

# Bede's Journal

June 2018



The Monthly Newsmagazine of St. Bede's Episcopal Church

## June at a Glance

9:00am, Sundays, June 3, 10, & 17  
Soulwork: Growing a Rule of Life

### Sunday 3 June

Last Sunday school classes and Choir

10:15am, Sunday 10 June  
Sunday Fundays begin!

9:00am, Sunday 24 June  
Soulwork: The Gospel of John in music

4:00pm, Sunday 17 June  
Arts at St. Bede's presents Peter Sykes, organ



## Look Ahead and Save These Dates!

Sunday 22 July  
Youth & families community service cooking project

Sunday-Sunday, 12-19 August  
St. Bede's hosts Home & Hope

## Adult Education

### Soulwork

In mid-May we began a six-week series, Growing a Rule of Life. A rule of life, or rhythm of life, is a commitment to a pattern of spiritual disciplines that draws us into deeper relationship with God, self, others, and creation. Using materials created by the brothers of the Society of St. John the Evangelist, an Episcopal monastic order for men that is widely respected for their spirituality, we are exploring the concept of a rule of life to develop one for ourselves that will help us flourish spiritually. This series will continue **through June 17**.



The Gospel of John account of Jesus' life and works is very different from those of Matthew, Mark, and Luke, and contains much that is not found in the other three gospels. Soulwork **on June 24** will examine some of the music that has been set to portions of John's gospel which come up in our 3-year lectionary cycle. From chant to hymns to major oratorios, we'll look at and listen to music from the Renaissance through the 21<sup>st</sup> century, including works by Gibbons, J.S. Bach, J.C.F. Bach, Handel, Stainer, Hawes, and America's own Alice Parker.

Soulwork meets on Sundays at 9:00am in Lehman Hall. Childcare is available by advance request; please call the parish office by Thursday to let us know that you'd like it.

## Volunteer to lead a Sunday Funday!



This summer program takes the place of our usual Sunday school during the 10:15 service. Each Sunday is led by one or more parish volunteers and focuses on an activity chosen by the leaders, who might be adults or teenagers. Please contact Children's & Youth Minister Pamela Stevens ([pstevens@stbedesmenlopark.org](mailto:pstevens@stbedesmenlopark.org)) or find a sign-up sheet at Sunday coffee hours.

## Calling all musicians!



Instrumentalists and singers alike are invited to share their musical talents during the summer months while the choir is enjoying a well-earned break. We're hoping for musical offerings at the 10:15 services from June 10 through September 2. If you're interested in sharing your time and talent with our community in this way, please contact me at [kmckee@stbedesmenlopark.org](mailto:kmckee@stbedesmenlopark.org) or at the church office, 650-854-6555. I'm happy to lend a hand with choosing music.

– Katherine McKee Music Director

## From the Rector Dying and Rising

*Dear People of God,*

Before I went to seminary, I worked as the communications director of a large Episcopal church in suburban Cleveland. I learned a great deal from the rector, the Rev. Alan Gates, a deeply wise man who's now the bishop of Massachusetts, simply by observing how he handled difficult situations. One of this parish's stickiest problems was its thrift shop. It was staffed by a fractious group of volunteers whose conflict was mostly held in check by a skilled, patient leader. But when that leader died suddenly, the conflict exploded. One volunteer appointed herself the new leader, the others rebelled against her heavy-handed style, and several dedicated people left in a huff. The thrift shop was important to the parish, and Alan wanted it to continue, though as a healthy, life-giving place rather than a center of strife. He decided to close the shop completely for several months. He celebrated the existing volunteers for their faithful service and directed them to different ministries in the church. They would not be part of the thrift shop going forward. The shop was renamed, Alan recruited new leadership and volunteers, and together they created a framework for positive working relationships. When the thrift shop eventually reopened, its

atmosphere was completely different, even joyful, and it became a vibrant ministry.

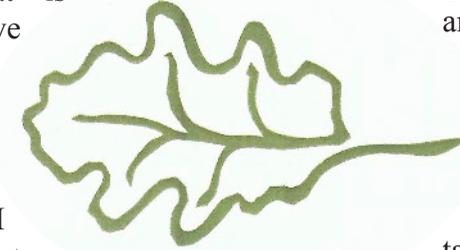
Alan recognized that the rebirth of the thrift shop would not have been possible if any aspect of its old self had been allowed to continue. It was an important, thoroughly gospel lesson for me to learn as a future priest: Things have to die before they can be raised to new life.

We Christians would really rather forget that death has to precede resurrection. We'd rather skip over the dying part to get to new life. We try to avoid death as much as possible, as an institution as well as individuals. Episcopalians in particular are really good at putting congregations and programs on eternal life support. A parish that's running out of money and people must be propped up because its building is historic; a ministry like Vacation Bible School or a fellowship group just has to go on, despite the major burden it imposes on everyone for very little benefit, because it was so important forty years ago. But eternal life support is not eternal life. Even Jesus had to die before he could be raised again. The creeds are clear about this: he was dead. He was buried in the grave. Only after he had been dead for three days was God able to bring about resurrection.

At St. Bede's, two of our beloved parish traditions have reached the point of death, and it is time for us to let them go so that

perhaps, eventually, new life might emerge from the grave. The first of these traditions is the parish retreat. As much as we love our weekend at the Bishop's Ranch, and as important as intergenerational activities are to us, the retreat has been teetering on the edge of sustainability for several years. Traffic going back and forth to Sonoma County gets worse every year, and the Ranch's rates have climbed to burdensome levels. Participation in the retreat has been dropping as a result. Katie Machemer researched alternative venues a couple of years ago, but there is nowhere with equivalent facilities that is closer and/or less expensive than the Ranch. Only eight people registered for this year's retreat. That's not enough critical mass for any kind of program. So I made the difficult decision to cancel this year's retreat.

The staff, wardens, and I had already agreed not to hold the retreat in 2019; besides falling on Pentecost, that second weekend in June will be my first Sunday back from renewal leave, and our entire community needs to be together in Menlo Park that day. This means that the retreat will lie fallow for at least two years. If there is interest in and broad support for an offsite intergenerational activity, we will see what



resurrection might look like for a parish retreat, possibly in 2020.

The second tradition is the Wednesday morning 8:00am Eucharist. Attendance at the service has dwindled from five when I first arrived at St. Bede's down to three, including me. One of our faithful regulars has had to step back from participation, and the other worshiper and I are agreed that this liturgy has reached its natural end. The final Wednesday service was held in late April.

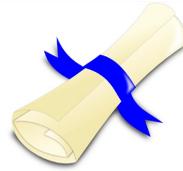
I am very much open to doing a weekday liturgy, perhaps at a different day and time, perhaps monthly rather than weekly, as long as there is a critical mass of interest. If you are willing to commit to a weekday service, please talk to me. After some time in the grave passes, we can talk about resurrection for this tradition, too.

Death is so unpleasant because it means change and loss. A central proclamation of our Christian faith, however, is that death is not the end. God is always at work in the grave to bring us new life. We grieve the loss of the retreat and the Wednesday Eucharist even as we look to the resurrection that will surely come.

Peace,

*Gia+*

## ✧ Bede's People ✧



### Congratulations to our graduates!

**Virginia Knight** received her B.Sc. in statistics from San Diego State University in May. In June she begins work in Carlsbad, CA at Agility Clinical, a contract research organization focused on clinical development of rare disease therapies.

**Isabel Gable** will graduate from Menlo-Atherton High School in June. She is to start classes at Columbia College Chicago in September, where she plans to study Theater Design.

**Charles Pellegrin** will complete Woodside School (grade 8) in June and will enter Bellarmine College Preparatory in August.



Bede's people who have been here a couple of decades or more may remember with great fondness **Nancy Dana**, a former long-time parishioner who died in April in Connecticut, aged 89. *Receive her into the glorious company of the saints in light.*



Here are some things our talented choir members will be involved in this summer:

On **June 5**, **Katina Mitchell** sings Hildegard with Ensemble Vocatrix, 12:30 and 5pm at Joseph of Arimathea Chapel, Berkeley, and on **June 6** she sings Scottish Baroque music with Ensemble Draca, 10am at Trinity Chapel, Berkeley.

[www.berkeleyfestival.org/2018-fringe-calendar/](http://www.berkeleyfestival.org/2018-fringe-calendar/)

On **June 6**, **David Chu** sings an all-Josquin program with Stanford Early Music Singers, 7:30pm at Memorial Church, Stanford. [arts.stanford.edu/event/73839/](http://arts.stanford.edu/event/73839/)  
And on **June 6-8** he sings with Bay Choral Guild in a program of English Choral Music at three locations: Palo Alto, San Francisco, and Campbell.

[www.baychoralguild.org](http://www.baychoralguild.org)

On **June 10, 17, and 24**, **Dan Stanley**, **Nick Volkert**, and **Colby Roberts** sing in the chorus for Wagner's *Götterdämmerung* with San Francisco Opera. [www.sfopera.com](http://www.sfopera.com)

On **June 19**, **Kathy McKee** sings Debussy songs with vocalists Leandra Ramm and Christa Pfeiffer and pianist Brent Smith, 12:30pm at Noontime Concerts, Old Saint Mary's Cathedral, 660 California Street, SF. [www.noontimeconcerts.org](http://www.noontimeconcerts.org)

On **August 12**, **Katina Mitchell** with harpist Ines Thomé present *Without Any Key, a Journey Through Five Centuries of Song*, 4pm at Old First Presbyterian Church, SF. [www.oldfirstconcerts.org](http://www.oldfirstconcerts.org)

## Vestry View

At the April meeting, Vestry discussed Gia's sabbatical, which begins in January 2019. The congregation's proposal to the Lilly Endowment Clergy Renewal Programs has been submitted, and an answer will be received in late August. The quality and quantity of effort, skill, and talent the grant writing committee, including Gia of course, put into the application was substantial.

The core tenets for the community—our congregation—of the proposed program of activity here at home while Gia and Melville sojourn abroad along their own path of renewal, are as follows:

- Renew our Community
- Renew our Discipleship



**Renewal of Community** involves our taking charge of keeping the parish running smoothly while the Rector is on sabbatical.

### + 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.*

### + Baptism +

Robert Parker Bowman  
*Send him into the world  
in witness to your love.*

Shared responsibility for the stewardship of this parish while Gia is away is paramount to this tenet. Through this sharing of the load we will strengthen our bonds with each other, with God and with our mission as a parish.

**Renewal of Discipleship** centers on our desire "to know, love, and follow Jesus." We the congregation will take the initiative on adult formation programming, small group formation for prayer, Bible study, and spiritual growth. Our renewal during early 2019 will be what we make it, and Gia and Melville will return with spirits refreshed, strength renewed to a congregation here at home likewise refreshed and renewed through our discipleship and community service.

Next the Vestry approved a Rector's job description, which needed updating to the present-day reality of that job at St. Bede's. That writing likewise was a collaborative and deliberative effort.

Trinity School is doing well and looking forward to the arrival of its new Head of School in July.

Transitions are in the offing at St. Bede's and Trinity School, and we will all come through the changes with flying colors, because our love for one another brings us and holds us together as an extended community, which is a joy.

— Curtis Grisham Junior Warden

## June 2018 at St. Bede's Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="color: green;">So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! 2 Corinthians 5:17</p>					<i>Justin</i> 1 1:30p School chapel celebrating Mary Menacho	<i>The Martyrs of Lyons</i> 2 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
<b>2 Pentecost</b> 3 8:00a Holy Eucharist Rite I <b>9:00a Soulwork-Rule of Life</b> 10:00a Nursery 10:15a Sunday school 10:15a Holy Eucharist Rite II	4 8:30a School chapel 9:00a Counting Crew	<i>Boniface</i> 5 8:30a School chapel 2:00p Staff meeting 8:00p Narcotics Anonymous*	6 8:30a School chapel <b>noon Bldgs &amp; Grounds mtg</b> 7:30p Highland Pipe Band*	7 8:30a School chapel noon Alcoholics Anonymous*	8 8:30a School chapel noon Parkinson's Caregivers*	<i>Columba</i> 9 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 11:00a Trinity luncheon 7:00p Folk Dance*
<b>3 Pentecost</b> 10 8:00a Holy Eucharist Rite I <b>9:00a Soulwork-Rule of Life</b> 10:00a Nursery 10:15a Sunday Funday 10:15a Holy Eucharist Rite II 11:30a Community Svc mtg	<b>St. Barnabas the Apostle</b> 11 8:30a School chapel 9:00a Counting Crew	<i>Enmegahbowh</i> 12 8:30a School chapel Trinity School Fun Day 2:00p Staff meeting 8:00p Narcotics Anonymous*	13 10:00a Trinity Graduation 7:30p Highland Pipe Band*	<i>Basil the Great</i> 14 Flag Day noon Alcoholics Anonymous*	<i>Evelyn Underhill</i> 15	<i>Joseph Butler</i> 16 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
<b>4 Pentecost</b> 17 Father's Day 8:00a Holy Eucharist Rite I <b>9:00a Soulwork-Rule of Life</b> 10:00a Nursery 10:15a Sunday Funday 10:15a Holy Eucharist Rite II 4:00p Arts: Peter Sykes	<i>Bernard Mizeki</i> 18 9:00a Counting Crew	19 noon Parkinson's Caregivers* 2:00p Staff meeting <b>7:00p Vestry meeting</b> 8:00p Narcotics Anonymous*	20 7:30p Highland Pipe Band*	21 noon Alcoholics Anonymous*	<i>Alban</i> 22	23 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
<b>5 Pentecost</b> 24 8:00a Holy Eucharist Rite I <b>9:00a Soulwork: John in music</b> 10:00a Nursery 10:15a Sunday Funday 10:15a Holy Eucharist Rite II	<b>Nativity of St. John the Baptist (tr.)</b> 25 9:00a Counting Crew	26 2:00p Staff meeting 8:00p Narcotics Anonymous*	27 7:30p Highland Pipe Band*	<i>Irenaeus</i> 28 noon Alcoholics Anonymous*	<b>St. Peter and St. Paul, Apostles</b> 29	30 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work

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

## Arts at St. Bede's presents

Peter Sykes, organ  
Sunday, June 17, 4pm

The Arts at St. Bede's, in collaboration with the Peninsula/Palo Alto chapter of the American Guild of Organists, presents renowned organist Peter Sykes. The program will include a set of pieces by J.S. Bach, works by Buxtehude and Brahms, and even some French Classical music. Peter is currently Chairman of the Historical Performance Department at Boston University, and is famed for having performed the complete works of J.S. Bach for both organ and harpsichord. We are thrilled to have him here on the West Coast!

Tickets at the door: \$20 general admission/\$15 senior or student



### Arts at St. Bede's 2018-2019 — Save the Dates!

Please mark your calendars now so you won't miss any of next year's exciting and inspiring events!

All events begin at 4pm.

- Sunday, September 23 Candlelight Evensong
- Sunday, October 21 Vocal recital: Nick Volkert, baritone & Rani Fischer, piano
- Saturday**, November 3 All Souls Memorial Service
- Sunday, November 18 Collage Vocal Ensemble
- Sunday, December 2 Kitka: Annual *Wintersongs* concert
- Sunday, February 10 Vajra Voices: Women's Voices Uplifted
- Sunday, February 24 MUSA: Music of the Chinese Baroque
- Sunday, March 17 Evensong & organ recital with organist Paulette Grunden
- Sunday, April 7 Collage Vocal Ensemble
- Sunday, May 19 Golden Anniversary Organ Recital with Gail Archer

## Trinity School

### Grade 5 Homilies at Eucharist

The students in Grade 5 compose the homily for the last School Eucharist each year. Here are their reflections on passages from 1 Corinthians, Psalms, and Matthew.

*If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.*

*Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.*

1 Corinthians 13:1-7

**Ryan:** Love does not rejoice in wrongdoing but rejoices in truth. I think the main idea is that people love the most when you tell the truth, and that it is better to tell the truth. When I lied once and mom found out she had a conversation with me and told me to always tell the truth and that telling the truth is better than lying. The passage means that you should not lie, but that even if you

do lie people will love you anyway because you and I are not and will never be perfect all the time. God loves you anyway because you are his creation and we are not perfect. I would like to change me lying all the time and only tell the truth. God will help us because he loves and cares for us.

The second phrase that stands out to me is: but even if I have all the power in the world, I am nothing without love. I think that the main idea is that love can make you feel better about yourself and just happier in general. The passage means to me that love is so much better than just being lonely and sad. Love will cheer you up and make you feel better. Even if it is from a stranger. Once I fell on my bike and some lady came up to me and asked are you ok and asked me if I need anything. She also asked me if there is anyone she can call. You could show love to others by caring and helping them if they are homeless or a refugee.

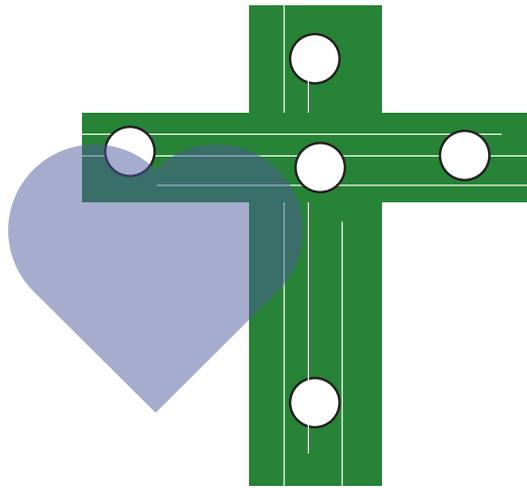
In what way could we show love to another?

**Janitza:** If you want to love, you must start with yourself. Then you can start loving others. I can relate this to when I was about seven and I told my mom that when I'm older, I want to provide homes and help other people in need. She responded, "If you want to help others in need, you should start by helping us by organizing more of your room and washing the dishes!"

Another time I can relate to this is when I once yelled at my mom for no good reason so I could keep reading when she told me it was time to go to bed. I was being irritable, rude, and I was insisting on my own way. The next day, I was feeling sorrowful, so I went outside to pick some flowers as a gift so she could forgive me, and when she saw me she forgave me. But, my dad when outside, he saw the plants I picked and got really mad at me. Sometimes my family gets mad at each other, but we still love each other.

**George:** This passage from Corinthians means that love is everything. It means that love is important, and you are nothing unless you are loved and have love in your heart. Love is the most important thing in the world. Nothing is important until you have love.

Who do you love?



*The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters;  
he restores my soul.  
He leads me in right paths  
for his name's sake.  
Even though I walk through the darkest valley,  
I fear no evil;  
for you are with me;  
your rod and your staff—  
they comfort me.  
You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.*

Psalm 23

**Naveli:** This is my reflection on the Corinthian passage. I think that it means that love is everything and nothing matters if there is no love invested in it. Is love important to you? Why? It's important to me because I always have someone there to help me if I need it. In order to have love, you yourself have to be loving and grateful and in return, you will receive God's love.

This is my reflection of the Psalm of David. The Psalm of David is talking about how the Lord is your Shepherd and you can go to him in a time of need. God will look out for you and keep you safe. When you are lost in the midst of chaos, God will find you.

**Arjun:** The verse that really inspires me is: I fear no evil; for you are with me. It shows that God is there to care and protect you. The part "you are with me" really shows that he cares like a parent cares for his children. A situation that I have been in was when I taught a high school class and was not nervous or scared. What do you think it means to have protection or no evil? I think it means that it feels good to have someone at your side.

**Gisselle:** The Lord is my shepherd, I shall not want. I think that it means we follow the Lord like sheep follow shepherds. For example, sheep follow shepherds for safety and guidance, just as we turn to The Lord for help and security. Also, we should learn from the Lord. I have learned that it's ok if you are not perfect because the Lord will be there to help me if I don't know what to do. I think that the second part is saying we should not ask for stuff that we want, like a toy. We should be asking for stuff we need, like love.

**Teague:** This Psalm is about us being under God's rule, and that God takes care of us. It also signifies that we follow God, and God helps us to get our basic needs. Also, God protects us in the face of evil. Whenever I feel scared or lonely I always remember that God is with me. In our cabin in Maine, we have a carving of Jesus on the cross, and it always reminds me that God helps me and takes care of me. I look at it if I wake up

scared in the middle of the night. What do you do when you feel scared?



*At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.*

*"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."*

Matthew 11:25-30

**Celia:** To me the passage from the Gospel of Matthew means that the Lord is telling others to come to him so he can help them with their sins and the burdens they bear. Their sins will be forgiven and everything will be all right. The Lord is saying that

he will help you remove your fears and become free. It reminds me of comic books or movies when the fool breaks a glass jar or a lamp. I relate to it because sometimes I feel clumsy or mad at myself and I feel alone or lost. I feel better when the Lord is with me. I feel safe and forgiven when he is present. Have any of you ever felt safe or in the Lord's presence?

**Sofia:** I think the passage from the Gospel of Matthew is about forgiving yourself and telling others about something you feel like you can't tell. You think you will hurt them or feel too guilty to tell. There is always someone you can tell, and that is God. My personal experience was that I worried more than a kid should be because I was confused and felt lost. I didn't know who to talk to, so I first talked to my teacher and then I felt more comfortable to talk about things that are really hard to tell.

Guilt is like rocks and hiding it is like putting it in a bag, and then the rocks and bag become part of you forever. When you pray, if you really mean it, the rocks and bag will separate from your body and God will take your burden.

### Congratulations to Trinity School Grade 5 Graduates!



Gisselle A.

Celia B.

George C.-R.

Teague D.

Janitza G. C.

Arjun M.

Sofia R.

Naveli S.

Ryan V.

The deadline for the Summer issue of Bede's Journal is Friday 15 June.



Please send copy to: [cshedlock@stbedesmenlopark.org](mailto:cshedlock@stbedesmenlopark.org)



## In the Month of June

### Anniversaries

- 2 Clark Barrett & Melissa Valentine
- 8 Mathai Mammen & Anna Poon
- 12 Becky & Dick Zeren
- 13 Carol & Hal Louchheim
- 15 Carol & Ed Brink
- 16 Barbara & Robert Wood
- 17 Megan Ancker & Edward Perez
- 19 Mike & Sue Sartor
- 21 Bill & Cristina Harris
- 25 Elizabeth & Mike Skey

### Birthdays

- 3 Dick Zeren
- 7 Megan Ancker  
Luke Norman
- 8 Will Kopczynski
- 11 Alexander Burrs-President  
Zachary Burrs-President  
Sue Sartor
- 12 Rani Fischer
- 14 Helen Greenwood
- 15 Mike Sartor
- 16 Anna Poon
- 17 Liz Bellock
- 18 Kathy McKee
- 19 Evan Deocariza
- 20 Catherine Clover
- 24 Randy Kriegh
- 26 Melanie Hayden-Gephart  
Cameron Skey
- 28 Elizabeth Churchill
- 30 Linda Brown



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

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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*

### **Sunday Services**

Holy Eucharist 8:00am, 10:15am

### **Sunday Programs**

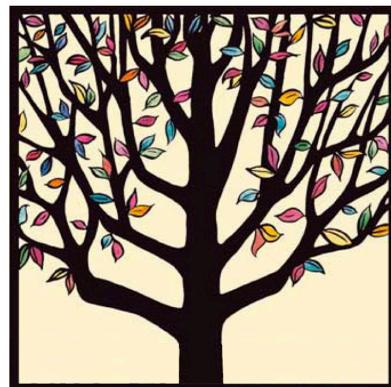
Adult Education 9:00am — *childcare available by request*

Nursery 10:00am

Children's Sunday school 10:15am

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

**Trinity School + Preschool-Grade 5**



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[www.stbedesmenlopark.org](http://www.stbedesmenlopark.org)