

Bede's Journal

FEBRUARY 2018



The Monthly Newsmagazine of St. Bede's Episcopal Church

February at a Glance

9:00am Sundays, February 4 & 11

Soulwork: Studying the Bible

6:00pm, Sunday 4 February

FALL GALA sign-up event: Scottish Film & Dinner, at the Hayes-Martin home

4:00pm, Saturday 10 February

Bede's Kids' overnight retreat

4:00pm, Sunday 11 February

Arts at St. Bede's presents a Candlelight Evensong & organ recital

6:00pm, Tuesday 13 February — Shrove Tuesday

Vestry-Hosted Pancake Supper

Ash Wednesday, 14 February

8:00am Imposition of Ashes

noon & 7:30pm Eucharist with Imposition of Ashes

9:00am Sundays in Lent, February 18 – March 25

Soulwork: The Nicene Creed

11:45am, Sunday 25 February

Book talk by Catherine Clover



Look Ahead and Save These Dates!

4:00pm, Sunday 4 March

Arts at St. Bede's presents Vajra Voices

Sunday of the Passion: Palm Sunday, 25 March

29 March + Maundy Thursday

30 March + Good Friday

31 March + Holy Saturday

1 April + Easter Day

Friday-Sunday, 8-10 June

St. Bede's Annual Parish Retreat 2018 at The Bishop's Ranch, Healdsburg



February Soulwork

We'll begin a new, occasional series on Studying the Bible with two sessions on February 4 and 11. On the 4th, we'll explore and use several tools for Bible study; on the 11th, we'll consider the various contexts of the Bible and how knowledge of context can inform our understanding of our sacred texts.

On the first Sunday in Lent, we'll begin a new series for the season on the Nicene Creed. The creed is the foundational state-

ment of Christian faith; we recite it every Sunday. But what does it mean? How was it developed? Based on Luke Timothy Johnson's book *The Creed*, the series will explore the Nicene Creed line by line. Whether you find the creed valuable or off-putting, this series is for you! It meets on Sundays in Lent, February 18 through March 25.

Soulwork meets on Sundays at 9:00am in Lehman Hall. Childcare is available by request; please contact the parish office by the Thursday before.

Arts at St. Bede's presents

A Candlelight Evensong & Organ Recital Sunday, February 11, 4pm

Celebrate the waning of winter with music to warm the heart and cheer the soul on the last Sunday before Lent begins. The choir of St. Bede's, accompanied by Jin Kyung Lim, will be joined by members of Trinity Episcopal Church to sing Evensong, with music to include Charles Villiers Stanford's grand and jubilant *Magnificat & Nunc Dimittis in C*, John E. West's anthem *O Trinity of Blessed Light*, Rachel Aaron's *Preces and Responses*, Jane Marshall's hymn *Eternal light, shine in my heart*, and Anglican chant settings of Psalms 114 and 115. After the service, Dr. Lim will offer a recital of music by J. S. Bach, Johann Caspar Kerll, F. Mendelssohn, Jean-Philippe Rameau, and François Couperin on the von Beckerath organ and her own 2-manual harpsichord, built by Bay Area harpsichord maker Kevin Fryer. Mr. Fryer will be on hand to talk about this beautiful instrument. A reception will follow the concert.

A free will offering will be received, to benefit Los Ayudantes literacy program.



Don't miss it!

St. Bede's Vestry hosts a Pancake Supper



Shrove Tuesday
February 13
6:00 - 7:30pm
(serving until 7:10pm)

RSVP to the parish office or on the clipboard at Sunday coffee hours.

Children & Youth: "Ministry With" rather than "Ministry To"

I'm always amazed by the evangelistic contributions that children make to a congregation. Children and youth bring energy and curiosity; they ask the most probing questions. What also surprises me is the view of ministries in which children participate as "ministry to."

It is tempting to see children, youth, and younger adults as the objects of ministry. It's true that those of us who are longer in years feed, clothe, educate, nurture, and model behavior for children. We comfort them as they learn more about the world around them. Nevertheless, young adults, youth, and children are in fact ministers in this congregation and in the world.

I am so pleased to find that at St. Bede's, inclusion is not a charitable offering, but an opportunity to be blessed. The younger members of our community are not "allowed" liturgical participation, they are invited and welcomed. I watch as the children carry gifts up to the altar on Sundays. There are smiles and nods. Children, along with their parents, served food to families and other children at First Step for Families a couple of weeks ago. They colored and watched TV and played basketball with other children. Their acceptance and engagement is a form of ministry and it holds lessons for all of us.

Each time Claire Lawrence invites wondering in a Godly Play lesson, she is both teacher and learner, as children interpret the stories and open new avenues for interpretation. Each time Katie Machemer, or Juliet Knowles, or Emilee Wilhelm-Leen teaches a Sunday school class, there is shared learning. All ministry is reciprocal. It is mutual ministry: ministry for and ministry with—not only "ministry to."

There is something so beautiful about the artistic expressions of a young person. Art crafted with only love and joy as its inspiration offers ministry to this parish and beyond it. The activities in the Children's and Youth Ministry program at St. Bede's enable the action of children in the community, which is a form of mutual ministry. I see it as a wonderful mutual gift.

Sunday School Overnight: 2/10-11

The youngest members of this parish will share in evening worship and overnight fellowship as they prepare to enter Lent at the Sunday School Overnight on February 10-11. What will we all learn when we hear about their experience?

In the St. Bede's community, Children's and Youth is Ministry for all.

Please reach out to me with any questions about upcoming ministry activities (pstevens@stbedesmenlopark.org).

— Pamela Stevens
Children's & Youth Minister

Calling All Coins

The Presidents' Day weekend is a good time to gather your spare Lincoln pennies, Jefferson nickels, Truman dimes, Washington quarters, and Kennedy half-dollars, because our Children's Lenten Coin Drive kicks off at coffee hours on Sunday, February 18. Decorating the coin jar and making signs will be part of the children's activities at the Shrove Tuesday Pancake Supper at 6pm on Tuesday, February 13.

Other U.S. currency is also welcome during the coin drive, which runs through Palm Sunday, March 25; the total will be announced Easter Sunday. Proceeds will benefit There With Care, which provides support for families with children experiencing a medical crisis (www.bayarea.therewithcare.org).

Since 2014, the Lenten coin drive has been held in memory of Laine Mammen, who passed away suddenly on February 24, 2014; her family encountered There With Care at Stanford Hospital. Donations in previous years have been used to assemble art kits for siblings, create frozen lasagnes for families, and purchase supplies from the nonprofit's Amazon wishlist.

— Jeanne Cooper



From the Rector

Fearfully and Wonderfully Made

This sermon on Psalm 139 and 1 Corinthians 6:12-20 was preached on January 14, 2018.

I've had some unexpected time for contemplation lately. I had a cold over Christmas, then as soon as I got over that I came down with the flu, so I was sick for two and a half weeks. I spent a few of those days lolling on the sofa in misery; I didn't even feel up to watching TV. It was not fun, to say the least, and I am really glad to be feeling better now. And as I coughed and sneezed and ached, I wondered: God, when you chose to take on human flesh and all its limitations, when you decided to be born and live and die as one of us, what were you thinking? Eternity without respiratory viruses sounds pretty good to me right now. Why did you give that up for this?

One of the hard realities of our existence is the limitations of the human body. Our bodies get sick, everything from colds and flu to chronic diseases to terminal illnesses. Our bodies can be injured in ways large and small. They can suffer pain and abuse. Our bodies grow tired when they are pushed too hard; they don't work as well as we grow older. And eventually, our bodies will die. All of us will experience these limitations; there are no exceptions to it. This is one

of the fundamental qualities of humanity: however young and healthy we are, or were, our bodies will someday fail us. Medical science and quality health care can do only so much. The human death rate remains a constant one hundred percent.

In becoming incarnate in Jesus Christ, this is what God chose, to set aside immortality and take on certain pain and death. But I don't think it was all sacrifice and suffering on God's part. In the incarnation, God shares the limitations of the human body and also its joys. These fragile vessels give us all the pleasures of the senses, the smell of lilacs in springtime, the bright juicy taste of a peach. Our bodies allow us to laugh, dance, sing, make love, eat, create life, breathe without having to think about it. In the flesh of Jesus, God experiences all that too.

Those joys of the body are also one of the fundamental qualities of humanity, as the 139th psalm tells us. This writer describes the close relationship they have with God, God's searching knowledge of the writer that began when God formed them in their mother's womb. Now, the translation of the psalms in the Book of Common Prayer is idiosyncratic. It's very old in origin. It is derived from Miles Coverdale's English Bible of 1535. The wording and also the verse numbering of some psalms does

not match up with any modern translation of the Bible. Sometimes the prayer book gives us memorable turns of phrase; other times its translation obscures the meaning of a psalm. Psalm 139 is one of those obscured meanings. The prayer book says, "I will thank you because I am marvelously made." The New Revised Standard Version translates it as "I praise you, for I am fearfully and wonderfully made." "Wonderful" in Hebrew is the same word used to describe grand historical events like the Exodus, when God liberated Israel from slavery and led thousands of people to freedom in the promised land. The formation of each human body manifests God's power, God's creativity, God's majesty and might, on the same scale as God's deliverance of an entire people. These limited bodies that get sick and die, that live for less than a hundred years, demand the best of God's abilities when God creates us. The Exodus was fearful and wonderful. So are our bodies.

The apostle Paul certainly knew Psalm 139, and perhaps it was in his mind when he wrote his first letter to the Corinthians. Paul takes the psalm's attitude towards bodies and explores it from a Christian perspective. Jesus Christ was raised from the dead in his body. He didn't come back as a ghost or spirit. It was a physical

resurrection. As Christ was raised from the dead, we too shall be raised in our bodies. For Paul, that makes the body a vessel for the power of God, a temple of the Holy Spirit. We are connected with Jesus Christ not only through prayer and relationship, but in our bodies. Our bodies are holy. And because our bodies our holy, what we do with and to our bodies matters to God.

Paul gives us this positive theology of our bodies, then he draws a conclusion that is at best in tension with the incarnation. Paul argues that because our bodies are holy, the pleasures of the body, especially sexuality, are sinful and should be avoided. But a theology that lifts up the body's goodness implies that the pleasures of the body are integral to its holiness. Any use of our



Image from noBucks.com, by Edgar Watts

bodies that exploits or abuses another person or ourselves is definitely sinful. A focus on our bodies that pulls our attention away from God is also a problem. That puts the wrong thing at the center. Yet in the incarnation, God took on everything about human flesh, its pleasures and joys as well as its limitations. God did not reject bodily pleasure; God embraced it when it is used rightly.

This Jewish and Christian attitude that bodies are holy stands in sharp contrast to our broader culture. If you look around at Hollywood, at advertising, at clothing stores, you'll quickly notice that only some bodies are acceptable and valuable. The right kind of body in our culture is young, thin, toned, tanned—but definitely still white—smooth-skinned, and fully physically able.

All other bodies are wrong, a problem. They need to be fixed in some way, or else hidden if dieting, exercise, and plastic surgery

aren't enough. Hardly anyone meets the cultural ideal, and even those who do won't stay there for very long. This cultural attitude encourages a division between the body and the spirit. Many people cope with our culture's disapproval of their bodies by regarding their bodies with distance, if not outright loathing.

The Canadian author Sarah Bessey is one of those people. She describes herself as “a woman who shops in the plus section” and she says, “No matter my size, no matter my weight, no matter my exercise regime, no matter my season of life, for almost my entire post-adolescence life, I simply and quietly and steadily resented and loathed my own body.” Yet that is completely counter to her theology as a Christian, which says that her body is fearfully and wonderfully made, that her body is a temple of the Holy Spirit, that incarnation matters,



bodies matter to God, even though they will never conform to the cultural ideal. So she decided one day that she was going to learn to love her body. She writes, “So I looked at myself. It wasn't easy to do that. My body and I had become unacquainted over the years—it was like meeting someone you went to school with years ago: you kind of recognize each other but really all you see are the changes. And then I bathed my body gently, with love in my heart. I rubbed rose-scented lotion on my limbs and every time my brain tried to find the old pathways of shame, I made myself say, “I am being kind to my body. I will speak nicely to my own self, thank you very much, I like it here. I bless my own body.” I got dressed and made a cup of tea and sat down to read my book. I could feel muscles in my legs from my walk earlier in the day. I smelled like roses and I felt warm.” And that was the start of a spiritual practice of appreciating the holiness of her body.⁽¹⁾

Each new year, many people make resolutions about losing weight or going on a diet. Our Christian faith suggests a different approach: treating our bodies with respect and affection, as temples of the Holy Spirit exactly the way they are. Instead of punishing our bodies for not fulfilling an

impossible ideal, we can ask: how will I treat my body as a gift from God? The answers might be allowing ourselves to sleep a full eight hours, savoring our meals instead of scarfing them down, appreciating what our bodies can do despite their limitations. When we engage in dieting and exercise, we do those things not out of loathing, but out of appreciation for the bodies God has fearfully and wonderfully made for us. And as we appreciate our own bodies, we also grow in respect for other bodies that don't fit the cultural ideal: black and brown bodies, aging bodies, disabled bodies, transgendered bodies. In keeping with our baptismal vows, we seek and serve Christ in those bodies. We strive for justice and peace for those bodies.

God took such delight in human bodies that God became one Godself. In sickness and in health, we Christians strive to love our bodies, to respect them as temples of the Holy Spirit. For God created us in our inmost parts, and we are fearfully and wonderfully made.

Peace,

Gia+

(1) Sarah Bessey, “Maybe This Is Your New Year's Resolution,” January 3, 2018, www.sarahbessey.com/your-body/ (accessed January 10, 2018).

February 2018 at St. Bede's Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
He will come again in glory to judge the living and the dead,				<i>Brigid</i> 1 8:30a School Eucharist noon Alcoholics Anonymous*	The Presentation of Our Lord 2 8:30a School chapel	3 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 7:00p Scandinavian Dance*
5 Epiphany 4 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bible study 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II 3:00p Folk dance workshop*	5 8:30a School chapel 9:00a Counting Crew	<i>The Martyrs of Japan</i> 6 8:30a School chapel 1:00p Staff meeting 4:30p Finance Cmte mtg 8:00p Narcotics Anonymous*	<i>Cornelius</i> 7 8:00a Holy Eucharist 8:30a School chapel noon Bldgs & Grounds mtg 7:30p Choir rehearsal 7:30p Highland Pipe Band*	8 8:30a School chapel noon Alcoholics Anonymous*	9 8:30a School chapel noon Parkinson's Caregivers*	10 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 4:00p Bede's Kids' overnight retreat 7:00p Folk Dance*
Last Epiphany 11 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bible study 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II 4:00p Arts: Evensong	12 8:30a School chapel 9:00a Counting Crew 6:00p Sarum Seminar*	<i>Absalom Jones</i> 13 8:30a School chapel 3:00p Staff meeting 6:00p Pancake Supper 8:00p Narcotics Anonymous*	Ash Wednesday 14 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>Thomas Bray</i> 15 8:30a School chapel noon Alcoholics Anonymous*	16 8:30a School chapel	17 <i>Janani Luwum</i> 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
1 Lent 18 8:00a Holy Eucharist Rite I 9:00a Soulwork: Nicene Crd 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II	Presidents' Day 19 Parish office closed 9:00a Counting Crew	20 noon Parkinson's Caregivers* 1:00p Staff meeting 7:00p Vestry meeting 8:00p Narcotics Anonymous*	<i>Ember Day</i> 21 8:00a Holy Eucharist 7:30p Choir rehearsal 7:30p Highland Pipe Band*	22 noon Alcoholics Anonymous*	<i>Ember Day Polycarp</i> 23	<i>Ember Day</i> 24 Saint Matthias the Apostle 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
2 Lent 25 8:00a Holy Eucharist Rite I 9:00a Soulwork: Nicene Crd 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II 11:45a C. Clover book talk	26 8:30a School chapel 9:00a Counting Crew	<i>George Herbert</i> 27 8:30a School chapel 1:00p Staff meeting 8:00p Narcotics Anonymous*	28 8:00a Holy Eucharist 8:30a School chapel 7:30p Choir rehearsal 7:30p Highland Pipe Band*	and his kingdom will have no end.		

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

Music in Worship

A hymn of praise for Lent

Lent begins this year on February 14, so just as many Americans will be indulging in romance, sweet treats, and festive libations, Christians will be marking the first of forty days of penitence and fasting in preparation for the feast of Easter. One of the most conspicuous liturgical manifestations of the “fast” is to omit the word Alleluia from our worship from Ash Wednesday until the Proclamation of Easter at the Great Vigil. The jubilant emotions associated with Alleluia are at odds with the discipline of the season; the reappearance of Alleluia at Easter makes that great celebration all the more joyful.

But the word itself, taken from Hebrew *hallalu* (Praise-ye) and *yah* (a version of YHWH, the covenant name of the Lord) is literally an imperative to praise God, and it would be decidedly un-Christian to forego praising our Creator for even a day, let alone forty days. So throughout this season, we are challenged to offer our praise and thanksgiving using other words and other means, which can include music of praise, so long as we avoid the “A” word. I offer as a hymn for Lent this hymn (#102 in the hymnal *Voices Found*), with a text by Ruth C. Duck.

☀️ Creator of all time and space ☀️

*Creator of all time and space, we read your image on each face.
Great Spirit of the cosmic whole, you made us body, mind, and soul.
We thank you for the human mind, in mystic harmony designed,
For word and image, dream and thought, for lessons learned and answers sought.
O God of planet, moon, and sun, we wonder, knowing all you've done,
That you befriend the human race, and fill our lives with love and grace.
For miracles as large as space, as small as cells, as deep as grace,
We offer you our thanks and praise, and pledge to serve you all our days.*

(Words by Ruth C. Duck from *Circles of Care: Hymns and Song*)

– Katherine McKee
Music Director

Inspired by college basketball tournaments, Lent Madness pits 32 saints against each other in a bracket, as each saint seeks to win the coveted Golden Halo. Throughout Lent, vote for your favorite saints at www.lentmadness.org

An offering of:
Forward Movement
a ministry of The Episcopal Church

Home & Hope: 2/16!

Volunteers of all ages who helped with Home & Hope family shelter program at St. Bede's last August, as well as novices, are invited to join a St. Bede's crew on **Friday, February 16**, at Congregation Beth Jacob in Redwood City.

Beginning at approximately 5pm, we'll prepare a meal using provided ingredients and recipes in the synagogue's kosher kitchen and set a table to share a 6pm dinner with

four to five families currently in the program. Afterwards, we clean up and provide childcare and playtime for kids and social time for adults, as desired, till about 8pm. Two overnight hosts (who have the option of private rooms) spend the night and wake the guests at 6am to ensure they have time for breakfast before the van picks them up at 7am to take them to the Home & Hope day center in Burlingame.

Other than overnight hosting, service hours are flexible; young children are welcome with parental supervision, too. Please contact Community Service co-chair Emilee Wilhelm-Leen to sign up for dinner prep, childcare/social hour, or overnight hosting on February 16.

HOME
& HOPE

INTERFAITH AND COMMUNITY
SUPPORT FOR HOMELESS FAMILIES



Mark your calendars

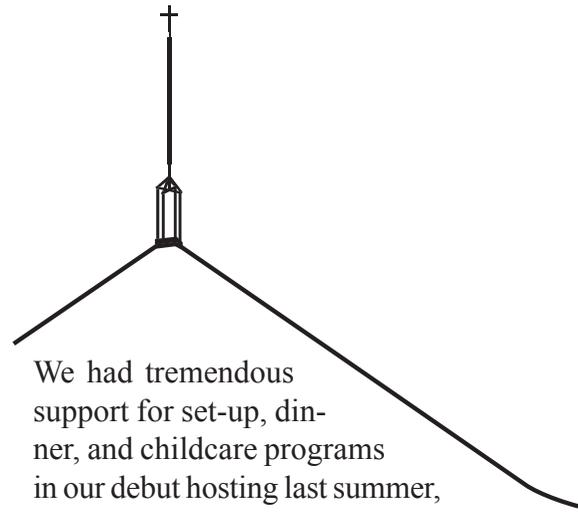
We'll have more opportunities to partner with Home & Hope congregations in the coming year; we typically serve as a group on Tuesday nights, although that is subject to our parish's schedule and host congregation needs. Upcoming potential service weeks, in order of priority, include December 9-16 at Congregation Beth Jacob; March 18-25 and September 30-October 7 at Transfiguration Episcopal (San Mateo); and June 17-30 at Trinity Church (Menlo Park).

Hosting at St. Bede's

The Community Service Committee seeks parish input on hosting Home & Hope at St. Bede's again for one week this summer, or potentially for a week over the winter break. Available weeks that do not conflict with Trinity School or parish programs on our site include:

- * July 1-8
- * July 15-22
- * August 12-19
- * December 30-January 6, 2019

Note: Typically setup begins around 2pm on the first Sunday, and breakdown can take place anytime before 2pm the last Sunday.



We had tremendous support for set-up, dinner, and childcare programs in our debut hosting last summer, but will need commitment to additional overnight hosting support to proceed. Hosts are welcome to bring their children to "camp out" in the Youth Room or Ford Room, and separate accommodations are available for unrelated hosts. Please let coordinator Jeanne Cooper know as soon as possible if you would be willing to serve one night in this capacity, and if so, which week(s) would work best for your schedule. Novices as well as experienced volunteers and their families are welcome!

— Jeanne Cooper

The Eyes Have It: Christmas Morning at the Jails

Having joined the choir in September, 2012, I have long been impressed by St. Bede's consistent commitment to the poorest and most vulnerable among us. I have supported some of the parish's efforts but had balked at Christmas caroling at the county jails. A few conversations with Nancy Stork later, I suddenly decided that singing back-to-back two-hour Christmas Eve services, getting royally sick of singing all those carols, and having to sing again on less than four hours of sleep just wouldn't work as excuses this year. So I got up before dawn and drove to Redwood City as the sun was coming up.

We visited two facilities, the old jail and the new, contributing to my first-timer sensory overload. Wardens guided us as we went from floor to floor. I still can't even process all the images, starting with the fact that I expected to see the sort of jail cells one sees on TV: all nasty steel bars and low benches. These inmates, however, were in rooms of varying size with windowed doors (the larger rooms in the new facility had glass walls, in which I counted eight bunks).

Many faces, many eyes, were looking back at us.



The faces were male and female, every hue and ethnicity, all but a handful were young. Some of those faces smiled with pleasure and, I think, envy. Some waved to us, some sang along, some rocked out at our admittedly lame but spirited rendering of "Feliz Navidad." Others wiped tears from their eyes. Still others remained huddled on their bunks, their backs to the proceedings.

I don't know what smacked my soul harder: those faces desperate for contact with human joy, or those non-moving orange backs curled up and walled off like fetuses. In any event, it got to me. As the caroling wore on (and I got over my privileged discomfort), I searched for eyes with whom I could connect, however fleetingly. No shortage whatsoever there.

I like to say that there's life and there's administrative detail (going to work, paying bills and taxes, walking the dog, and so forth). We do administrative detail the vast majority of our waking hours. Not a problem, but we should be careful not to conflate the two.

In those few seconds, holding the sometimes wistful gaze of one prisoner after another, I found life. And I became wistful, too.

— Vera M. Shadle
St. Bede's Choir member

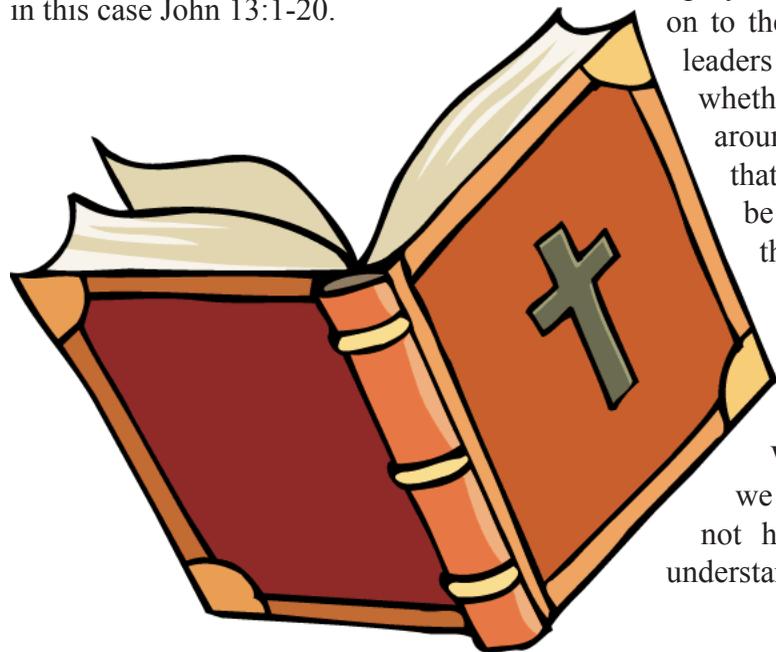
Vestry View

Saturday morning, Latham-Hopkins Gatehouse: the newly-composed 2018 Vestry of St. Bede's is having its "Retreat."

We start with Daily Morning Prayer: Rite One, beginning on page thirty-seven (p. 37) of *The Book of Common Prayer*. We pray communally, using the book.

Then we review "The St. Bede's Way," and some enhancements are suggested, which are added to the code, because it is alive and flexible.

We continue with spiritual practice by way of *Lectio Divina*, the four-stage reading of, meditating upon, praying over, and contemplation of a selection of Scripture... in this case John 13:1-20.



First, we just listen as one of us reads the passage aloud. The words begin to sink in.

Upon three more readings aloud, each followed by moments of stillness, we respond aloud in turn, voicing first the word or phrase, then the idea or concept, then the invitation or challenge that speaks to each individual's heart from the respective declamations. These expressions are received without commentary.

For me, it is, "...he loved them to the end." It is, "So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet." It is the challenge for me not just to be of service to my fellow humans, but to serve them with humility.

From prayer and spiritual practice, we move on to the topic of Leadership. Good leaders do not succumb to anxiety, whether their own or that of others around them. We acknowledge that the next year and a half may be somewhat more anxious for the St. Bede's community as we approach and then experience Gia's absence during her Sabbatical, the first five months of 2019.

We realize that as long as we can laugh together, we will not have been overtaken by our understandable anxiety.

Then Gia breaks us up into three groups, and each group goes off to create a "living sculpture" with our bodies that expresses something we feel about the Scriptural passage we considered. The results of our kinesthetic exercise are touching and hilarious.

Then Gia breaks up a phrase she has fashioned into Post-It® notes she places on the wall, from whence we select a note that resonates with each of us. The whole phrase is something like, "Seeing challenges in the light of Christ's mission for our parish in relation to a hopeful vision for our parish's future." The abstracted sub-phrase I pull from the wall is "of Christ's." I share that, as abstracted, this phrase reminds me that I belong to Christ, I myself am "of Christ's" in the possessive sense.

I share that we have enjoyed a lot of laughs together this morning, that anxiety does not apparently overtake us.

Then it is lunchtime. I am invited to offer grace before we break. I find and use the old prayer I heard my father say innumerable times but haven't thought of in years. It pours forth from the recess of earliest memory.

Vestry Retreat is fun.

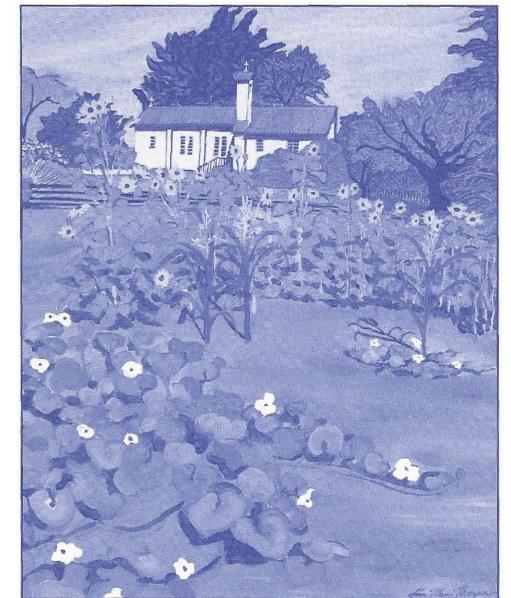
– Curtis Grisham
Junior Warden

Coming soon:

Registration for
St. Bede's
Annual Parish Retreat

Friday-Sunday,
8-10 June

The Bishop's Ranch,
Healdsburg



As we must confirm our reserved space this month, please mark your calendars and look for registration information soon!

Trinity School Summer Camps



It's never too early to make plans for summer, especially if you're looking for creative, nurturing, and educational experiences for young ones. Registration

is now open for Trinity School's summer camps for preschool and grade school children through rising grade 2.

* Children who are age 3 by the start of camp, up to rising kindergarten students, are invited to attend programs on the Lower Campus (Trinity Church), 330 Ravenswood Avenue, Menlo Park. The weekly sessions run from 8:30am to 1pm weekdays June 25-August 3; themes include "Diving Down Under," "Flying High," "Spaced Out," "Mad Scientist" (offered twice) and "Rainbow Burst."

* Children who will be attending kindergarten up through grade 2 next fall are invited to participate in camp on the Upper Campus at St. Bede's for two sessions: "Fiesta Olé," July 23-27, and "Global Faire," July 30-August 3.

Prices for all camps are \$300 per weekly session, with discounts for registration before February 28 and multiple weeks. Camps will



not meet on July 4, so that week is prorated to \$240. Morning and afternoon snacks are included (parents should provide lunch), and campers may be picked up or dropped off at any time during program hours. For more details or to register online, find a link to camps at www.trinity-mp.org/campus-life

Even if you don't have children of your own, please consider sharing this information with neighbors and friends who do. Along with Trinity Church, St. Bede's is a member of the corporation of Trinity School, with Rev. Gia Hayes-Martin, Ann Latta, and myself currently serving on its Board of Trustees. We have shared values and a shared stake in the well-being of both institutions, which have helped create the beautiful campus we share.

— Jeanne Cooper

The deadline for the March issue of Bede's Journal is Thursday 15 February.



Please send copy to: cshedlock@stbedesmenlopark.org



In the Month of February

Birthdays

- 2 Bertita Graebner
- 12 Clara Kopczynski
- 13 Jon Backlund
- 14 Fred Langhorst
- 15 Ann Inglis
- 16 Robert Bowman
- 17 Kiersten Machemer
- 19 Laura Gable
- 20 Audrey Harris
- Christopher Harris
- 22 Leo Chrapla
- 23 Neill Norman
- 26 Renée Hannebrink
- 27 Joan Craig

Anniversary

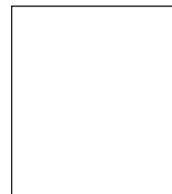
- 17 Catherine & Neill Norman



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

Date Mailed: 1 February 2018

First Class



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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

Children's Sunday school 10:15am

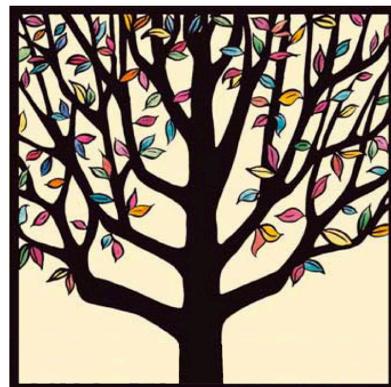
Weekdays

Holy Eucharist Wednesday 8:00am

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

650-854-6555

Trinity School + Preschool-Grade 5



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