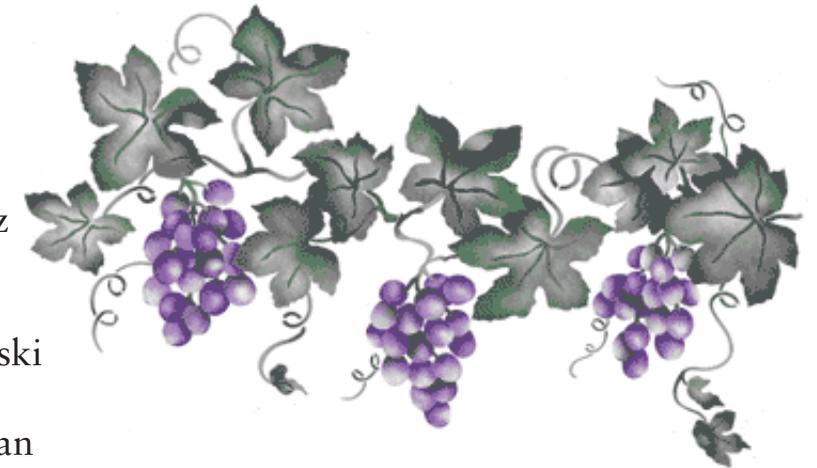
Benjamin Britten's *Prelude and Fugue on a Theme of Victoria*, *Scherzo* from **Suite for Mechanical Clock** by Ludwig van Beethoven, Nicolas de Grigny's *Hymne Ave Maris Stella*, *Praeludium in g minor* by Dietrich Buxtehude, Joe Utterback's setting of "Joshua Fit the Battle of Jericho," Rachel Laurin's *Fugue "Triangulaire" No. 12, Opus 43*, and two works by J.S. Bach: the *Partita on "O Gott, du frommer Gott"* and *Largo* from **Trio Sonata No. 2**.

Free will offering benefits Episcopal Relief & Development

your name to our list of heavenly supporters. Donors of \$100+ receive admission-for-two to all ten of the coming season's events. Payments by check may be sent to the church office, or use the Donate Now buttons on the Arts Series page of the website (www.stbedesmenlopark.org/arts-series/) to pay through your Paypal account, credit card, or debit card.

Please mark your calendars right away so you won't miss our first event: a Candlelight Choral Evensong and organ recital by St. Bede's own organist-extraordinaire, Rani Fischer.

In the Month of September



Birthdays

- 1 Elizabeth Mintz
- 5 Jane Ross
- 6 Frank Hill
Kevin Kopczynski
- 8 Amy Worden
- 10 Rachael Bowman
- 11 Quentin Long
- 13 Larry Bowman
- 18 Irene Lawrence
- 20 Carol Shedlock
- 24 Timothy Brugh
Barbara Wood
- 25 Gia Hayes-Martin
Becky Zeren
- 27 Daniel Machemer
Angela Sherry
- 29 Carol Louchheim
- 30 Mary Working

Anniversaries

- 1 Kevin & Toffie Kopczynski
Jack & Linda Wenstrand
- 6 Doug Ross & Liz Bellock
- 13 Kathy Francissen & Van Jepson
- 15 Donna & Jack Reynolds
- 23 Ed Chrapla & Erica Cicero
- 25 Danielle & Roy Azem
Meredith & Michael Pellegrin

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

Date Mailed: 30 August 2017

First Class



Bede's Journal is published eleven times per year, in print and electronic forms. To subscribe or unsubscribe to either form, send a request to the editor at csshedlock@stbedesmenlopark.org

The Rev. Gia Hayes-Martin *Rector*
Pamela Stevens *Children's & Youth Minister*
Katherine McKee *Music Director*
Rani Fischer *Organist*
Carol Shedlock *Parish Administrator*
Angela Sherry *Bookkeeper*
Fred Langhorst *Sexton*

Sunday Services

Holy Eucharist 8:00am, 10:15am

Sunday Programs

Adult Education 9:00am — *childcare available by request*

Nursery 10:00am

Youth Group 10:00am

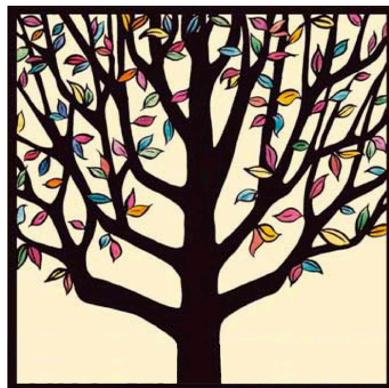
Children's Sunday school 10:15am

Weekdays

Holy Eucharist Wednesday 8:00am

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

Trinity School + Preschool-Grade 5



Read *Bede's Journal* online at

www.stbedesmenlopark.org