



The Breastplate

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The Breastplate

The Newsletter of St. Patrick's Episcopal Church



Annual Meeting Sunday, Feb. 11

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10:30 Dressed-Up Coffee Hour In the Parish Hall

Please bring appetizers, finger foods, and simple sweets to share.
**Do not bring casseroles. Please refrain from using any peanut products.

11:00 Business Meeting In the Sanctuary

Activities will be provided for the children during the meeting.



St. Patrick's Picture Directory

We are producing our very own directory with pictures of your family.
(No picture or directory purchase necessary).
Plan now to have your family picture taken on these dates:

February 18 - 8:45-9:15am, 11-11:45am & 4:45-5:15pm
February 25 - 11-11:45am
March 4 - 11-11:45am
March 11 - 11-11:45am
March 18 - 8:45-9:15am, 11-11:45am & 4:45-5:15pm



Location is the Conference Room off the Parish Hall
Thanks for your help to make this project a success. The directory will be available Summer 2018.

ST. PATRICK'S**BREASTPLATE****Volume 36, II**

The **BREASTPLATE** is published monthly by St. Patrick's Episcopal Church 7121 Muirfield Drive Dublin, OH 43017
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The Episcopal
 Church Welcomes
 You.

From the Rector's Desk

Dear Friends in Christ:

Lent and Easter will be a little strange this year. Lent begins on Valentine's Day, February 14. And Easter falls on April Fool's Day, April 1. The Holy season of Lent is bracketed by love and laughter.

In our culture at large, it is not a time of love and laughter. Unfortunately, it is a time of hate and division, and of conflict and fear.

So, what if we were to bring our love and laughter to the observance of a Holy Lent? After all, as Thomas Moore, the great English reformer, once said "The devil cannot endure to be mocked." Maybe a spirit of love and laughter is what we need to overcome evil.

The Christian faith speaks to our deepest hurt and pain, but it is also meant to bring us joy. So, this Lent, pay attention to those you love. Acknowledge what brings you joy and laughter. As St. Paul admonishes us, "Do not be overcome by evil, but overcome evil with good." (Romans 12:21)

Faithfully:

The Rev. Dr. Stephen Smith

Parish Life Coordinator Update

"My! People come and go so quickly here!"

That is one of my favorite quotes from Dorothy in *The Wizard of Oz*. I often think of that quote in the office at the church. Our church building is always busy. As I write this, it is a Thursday morning and the parking lot is quite full. There is aerobics in the Parish Hall, Librarians working in the Library, Purls of Wisdom knitting in the Education Room, and the Later in Day Saints men's group in the basement. (We have fondly started calling them the "boys in the basement.") And for a while, the Pledge Secretary was in the building.

I am easily distracted, so I find myself talking to everyone who passes through the office. And, I am so happy that we have such a vibrant community. Thank you to all of you who come and go during the week, and especially on Sunday. This community is your home away from home, and you are always welcome. There are activities for all. Book studies, women's groups, men's groups, exercise, education for all ages, opportunities to cook for the homeless and for Thursday Family Suppers, plus more. And always opportunities to eat!

So keep coming and going and staying and sharing your time!

~Julie Righter

Adult Forum Schedule

February 4- Animate with Nadia Bolz-Weber. The cross sits at the center of our faith, and yet our understanding of what exactly happened on that cross remains conflicted and confusing. Was Jesus our proxy? The payment? The only way to appease an angry God? Nadia reminds us that our theories about the cross tell us as much about ourselves and our view of God as they do about Jesus and Salvation.

February 11- Annual Meeting

February 18- Lenten Workshop

February 25- Animate with Lauren Winner. Why read the Bible? This is the central question for Lauren, an avid reader. There remains something odd about the way Christians read the Bible. Why do we keep turning to the same stories in search of some new revelation? What is it about the Bible that makes it worth repeated reading? What gets in our way as we read the Bible and try to make sense of it? These are issues the Church has wrestled with for centuries, and yet we keep at it. We keep coming back to this book and its strange narrative full of plagues and miracles and destruction and rebirth. So why do we do it?

Children's Sunday School Schedule

If you are interested in teaching Sunday School contact Heather Dudash at du-dashhl@gmail.com

February 4-

Pre-K and K: *Heather Dudash and Cameron O'Riley* & **1st-5th Grade:** *Valerie and Paul Cook*
In this reading from the Gospel of Mark, Jesus spends a long day healing others, then re-charges by taking time away for private prayer.

February 11-

Pre-K and K: *Heather Dudash and Karen Mason*
In this reading from the Gospel of Mark, Jesus's friends witness his transfiguration on the mountain. In today's homily, children discuss friendship, hear today's story and identify each other as friends of Jesus.

1st-5th Grade: *Kim DeAngelo and Michael Ebner*
Elijah repeatedly tells Elisha that God has sent Elijah to another place, alone. But Elisha refuses to leave Elijah. Prophets show up to warn Elisha that he is about to lose his beloved master, but Elisha does not want to hear about it. Finally, Elijah is taken away from Elisha and from his earthly life by God, but not before he has passed the mantle of prophecy to Elisha.

February 18-

Pre-K and K: *Heather Dudash and Matt Riggs* & **1st-5th Grade:** *Amy O'Neill and Beth Landers*
In today's reading from the book of Genesis, God promises never again to destroy the earth with a flood. In today's homily, children first discuss signs, then listen to the story of God's rainbow promise.

February 25-

Pre-K and K: *Heather Dudash and Katie Rapp* & **1st-5th Grade:** *Rob Rideout and Amanda Mambourg*
In this reading from the Gospel of Mark, Jesus warns his followers of his coming suffering, death and resurrection. In today's homily, children first talk about facing hard times in their lives, then hear today's story.

February 14



Services at
7am, 12n, 7pm

VBS
2018

Mark your calendars
July 16-20.
Plenty of
opportunities to help
and lots of fun for
the campers!

Save the Date: 

**St. Patrick's
Women's Retreat
April 13-14**

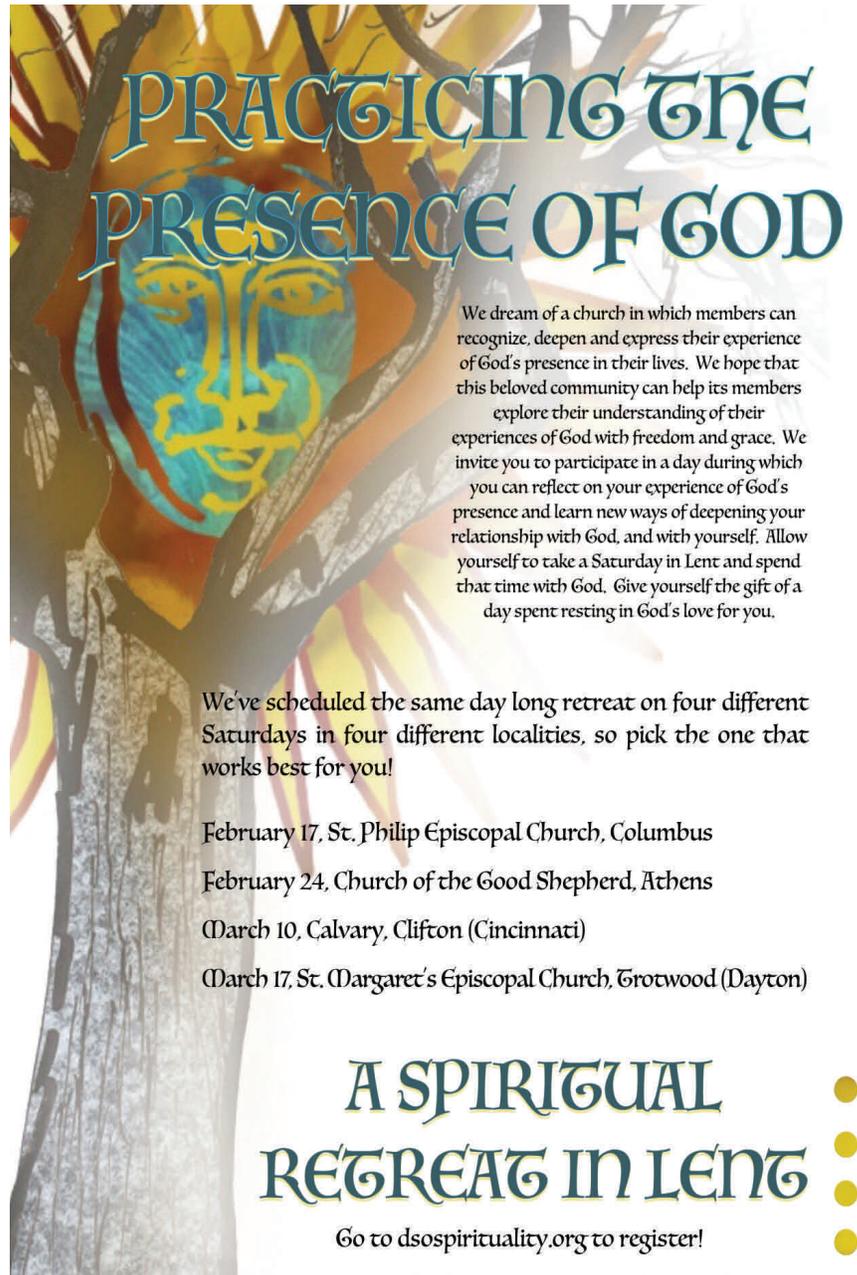
St. Patrick's Lenten School Love and Laughter in the Holy Season of Lent

In honor of Lent beginning with Valentine's Day on Ash Wednesday and ending with Easter on April Fool's Day, we will hold a Lenten series on Tuesday night's at 7 pm, all around the book, "Chocolate for Lent." It will run every Tuesday from February 20 to March 20. Over the course of the class we will see scenes from the movie *Chocolat*. We will discuss why and how we seek change during Lent, and what motivates and supports the process of turning our lives to the good. It would be helpful to see the whole movie in advance of the Lenten series. It is available on numerous streaming services. Or, we will have a viewing here at Church, in the basement, at 7 pm on Saturday February 17.

Living Compass

How are those New Year's Resolutions coming?? Research shows goals that are specific, realistic and measurable are more apt to be achieved. "I will avoid second helpings at dinner" is more apt to be achieved, rather than I need to lose some weight.

Being specific, writing goals down, telling someone are all ways to insure improved success. Consider joining a Living Compass group. We will find a four week time that will work. There is a sample booklet and signup sheet in the narthex. We tend to think physical, but there are many dimensions to health. We will learn added strategies for success. Questions? Email rosewalker162@gmail.com.



**PRACTICING THE
PRESENCE OF GOD**

We dream of a church in which members can recognize, deepen and express their experience of God's presence in their lives. We hope that this beloved community can help its members explore their understanding of their experiences of God with freedom and grace. We invite you to participate in a day during which you can reflect on your experience of God's presence and learn new ways of deepening your relationship with God, and with yourself. Allow yourself to take a Saturday in Lent and spend that time with God. Give yourself the gift of a day spent resting in God's love for you.

We've scheduled the same day long retreat on four different Saturdays in four different localities, so pick the one that works best for you!

February 17, St. Philip Episcopal Church, Columbus
February 24, Church of the Good Shepherd, Athens
March 10, Calvary, Clifton (Cincinnati)
March 17, St. Margaret's Episcopal Church, Grotwood (Dayton)

**A SPIRITUAL
RETREAT IN LENT**

Go to ds spirituality.org to register!

THE RECTOR, VESTRY & WARDENS OF ST. PATRICK'S EPISCOPAL CHURCH

The Rev. Stephen Smith, Rector
Wayne Holliday, Senior Warden
Kim Hull, Junior Warden
Mary Kay Arbogast

Bob Butler
Dianne Clay
Nadeane Howard
Tracey Kubik

Kathy Lamb
Doug Langenfeld
Steve Pearson
Annika Russo

Bernadette Westman, Secretary

Columbus Churches Education Opportunities

We will not have the Lenten School for the Columbus area churches this year, but we do have some educational opportunities open to all. St. John's, Town Street, will be offering three Saturday workshops in the coming months:

Feb. 24 The Rev. John Spicer who visited many fresh expressions/re-imagined congregations and has very practical suggestions for congregations like all of ours.

March 10 The Rev. Katie Nakamura-Rengers, founder of a coffee-house worship community in Birmingham, AL and who thinks that EFM has great potential for reaching younger people.

April 21 The Rev. Zack Nyein from Nashville who founded a campus-based community and now uses music in creative ways to increase participation by young people as he works in a more traditional parish setting.

The workshops will last from 9 am to 3 pm. Cost is \$20 and includes lunch. For more information, or to register, visit St. John's website: <http://st-johns-columbus.org/events/event/reimagining-church-with-john-spicer/>

Lenten Workshop

Join us following the 9:30am service on Sunday, February 18, for a Lenten workshop. This is a time for us to come together as a parish and prepare our hearts and minds for our 40-day journey through the season of Lent. There will be activities for all ages to help you and your family mark these days of reflection and preparation for Easter.

Activity Stations include:

Alms Box- In the observation a Holy Lent, the Church invites people in to the practices of prayer, fasting, and almsgiving. Decorate a box for collecting monies for the poor and the needy.

Prayer Pockets- What prayer will you be carrying with you through Lent? Stitch and decorate a pocket for your prayers and intentions.

Resurrection Garden- Our mortal fall took place in a garden, as did Jesus' journey to right that fall. Build a mini garden using dirt and seeds, rocks and twigs, to create a garden for prayer. Then when Easter comes, roll the rock away from the tomb and rejoice in the power of his resurrection.

Stations of the Cross Eggs- With the use of plastic eggs and a variety of objects, participants will create their own stations which they can use throughout Lent at home as a way of reflecting on the story of Jesus' death and resurrection.

What you Need to Know: Nursery will be provided. As you are able, a donation of \$5 is requested to help defray the cost of supplies.

St. Patrick's Joins the Madness

Lent Madness 2018

The Sainly Smackdown Returns!

It's that time of year when Episcopalians everywhere engage in the "sainly smack-down" that is Lent Madness in pursuit of the Golden Halo. Participate in this Lenten discipline and increase your knowledge regarding the lives of the holy men and women of the church.

Compete with your fellow parishioners in determining who of the 32 saints nominated will be awarded the Golden Halo, and earn bragging rites of being the Saint above all Saints.

Brackets are \$5 each. Proceeds to benefit Youth Missions. See Father Stephen, Mother Cameron, or Julie Righter to purchase your brackets. The first 30 people will also receive a Sainly Scorecard.* The winner of the Golden Halo wins Dinner for Two at Sesame Sea. The madness begins February 15th so turn in your completed brackets to the church office no later than Ash Wednesday, February 14.

On the weekdays of Lent, information is posted at www.lentmadness.org about two different saints. Each pairing remains open for 24 hours as participants read about and then vote to determine which saint moves on to the next round. Sixteen saints make it to the Round of the Sainly Sixteen; eight advance to the Round of the Elate Eight; four make it to the Faithful Four; two to the Championship; and the winner is awarded the coveted Golden Halo. 2018 heavyweights include Peter, Paul, and Mary of Egypt!

* The *Sainly Scorecard* is the official guide to Lent Madness, featuring the biographies of all 32 saints in contention for the coveted Golden Halo. It also includes tips on how you can use Lent Madness as a devotional tool, as well as a handy glossary and fold-out bracket so you can keep track of the winners. Includes Pocket Lent Cards with fun facts and details about previous winners and runners up.

Your Vestry Candidates

Bill Fairweather



What has been your involvement with St. Patrick's and why are you interested in serving on the vestry?

I have served as a volunteer on Kairos teams, that coming out of my experience in EFM. I have also served as a volunteer on the LEV team. I have also served on an Alpha team. Had the opportunity to volunteer with the team going into Daniel Wright. I am also currently enjoying fellowship with the Men's Early morning group. Having been involved with the Advisory Council of Kairos serving at North Central, I know how critical it is to have a team caring for the ongoing day to day operations of the church. I hope I might, with God's help, add some prayerfully considered intuition and experience to the team seeking to care for the needs of family at St. Pats.

What skills and insights do you bring to the task of serving on vestry?

I am a good listener, I like to weigh the needs of the many and the few, and will work to add value to the discussions and decision making as need. I will take the tasks set before us as important and value the comments of others.

What do you envision for the church in the next three to five years?

A good question. A safe space to grow spiritually, to have the love of the church family, and to show that love as we reach out to new people while caring for the needs of our current family. A special place where I can go, be with friends, and where I can help them to grow in God's love and where and where I can encourage others.

Mike Kennedy



What has been your involvement with St. Patrick's and why are you interested in serving on the vestry?

My family (Mary, Daniel and Andrew) and I have been members at St. Patrick's since a job transfer brought us to Ohio in 1997. My first formal involvement at St. Pat's was when Mary and I jointly coordinated the Children's Chapel ministry from 2003-2005. Since then:

I served as Junior Warden and on the St. Pat's vestry from 2004-2007.

In 2006, I was accepted into our diocesan 2-year Southern Ohio Lay Leadership Initiative (SOLLI) program which focuses on building lay leadership.

In 2008, I served on the Diocesan Stewardship Council.

I co-led St. Pat's 2006 and 2011 Fall Pledge Campaigns.

In 2012, I entered our 4-year Education for Ministry (EFM) program, graduating in 2016.

Since late 2016, I've been participating in St. Pat's Men's Group, attending weekly meetings, and facilitating our Fall retreat at Sharon Woods Metro Park.

Most recently, I completed the 50-hour Stephen Ministry training in January and now look forward to becoming a member of our St. Pat's Stephen Ministry Team.

What skills and insights do you bring to the task of serving on vestry?

A deep respect for the capabilities of St. Pat's leadership and congregation.

20+ years of active involvement in a range of St. Pats' ministries, including

Continued on page 7

Mike, continued from page 6

prior lay leadership and vestry experience. 25+ years senior leadership experience at Fortune 50 companies including IBM and Verizon with results-oriented focus on large-scale information technology programs, capital/expense management, small and large team formation/motivation.

What do you envision for the church in the next three to five years?

I envision St. Pat's continuing to grow both as a welcoming home for our congregation and in ministry work, so that we may all continue to grow in faith and love as St. Pat's continues

Vicki von Sadovszky

What has been your involvement with St. Patrick's and why are you interested in serving on the vestry?

My involvement with St Patrick's is that of a regular member and volunteer with various ministries. I am eternally grateful for the St. Patrick's community. I remember the first service I attended with my daughter and the warm welcome we received from so many members in the parking lot prior to even entering the church. I knew by the end of that service we would be regulars, and I have been proud to call St. Patrick's our home ever since. I have been involved with various ministries within the church, from EFM to VBS to bell choir. Most recently, I am active in the Wellness Council and I am a very new member of the Altar Guild.

My interest in serving on the vestry is to give back to, and serve the members of St. Patrick's. We are so blessed here to have such an active parish with so many individuals willing to serve in so many different capacities. This is truly inspiring to me. I want to serve and be a good steward of our parish's resources of time, talent, and treasures. I want to help our church continue to grow as a spiritual leader in this community and see our service flourish beyond our walls.

What skills and insights do you bring to the task of serving on vestry?

I bring several skills and insights to the vestry that I hope would be of value. I have been a nurse for several years, and that is the lens with which I view the world and solve problems. I have had the privilege of serving many people in times of need and crisis. I understand the value and need for equity for those who struggle with these issues. My most current role is that of a scientist at Nationwide Children's Hospital. I see the struggles of families on a day-to-day basis, regardless of their backgrounds. As a nurse and scientist, I am very adept at methodically looking at problems, looking for existing solutions that may help and developing new ones in case existing ones do not exist. I have skills at writing grants for funding necessary programs, and analyzing data in order to make decisions about new directions. Despite all my professional experience, my best and most informative insights have come from being a parent. It is through this experience, where I can begin to see God's love for us as His children.

What do you envision for the church in the next three to five years?

I envision keeping our mission and values in the forefront of decisions over the next three to five years. I am proud to be a member of a spiritual community that wel-



ST. PATRICK'S EPISCOPAL CHURCH CONTACT SHEET

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 11235 State Rte 38 SE
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† February, 2018 †

ST. PATRICK'S PARISH CALENDAR



Love and Laughter for Lent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:45 Aerobics P 10:00 Purls of Wisdom 1 10:00 LITD Saints B 5:30 Family Supper P 5:50 Children's Choir S 6:00 EYC B 6:30 Handbells P 7:30 Adult Choir B	6:30 EfM Retreat # 6:30 EYC @ St. John's #	1:30 EYC OH Caverns # 1:30 EfM Retreat #
4	5	6	7	8	9	10
8:00 Holy Eucharist S 8:45 Coffee Hour P 9:30 Holy Eucharist S 11:00 Adult Forum S 11:00 Newcomers Clss C 4:00 Confirmation Cl. 1 5:30 Holy Eucharist S	9:30 EfM Extension 1 7:00 AA P	6:45 Men's Group P 9:45 Aerobics P 10:45 Staff Meeting O 5:00 Yoga P 7:30 Sacred Circles 1 L	9:15 WeJoySing B 10:00 St. Arbuck's # 10:15 Spiritual Direction 1 12:00 Holy Eucharist S 12:00 AA C 7:00 Women's AA L	9:45 Aerobics P 10:00 Purls of Wisdom 1 10:00 LITD Saints B 1:00 Care Sacred Circle 1 5:30 Family Supper P 5:50 Children's Choir S 6:00 EYC B 6:30 Handbells P 7:00 EfM 1 7:30 Adult Choir B		
11	12	13	14	15	16	17
8:00 Holy Eucharist S 9:30 Holy Eucharist S 11:00 Annual Mtg. w/ Child Care 4:00 Confirmation Cl. 1 5:30 Holy Eucharist S	9:30 EfM Extension 1 7:00 EfM Extension 1 7:00 AA P	6:45 Men's Group P 9:45 Aerobics P 10:45 Staff Meeting O 5:00 Yoga B 6:00 Shrove Tuesday Dinner P	Ash Wednesday 7:00 Holy Eucharist S 9:15 WeJoySing B 10:00 St. Arbuck's # 10:15 Spiritual Direction 1 12:00 Holy Eucharist S 12:00 AA C 7:00 Women's AA L 7:00 Holy Eucharist S 8:00 Adult Choir B	9:45 Aerobics P 10:00 Purls of Wisdom 1 10:00 LITD Saints B 2:00 FOH - Cook 1 5:00 FOH-Serve # 5:30 Family Supper P 5:50 Children's Choir S 6:00 EYC P 6:30 Handbells P 7:00 EfM 1		
18	19	20	21	22	23	24
8:00 Holy Eucharist S 9:30 Holy Eucharist S 11:00 Lenten Wkshp # 11:00 Stephen Ministry # 4:00 Confirmation Cl. 1 5:30 Holy Eucharist S	President's Day Office Closed 9:30 EfM Extension 1 7:00 AA P	6:45 Men's Group P 9:45 Aerobics P 10:45 Staff Meeting O 1:00 Sacred Circles 3 L 5:00 Yoga P 7:00 Lenten School 1	9:15 WeJoySing B 10:00 St. Arbuck's # 10:15 Spiritual Direction 1 12:00 Holy Eucharist S 12:00 AA C 7:00 Women's AA L 8:00 Adult Choir B	9:45 Aerobics P 10:00 Purls of Wisdom 1 10:00 LITD Saints B 5:30 Family Supper P 5:50 Children's Choir S 6:00 EYC B 6:30 Handbells P 7:00 EfM 1 7:30 Adult Choir B	6:00 Fish Fry P	Vestry Retreat #
25	26	27	28			
8:00 Holy Eucharist S 9:30 Holy Eucharist S 11:00 Adult Forum S 11:00 Sacred Circles 2 1 4:00 Confirmation Cl. 1 5:30 Holy Eucharist S	9:30 EfM Extension 1 5:00 Yoga P 5:00 Zaycon P 7:00 AA P	6:45 Men's Group P 9:45 Aerobics P 10:45 Staff Meeting O 1:00 Sacred Circles 4 L 5:00 Yoga P 7:00 Lenten School 1	9:15 WeJoySing B 10:00 St. Arbuck's # 10:15 Spiritual Direction 1 12:00 Holy Eucharist S 12:00 AA C 7:00 Women's AA L			

Notes

Newsletter Deadline: 15th

Location Key:

- 1 - Classroom #1 (1st floor)
- B - Basement
- C - Conference Room
- L - Library
- P - Parish Hall
- S - Sanctuary
- N - Narthex
- O - Office
- # - Off-Site
- C² - Children's Chapel

Sacred Circles Schedule:

- Grp 1** - 1st Tue, 7:30 pm - Library
- Grp 2** - 2nd & 4th Sun, 11:00 am Drop in
- Grp 3** - 3rd Tue, 1:00 pm- Library
- Grp 4** - 4th Tue, 1:00 pm- Library
- Care Grp** - 2nd Thu, 1:00 pm- Library

Vestry - 2nd Wed, 7:00 p.m.

Habitat - no meeting this month

FOH - 3rd Thu, 2:00 & 5:00 p.m.

Please Note: This is not a complete calendar of activities happening at the church. If you need the use of our space, please contact the church office to check availability. Thank you!

Vicki, Continued from page 7

comes all individuals. My vision is to listen to the membership and advocate for wise ways in which to use our many, but still limited resources. We have several wonderful ministries. I am interested in keeping those ministries thriving within the church and, if possible, expanding them into the larger community. I would like to continue to see us reaching out and working with other faith communities to learn from them and work together to serve all who need our ministries. I also would advocate for novel ways in which to maintain and grow our own church membership, in order to have the time, talent, and treasures with which to serve both our parish's needs and that of the greater community.

Rick Mason



What has been your involvement with St. Patrick's and why are you interested in serving on the vestry?

I have been a member of St. Patrick's since 2006, when I moved to Ohio. I am impressed with the scope of our involvement in people's lives, both within our community and beyond. My own roles have been to provide technical support for the Church library and more recently the St. Pat's website and internet servers. I am in the fourth year of Education for Ministry (EfM), which has been a significant spiritual and educational experience. I view serving on the vestry in a similar way: supporting the many ways we serve, learn, and worship.

What skills and insights do you bring to the task of serving on vestry?

I have a positive attitude, a good sense of humor, and a respect for the significance of St. Patrick's role in the lives of many people. I often bring a unique viewpoint that, at times, can provide a previously unseen path to achieving a goal.

What do you envision for the church in the next three to five years?

The continuing changes to the religious landscape in our culture is applying pressure to both the church as a whole, and our own parish. Being able to balance our traditions with the need to continually improve our understanding and ability to adapt to those changes is critical to our ability to not only survive, but thrive. This isn't a problem to be solved in three to five years, but an ongoing approach. Every year, three years, five years, etc. requires us to be aware of that balance, and to maintain it.

Tawnya Lewis



What has been your involvement with St. Patrick's and why are you interested in serving on the vestry?

I, along with my husband Matt and our 3 children, have attended St. Patrick's for the last 18 years. During that time, I have been involved in many different facets of the church. Most notably, I have taught or led youth activities for most of those 18 years. I served on the kitchen remodel planning team, headed ECW for a few years, taught and led VBS, attended and led past Woman's Retreats, and enjoyed several Foyer Groups. I currently participate in Spiritual Direction, Sacred Circles, and Coffee Hour. I am interested in

Continued on page 11

Tammy, Continued from page 10

servicing on the vestry to continue the church's growth of internal and external ministries that allow God's light to shine bright! The darkness in today's world needs to be met with stronger light.

What skills and insights do you bring to the task of serving on vestry?

I have previously served on St. Timothy's vestry in Cincinnati. I am, or have been, involved in a number of school and community groups where I have facilitated discussion and consensus building to align group actions to the groups' mission. I am open minded and interested in hearing multiple viewpoints, but will voice my opinions when needed. I work part-time as a Quality Assurance Specialist and Office Manager where I have to juggle multiple projects and tasks with varying timelines. Lastly, I think that I have a good rapport with groups that span multiple age ranges within the St. Patrick's community.

What do you envision for the church in the next three to five years?

I envision St. Patrick's continuing to embrace a diverse community where all voices can be heard and EVERYONE experiences the love and grace of God. I see a place where multi-generational sharing and learning occurs. St. Patrick's will be a model of acceptance and advocacy as we live out our Baptismal Covenant daily.

Liturgical Police Report

The Worship Committee met on January 16 to plan for Ash Wednesday, the Lenten season, Holy Week, and Easter.

Ash Wednesday is also Valentine's Day this year! As in years past, we will hold services at 7:00 a.m., noon, and 7:00 p.m. Lenten services will be much the same as in the past, beginning with The Great Litany on Lent 1. New for the following Sundays, though, will be the very beginning of the service. Instead of a prelude, we will begin the service with silent prayer. Russian-inspired chants will return as our service music. We will also celebrate Morning Prayer each Wednesday at 9:00 during Lent.

Palm/Passion Sunday, March 25, will conclude the season, with readings, chanting, and waving of palm branches, beginning in the parish hall, then processing outside (weather permitting), around the church and into the sanctuary. The passion narrative itself will conclude the service, and we will depart the church in silence. Something new for that Sunday will be a Service of Passion Readings, with choral music, at 5:30 p.m.

We will hold morning prayer at 9:00 every weekday during Holy Week. Evening services will include Healing and Reconciliation at 7:00 on Monday, a full Stations of the Cross at 7:00 on Tuesday, Tenebrae at 7:00 on Wednesday. Maundy Thursday will begin this year with dinner at 6:30, followed by the service at 7:00, both in the parish hall. The Good Friday service will begin at 7:00 in the sanctuary. Saturday morning at 10:00 we will celebrate Holy Saturday.

Easter Vigil will begin at a later time this year — 7:30 p.m. A later start will move us closer to the ideal of beginning the service in darkness. We will kindle the light of Christ in our memorial garden, move into the parish hall for our readings, process to the baptismal font in the narthex, and finally into the sanctuary for Easter. Easter morning services will be at 8:00, 9:30, and 11:30.

Alleluia! (until February 14) ~*Jennifer Bell*, Deputy, Liturgical Police

♪ Grace Notes ♪

We Christians are fortunate to have the seasons of the liturgical year to celebrate after the rush and excitement of Christmas. The world outside has a different calendar to follow, namely the school calendar! Now that the kids are back in school after their Christmas vacation, the big event for many of them is their participation in the music contest. They've been practicing for months, and the time to show what they've learned is approaching.

It is also a great blessing when these students can share their talents with us in church. Any student (or parent, on the student's behalf) is welcome to ask me about including a contest piece in our worship service. Not only does the congregation love to hear and see our young people, it could even double as a little extra practice before having to sing or play before the judges. Just get in touch with me as to when and where.

L'Shalom, ~*Jennifer Bell*

Wellness Column

Hearts and Chocolate

The post holiday doldrums are now in full force. Although the days are getting longer (really?), we have the traditional Ohio greys to decrease our natural Vitamin D intake. February is traditionally the month of hearts and chocolate. Many of the big health agencies use this time to remind people about heart healthy diet and exercise. Excellent reminders. They are also frequent reminders that those New Year's Resolutions have been lost in the pessimism of the probability of change.

Evidence has supported the reality that if one is continually or mostly pessimistic, angry, or feeling as if the world is against you, it hurts your heart. Doubt and anger increase stress hormones in your blood stream, raises your cortisol levels, and generally makes you feel miserable. That leads to an increase in blood pressure, increases the possibility of atrial fibrillation (irregular heartbeat), and yes, even kidney problems.

Many people respond to these gloomy feelings by over eating and under exercising. The rationalizing that takes place: "I don't have time," "I'm too tired," "I'm not going to that place where they all wear tight exercise outfits and laugh at my fat rolls," "I'm not coordinated enough," "I had a salad for lunch last Thursday," sets one into a downward spiral. The good news is that you *don't* have to submit to these feelings. You DO have the strength to carry through with what's good for your body. Don't let anyone or past experience convince you otherwise. One great strategy is to have a buddy who will exercise and eat right with you. What's more, when you mobilize that strength, the good feelings that you have as a result are GOOD for your heart. Your blood pressure comes down, those endorphins make you feel good, and your heart beats happy.

So for your February resolution, think happy. Have confidence in your ability to keep yourself healthy. Oh yes, science tells us that the flavonoids in chocolate are good for you. So judicious chocolate intake is good- just don't overdo it.

~Lissa and Rose

This Month in Episcopal History**Johannes Gutenberg ♦Bringing the Word to the People****February 23, 1455**

From the beginning of Christendom to the time of an invention by this German engraver, inventor, blacksmith, and printer, the Holy Words of our faith were transferred to the people only through handwritten copies of the Bible. So cumbersome was this task that at the Council of Rome in 382 AD, the leaders of Christendom, decided which religious writings were to be included in the Bible so as to cut down on the volume of pages which would henceforth have to be hand printed to constitute just one volume of the Bible.

Gutenberg's invention was completed on February 23, 1455. It was called movable type. He used metal type to constitute letters which could then be placed into position to form the words of the Bible, and thereafter mass produce copies. The Bible was the first book ever printed in this new way. By 1522, the technology had advanced so well that in that year alone 300,000 printed copies of Martin Luther's 95 Theses were printed and distributed.

Like the computer of today, movable type printing introduced an era of mass communication which permanently altered the structure of western society. Not only were there more copies of books and ideas available to read, this new mass production made the written word cheaper, and in that way too, more accessible to people. The first mass printed books sold for a sum equal to three years wages for an average clerk. This was still a very hefty sum, but a great deal less than the cost of a hand written copy which would cost the expense of a monk hand writing a copy in a monastery for years. Thanks to Gutenberg's invention, a community could now pool their funds to buy a Bible as well as other books produced in this new way for all people to read in their new gathering place called a library.

With this one technological advance, the Renaissance spread throughout the Western world since ideas became much easier to transfer from one person to another. No longer would the common people need to look to their political, social, or religious leaders for thoughts and philosophies contained in books only these leaders possessed. People could access these ideas and books themselves and develop their own interpretations of these thoughts.

~Jim Westman

IN MEMORIAM

Louise Fabian

Bill Brophy

Wayne Pittsenbarger

May their souls, and the souls of all the faithful departed, by the mercy and grace of God, rest in peace.

Tuesday February 13th
St. Patrick's
Shrove Tuesday Pancake
Supper.

Setup Time: 4:00pm
Dinner Time: 6:00-7:30pm

Adults \$8.00 Kids \$4.00



This Year's Menu Items Include...

Pancakes

Sausage

Breakfast Potato Casserole

Assorted Beverages

Gluten Friendly Pancakes

Waffles

Scrambled Eggs

Fruit

And more....

Library Ministry News

We need your help with overdue books some of which have been checked out for several years. Here are a few guidelines to follow when checking out books:

1. Pull out the check-out card from the inside of the back cover of the book. Sign the date (i.e. 2/18/18) and then your name and phone number. Be sure to write the year.
2. Then, put the card in the box either on the hallway table or in the library box below the mirror in the library.

The number of months you will have to read your book is two months, and then if you need more time, please send an email to our Church at church@pats-dublin.org that you need to renew your book. I will then update your check-out card for you.

Your help with this problem is very much appreciated. ~Lynn Whitman



Burying the Alleluias on Shrove Tuesday

Alleluia is a word associated with praise and joy. Due to the penitential season of Lent, we engage in a verbal fast of sorts. The Alleluia disappears from our liturgy of word, music, and table. During the Shrove Tuesday Pancake Supper, join us as we prepare to say farewell to the "Alleluia" for the Lenten season. There will be an activity for the children, and then we will process to the Sanctuary to sing a final song of praise before burying the Alleluia, not to be said at church or home, until Easter.

Family Supper

Join us for a simple family supper on Thursdays from 5:30pm-6:00pm. This is a wonderful mid-week opportunity to come together as a joyful community that breaks bread together. Cost is \$5, ages 12 and up, \$3 for under 12. If you plan to join us for dinner on Thursday nights call or email the office **BY CLOSE OF BUSINESS ON TUESDAY** with your reservation or to amend a standing reservation. (Gluten free and Vegetarian options available upon request.)

What's on the Menu?

February 1

Lasagna (Veggie and Meat)
Salad
Garlic Bread

February 8

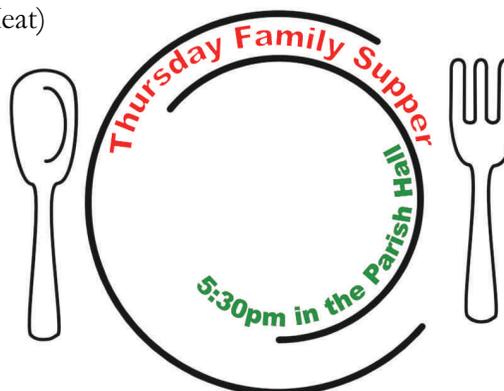
Hamburgers
Fries
Corn

February 15

Chicken n' Dumplings
Fruit Salad

February 22

Meatloaf



St. Pat's Got Talent!

Running out of things to do while stuck in your house, surrounded by snow? Depressed at the approach of the Lenten season? Give yourself a boost by getting ready for St. Patrick's annual Talent Show, slated for Saturday, March 3 at 7:00 p.m.!

The Talent Show is a wonderful opportunity for kids and adults to showcase those hidden, and not-so-hidden, talents that make them special. Music, dance, comedy, acrobatics—all are welcome additions to this annual event. Donated funds go to help parishioner Lissa Barker's nursing missions to under-developed areas.

Also needed are talented bakers to donate goods for our dessert table. Sign-up sheets for performers and desserts, and information on preview/rehearsal will be in the narthex on Sunday, January 21st. You can also contact me at shieldsb@lickingvalley.k12.oh.us.

So dust off those tap shoes, get out those cookie sheets, or just put the date on your calendar as a must see event and get ready to have a great time.

~Becci Shields

Episcopal Youth Council (EYC) News

Pizza and Improv with St. John's Worthington- Friday, February 2 from 6:30-9:00pm. RSVP to Mother Cameron by February 1 so we can ensure we have plenty of Pizza! Pickup and drop-off will be at St. John's.

EYC Adventures- Saturday, February 3, 2018 at 1:30pm. The Ohio Caverns are just waiting to be explored! We'll meet here at St. Patrick's where we'll be joined by the youth group from All Saints, New Albany. Our guided Winter tour includes highlights of the Natural Wonder Tour and Historic Tour plus a section that is not toured during the summer session. Dress for the weather outside! It is a consistent 54 degrees in the caverns year-round. We will return to St. Patrick's by approximately 5:00pm. RSVP to Mother Cameron no later than January 28 so we can ensure adequate transportation for everyone. Adult chaperones welcome.

Weekly EYC Schedule

Confirmation: Sundays at 4:00pm

February 4- Worship (Chapter 5: *My Faith, My Life*)

February 11- Worship (Part 2)

February 18- Go to the Lent Workshop after 9:30am service. (No class)

February 25- Sacraments (Chapter 6: *My Faith, My Life*)

Thursday Night EYC at 6:00pm

February 1- The Gospel of Mark, 1:29-39, offers us a snapshot of Jesus's routine, how the ordering of his days led to fulfillment of his purpose. It allows the youth to consider their own schedules and routines, and the value of having and knowing one's own purpose. We will watch a clip from *The Princess Bride* and listen to a song to aid our group discussion.

February 8- This week marks the end of Epiphany, and we begin our move into the beginning of Jesus' death, resurrection, and salvation of the world. We'll open by playing a couple rounds of the card game, "21," and watch a scene from the movie *Men in Black*.

February 15- Lent has just begun, so this week we will take some time to consider a few themes the Church focuses on during this penitential season.

February 22- Music touches the soul and helps us to connect with unspoken desires and the humanity within each of us and the world in which we live. We'll take a closer listen to how music can help us connect to Jesus.

Celebrating February Birthdays



- | | |
|-----------------------------------|--------------------------------------|
| 1 st Mary Dopp | 14 th Dave Kendall-Sperry |
| Sarah Riggs | 15 th Roy Barker |
| 2 nd Patrick Dunn | 16 th David Freas |
| Amy O'Neill | Ron Gleason |
| Leilah Sarvis | Ann Semans |
| 3 rd Sammy Nadalin | Layne Smith |
| Margie White | 18 th Charlotte Jones |
| Erin Zelinski- Righter | 20 th Kaydence Rasberry |
| 4 th Thom Rauenswinder | Joe Ross |
| Colin Rinaldi | 21 st Landon Kubik |
| 5 th Kathy Graff | Heather Shuchter |
| 6 th Tim Carty | 23 rd Frank Tuttle |
| Alex Dopp | 24 th Courage Gorski |
| Dan Hull | Annie LaMonica |
| Joe Jester | 25 th Jessica Adair |
| Claire McCarthy | John Gagne |
| Elyse Yehsakul | Wes Parker |
| 7 th Nancy McDowell | Mary Pierson |
| 8 th Emily Bunt | 26 th Sabrina Dopp |
| 9 th Amanda Smith | Stan Gorski |
| 11 th Richard Alkire | Craig Hallermann |
| 12 th George Glazier | Teddy Shannon |
| Matt Sladoje | Chris Sutton |
| Avery Stimmel | 27 th Nadeane Howard |
| Marilyn Strasser | Jennifer King |
| 13 th Tannis Alkire | 28 th Daniel Clark |
| Valerie Derrick | Cory Richard |
| Joe Leach | 29 th Robyn McIntire |

Congratulations on Your February Anniversary

22nd Thom & Wendy Rauenswinder





**St. Patrick's
Episcopal Church**

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A Joyful Community of Faith

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