



December 2022 Bede's Journal

The monthly newsletter of St. Bede's Episcopal Church

December is a time for reflection and anticipation. As the year draws to a close, I am amazed at where we find ourselves compared to last year. Things are just about as "normal" as we can expect. Services are in full swing with Vic as our music director and Jane's volunteer work to provide Godly Play to our young parishioners. As we head into Advent, I look forward to celebrating the 60th anniversary of this faith community. I hope you will join us on December 18th after the 10:15 service for caroling and gingerbread house-making as our first anniversary celebration. Although times have changed and St. Bede's has evolved over the years, it has always been a welcoming home for those seeking peace and community.

– Sue Sartor, Senior Warden

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"For unto you is born this day in the city of David a Savior, who is Christ the Lord."

Luke 2:11

Greetings in the name of Christ, and Happy New Year!

But lest you, the reader, think that I have gotten ahead of myself with this *December* Bede's Journal article, I assure you I have not!

The season of Advent, which begins four Sundays before Christmas, marks the beginning of the Church calendar year. Whereas January 1st is the beginning of a new calendar year, Advent is the beginning of the year for churches like ours, in the liturgical tradition.

This has always been a special time for me, as long as I have been part of the Episcopal Church. Similarly to how New Year's Day feels like a bit of a fresh start for our lives, with the opportunity to commit to certain changes in our lives, Advent functions in the same way for me when it comes to making changes related to my spirituality and connection with Christ.

Perhaps it's the vestiges of Advent's original meaning that imparts this feeling of new commitments and changes in life. In the earliest times of the Church's observation of Advent, the season was focused on Christ's glorious return, and therefore focused on our internal preparation for God to appear among us and to purify our lives and our hearts before our holy God. Similar to Lenten practices, abstinence and fasting were observed, and the season gained a penitential feeling. It was a time to commit one's life to holiness in the manner that was customary at that time in the history of the church.

As you may have noticed, Advent has loosed itself from these practices and turned to the season of joy that we are more accustomed to. And yet, I still appreciate that sense of committing one's heart and soul to God and to righteous living that had been part of the meaning of the season at the beginning. So though I won't be fasting during Advent, there are other ways that I will be seeking to grow in my faith and connection to God.

As I mentioned, for me, Advent is a time to explore new ways of committing myself to encountering God and growing in my faith and engaging in spiritual disciplines. I would likewise encourage all of us to do similarly. Ideas that you may wish to explore include praying the Daily Office found in our Prayer Books, such as Morning or Evening Prayer, or beginning a practice of *Lectio Divina*. Perhaps you could walk the labyrinth in the courtyard regularly, fast and pray weekly, or engage in greater charitable giving this year.

If any of this piques your curiosity or you wish to know more, I will be more than happy to help you determine what is right for you, and to explore and learn about what ideas are available. And regardless, may you all have a happy and blessed Advent season.

Blessings to you all, and may God be with us always.

Dan+

Upcoming Events at St. Bede's

DECEMBER

- 1** **Buildings & Grounds Committee**, noon, Ford Room
- 2** *Bede's Book Club is on break this month*
- 11** **Stocking Stuffing for EHP**, 11:30 a.m., Lehman
 Kitka Wintersongs, 4:00 p.m., Sanctuary
- 18** **Christmas Carolling Party** 11:30 a.m., Lehman
- 22** **Vestry Meeting**, 7 p.m., Ford Room
- 24** **Copy Deadline for January *Bede's Journal***
 Christmas Eve Service with Pageant, 4:00 p.m
- 25** **Christmas Eve Service**, 7:30 p.m.
 Christmas Day Service, 9:30 a.m.

JANUARY

- 5** **Buildings & Grounds Committee**, noon, Ford Room
- 6** **Bede's Book Club**, 9:30 a.m, Zoom
- 24** **Vestry Meeting**, 7 p.m., Ford Room
- 22** **Copy Deadline for February *Bede's Journal***
- 29** **Collage Vocal Ensemble**, 4 p.m.

Vestry View

The following is a summary of the October 2022 meeting of St. Bede's Vestry, a board that manages the finances and steers the direction of our church. More detailed minutes can be requested from Sue Sartor at sartorsue@gmail.com.

Given the need for additional oversight and maintenance of our campus grounds, Miranda Pinckert and Jon Backlund have spoken to clergy at neighboring churches on how they are managing facilities. They reported we are not alone in needing help. Professional property managers are expensive, so much of the burden of hiring contractors and overseeing operations has fallen to clergy themselves. Miranda and Jon agreed to lead an effort by Buildings and Grounds to develop a sexton/facility manager job description for St. Bede's.

Megan Ancker reported on Trinity School's Vision Plan meeting. The plan may include moving the preschool from the Ravenswood campus to ours as well as adding new classrooms and renovating Wyatt Hall. These ideas are all in discussion and subject to fundraising realities.– *Nancy Stork and Laura Gable, Vestry Clerk and Junior Warden*

Save the Date!

St. Bede's 60th Anniversary Celebration Dinner
February 4th, 2023

We hope you will be able to join us for an evening of celebration and remembrances!

Please RSVP [here](#) if you plan to attend.

Invitations will be sent in the New Year.



The Who's Who of *Lessons and Carols*

The nine lessons and carols have deep seeded roots in the English church. It is most commonly associated with King's College in Cambridge. The service, which culminates in the birth of Jesus, has introduced the world to a litany of musicians since its inception in the late 19th century. These figures have become major composers and conductors of the musical canon either through performance or commissions of new works. The list of names runs deep but is certainly worth visiting.

Many of these figures are commonplace in the Episcopal Church. Services often contain their anthems. Their association with either the Royal Academy of Music or King's College itself ensured their close ties with the Lessons of Carols. These names include the likes of Ralph Vaughan Williams, John Rutter, John Taverner and David Wilcocks. Each of these names has left an immeasurable impression in the world of music and their identities have become synonymous with the service.

Composers not closely related to King's College have contributed greatly to the service as well. Unlike the previously mentioned composers, the music of figures of the past such as J.S. Bach and Felix Mendelssohn have found an association with the service. Non-English composers also contributed commissions for the service, such as Estonian composer Arvo Pärt. Other noteworthy names include James MacMillan, Stephen Paulus, Thomas Adès, Gabriel Jackson, and Jonathan Dove, among others.

I hope that this will inspire some to do some exploration. People certainly know a few of the composers included here but I would suspect that the final list presents names new to many. These composers have written prolifically in our lifetime and some still do to this day in a far more profound manner. Hopefully, there will be more opportunities to introduce these composers. –*Vic De La Cruz, Music Director*

A Generous Evening

Kitka, the renowned singing group of Eastern-European songs, is back at St. Bede's, Sunday, **December 11** at **4 p.m.** Kitka's 2022 Wintersongs program theme is *Shchedry Vechir* (Ukrainian for "A Generous Evening", a common phrase in traditional Ukrainian holiday carols). This



concert will feature sacred and secular Ukrainian songs for the season while raising awareness of, and funds for, a variety of organizations addressing the current humanitarian crisis in Ukraine. If you would like to volunteer and come for free, please let Vic or Rani know, as we do need at least five volunteers to make this a success. You may buy tickets here or at the door. Come early since it's always a full house! – *Rani Fischer, organist*

Los Ayudantes - Changing Lives in Middle School Classrooms!

For 20 years, Los Ayudantes and St. Bede's have partnered to bring literacy tutoring to underserved students in the Redwood City School District. Los Ayudantes was established in 2002 by St. Bede's visionaries who identified a considerable need for literacy tutors right here in our local community. In particular, they found that many teachers at the middle school level were interested in extra classroom help for students who were learning English along with the required curriculum subjects.

Over 50% of students in the Redwood City district are designated English language learners, and 43% of Redwood City third-grade students read one or two levels below their current grade. Nationally, we know that 88% of all high school drop-outs couldn't read proficiently by 3rd grade. As such, many literacy nonprofits stop serving children after 3rd or 5th grade. Here's where Los Ayudantes comes in. Los Ayudantes focuses on the critical middle-school years to help these students not just with literacy skills, but life skills and mentoring for success in high school and beyond. The pandemic exacerbated their learning challenges, but we were able to continue our work as virtual volunteer tutors. Today we are back in the classroom, and we still have a virtual option for those volunteers who like the covid-safety of virtual tutoring or who appreciate its convenience.

In Spanish, "Los Ayudantes" means "The Helpers". You can be a helper too! Simply tutoring an hour or two a week is all that's needed to make a real difference in the lives of deserving RWC middle schoolers. You will become an important, trusted adult in a student's life when you make this commitment to tutoring him or her throughout the year. One of our tutors received a thank-you note from her student at the end of the school year letting her know that she helped improve her English grade from an F to a B- last year. She was so proud of

herself and was so grateful for the extra help from her tutor. St. Bede's parishioners who have tutored Los Ayudantes students can share similar stories.

Why not start in the new year and spend a solid 5 months with a deserving student? For more information on volunteering with Los Ayudantes, visit <http://www.losayudantes.org> and visit the [Volunteer](#) page. – Jenni Farrell, Executive Director for Los Ayudantes; submitted by Julie Backlund

eScrip 2022

It's time to update or sign up for eScrip! eScrip is the best way to raise ongoing funds for St. Bede's Church. By shopping with participating merchants, these merchants pay it forward by contributing funds to St. Bede's. The dollars we receive monthly go directly into our Secombe Outreach Fund. **eScrip** is very user-friendly by allowing members to list multiple organizations, local schools along with St. Bede's. If you have already signed up, please log in and go to MY eScrip to manage and make sure all your current credit cards are updated, and old cards are removed. If you have not signed up, please create an account by listing St. Bede's as your donating organization. Make sure you've registered any or all of your existing grocery loyalty, debit and credit cards to make earning automatic at more places you shop. You can reach out to Angela Sherry (zzbs@aol.com) if you have any questions or need help. – Angela Sherry, Community Outreach Steering Committee

Family Sharing and the Ecumenical Hunger Program



Holiday Teen Stockings are returning for this Christmas season. The Ecumenical Hunger Program has for many years been a part of St. Bede's outreach and several years ago we found out about a gap of gift-giving to teenagers. We were made aware that many of these young people are at home in a caretaker role, looking after younger siblings. Given year-round adult responsibility, they deserve a time of personal happiness during the holiday season. We hope to fulfill that joy by once again giving individual festive stockings, filled with a \$50 gift certificate and any other small gifts or accessories, such as candy, pens/pencils, paperback books, etc. Suggested gift cards: Amazon, Target, Wal-Mart, or Costco.

St. Bede's families can participate by creating their own gift stockings, filled with any fun items, along with a \$50 gift certificate. Parishioners can also make a financial donation and we will make all the purchases. Don't miss out on the fun though, by joining fellow parishioners **Sunday, December 11**, after the **10:15** service. We'll fill the stockings and the following day we'll make our delivery to EHP. Any questions, feel free to contact Angela Sherry: zzbs@aol.com. – Angela Sherry, Community Outreach Steering Committee

You're Invited!



Following the **10:15** service, we invite you to join us in Lehman Hall for coffee hour. It's an opportunity for us to get to know one another better! To comply with current health regulations and continue to keep everyone safe, hot coffee and tea will be served to you by one of our Hospitality volunteers. Grab-and-go juices, fruit, and snacks are also usually offered as part of coffee hour. – *Anne Vitullo, Hospitality Chair*

Pill Bottles Drive - Thanks!

Thank you to the many of you who have been doing a beautiful job collecting and cleaning the labels off used pill bottles. We shipped off almost 2 cubic feet worth last weekend. Ladera Community Church, Valley Presbyterian, Grace Lutheran, and St. Bede's have been working together on this project to ship our bottles to Ohio, to the Matthew: 25 Ministries, which sends them to people in need in the 3rd world. Since shipping to Ohio is costly (roughly \$200 every year) we may not be able to continue. Please let Fr. Dan or the vestry know your opinion and whether you can chip in for shipping. – *Rani Fischer, Organist*

Trinity School Update

The septennial accreditation process continues as Trinity School submits its self-evaluation of our principles, people, processes, and facilities. In January we'll greet the CAIS (California Association of Independent Schools) accreditation team who will inspect and verify our operations. Our preschool already received the extremely prestigious NAEYC accreditation.

November hosted Grandparents and Special Friends Day. Why grandparents? Matt, Trinity's Head of School, will assert that generations create stories that bind families. I will posit that, for every generation, continued learning is in our American DNA. From elementary school through high school, university and adulthood, our learnings maintain our collective knowledge, curiosity, and problem-solving (as well as family traditions). Special Friends reinforce the communal values of mutual support, teamwork, and selflessness. Too often education is seen as an individual achievement. In reality, education is a collective achievement. Said differently, we grow because of our teachers, grandparents, families, friends, co-workers, and neighbors. Thus, in November, St. Bede's parish and Trinity School celebrate Grandparents and Special Friends Day. – *Jon Poe, Trinity School Board of Trustees*

Spotlight on Trinity Students



This December our Kindergarten class is collecting coats so kids and adults who don't have as much money can be warm in the winter. Grade 2 is creating 3D models of pet shelters to educate the school about abandoned pets and lead all the students in making a toy for Pets in Need at our Christmas Crafts Fair.

– Kim Thacker,

Trinity School Service Learning Coordinator

Styrofoam Drive Dropoff

Collect styrofoam for a neighborhood styrofoam drive along with Ladera Community Church and Valley Presbyterian. It will be collected on January 8. Specific details coming soon. Since styrofoam takes over 500 years to break down, the styrofoam collected will be compressed into bricks for building houses. Start collecting now!

– Rani Fischer, organist



Sponsoring Christmas Flowers and Greens

During Advent, our arrangements of simple greens in church reflect our anticipation of Christmas and the celebration of Christ's birth. Flowers and seasonal greens will again make their appearance in church at Christmas. Your contribution towards our Christmas floral arrangements is a wonderful way to honor a loved one or simply share your love of flowers. Any contributions received during Advent – and their attendant dedications – are held until Christmas. Here's the process for making a floral gift: 1. Pick up a donation envelope at the back of the church for your gift (cash or checks accepted). On the envelope please note if there is someone you wish to honor or remember with your gift. 2. Place your donation envelope in the offertory plate on Sunday or drop it off at the church office during the week. Many thanks for your gift! – Anne Vitullo, Flower Team captain

Bedhead Book Group Update

Bede's Book Club will take a Holiday Break on the first Friday in December. We will re-convene on **January 6, 2023**, at **9:30 a.m.** on Zoom to conduct a planning session for the New Year including whether or not we will take the summer of 2023 off like we did in 2022. Please bring book suggestions and a willingness to lead discussions. All are welcome and can join us on **Jan. 6th** at **9:30 a.m.** using this reusable link:

<https://us02web.zoom.us/j/89275115638?pwd=SHlNbms3QUlkQ3VheXFSV2ExdlZ4dz09>

– Happy New Year, Helen Greenwood

Advent and Christmastide Service Schedule

Please note the following schedule for our worship together through January 1st. Where it reads "Normal Sunday Schedule," we will hold a spoken Rite I Eucharist at 8:00 a.m. and a Rite II Eucharist with choir at **10:15** a.m..

December:

Sunday the 4th - **Advent 2:**

Normal Sunday Schedule with Advent Lessons and Carols at 10:15 a.m.

Sunday the 11th - **Advent 3:**

Normal Sunday Schedule
Stocking Stuffing to benefit Ecumenical Hunger after the 10:15 a.m. service in Great Hall

Sunday the 18th - **Advent 4:**

Normal Sunday Schedule
Christmas Caroling Party after the 10:15 a.m. service in Great Hall

Saturday the 24th - **Christmas Eve:**

4:00 p.m. Rite II Service with Pageant
7:30 p.m. Rite II Service with Choir

Sunday the 25th - **Christmas Day:**

9:30 a.m. Rite II Service

January:

Sunday the 1st - **Holy Name Sunday:**

9:30 a.m. Rite II Service with Christmas Lessons and Carols at this service

Celebrations!

BIRTHDAYS

4 Lina Jiang
6 Robert Wood
10 Nancy Shurtleff
12 Annie Zhou
18 Elyssa Festing
31 Alexis Reed

ANNIVERSARIES

Did we miss you? Please let the [Parish Office](#) know!

ST. BEDE'S EPISCOPAL CHURCH IN MENLO PARK

Church Staff

Rector: The Rev. Dan Spors

Parish Administrator: Siri Huntoon

Music Director: Vic De La Cruz

Organist: Rani Fischer

Bookkeeper: Angela Sherry

Nursery Caregiver: Lina Jiang

St. Bede's Choir

Sopranos: Orlia Budge, Catherine Clover, Amy Spencer, (Section Leader), Rani Fischer, Vera Shadle, Nancy Stork

Altos: Naomi Braun (Section Leader), Cathleen Josaitis, Dora Ho, Kathleen Thompson, Becky Zeren

Tenors: Mark McNulty, Daniel Rios (Section Leader)

Basses: David Chu, Joseph Krohlow (Section Leader), Quentin Long

Vestry

Megan Ancker

Jon Backlund

Susan Chan Egan

Laura Gable, *Junior Warden*

Irene Lawrence

Miranda Pinckert

Joan Sanders

Sue Sartor, *Senior Warden*

Nancy Stork, *Clerk*

Altar Guild: Elizabeth Bellock, Elaine Kriegh, Ann Poulson, Joan Sanders, Sue Sartor, Anne Vitullo, John Wenstrand

Buildings and Grounds: Miranda Pinckert, Mike Sartor, Richard Zeren, Jon Backlund

Community Outreach Steering Committee:

Julie Backlund, John Hickson, Sue Sartor, Angela Sherry, Anne Vitullo, Becky Zeren

Finance: Julie Backlund (*Treasurer*), Randy Kriegh, Irene Lawrence, Hal Louchheim, Jon Poe, Angela Sherry, Michelle Swenson (*Assistant Treasurer*)

Godly Play: Jane McDougle

Hospitality: Kathy Thompson and Anne Vitullo (*Captains*)

Deanery Delegates: Michael Graebner, Irene Lawrence, Laura Gable (*Alternate*)

Trinity School Board Representatives: Jon Poe, Michelle Swenson