



The Breastplate

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The Breastplate

The Newsletter of St. Patrick's Episcopal Church



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Commissioning on Sunday at 9:30 service through
Wednesday mid-day at Procter Center
Cost is \$150

Trip #1: June 12-15:

We will be rehabbing an old greenhouse for creation programming. Open to rising 7th-12th graders.

Click [HERE](#) to register.



Trip #2: July 17-20

We will be rehabbing gardens for contemplation and a prayer walk. Open to rising 6th through 12th graders.

Click [HERE](#) to register.



ST. PATRICK'S

BREASTPLATE

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Garage Sale Recap

What a great garage sale week we had! It was the perfect example of what we mean when we say "Joyful Community." Through everyone's efforts we were able to:

- Collect 1300 pounds of scrap metal and turn it into \$ for the church (Thank you, Tim)
- Re-purpose a half-dozen computers to new homes (Thank you, Charlie)
- Assist two women from CATCH Court / Freedom a la Carte with their transition into apartments (Thank you, Fran)

In addition, we set a record for our Spring Garage Sales by earning \$12,600 for the church!

Thank you to everyone who participated: everyone who donated items, brought food for the volunteers throughout the week, all the volunteers who helped with item pickups, unloading cars, sorting, organizing, pricing, and the cashiers and helpers who worked the days of the sale itself. And lastly, a big thanks to Peter and the cleanup crew for returning our church back to normal in less than two hours time! We received numerous comments about how organized the sale was and about the quality of the items we had for sale. Well done, everyone!

So, until Fall, thank you again (and start saving up those donations for our next sale :))

Peace,

Mark Hanes



VESTRY & WARDENS OF ST. PATRICK'S EPISCOPAL CHURCH

Ed Yuhas, Senior Warden
Roy Barker, Junior Warden
Lynne Colcombe
Alex Carter

Susan Jones
Dick Gehman
Bill Eddy
Beth Landers

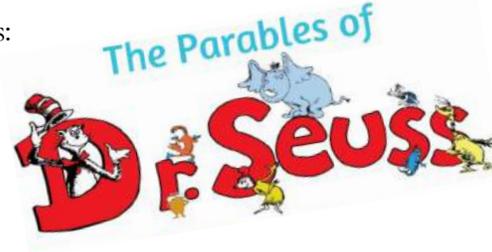
Lynette Palmer
John Russo
Alex Shields

The Breastplate

From the Rectors Desk

A huge thank you to everyone who helped pull off our Dr. Seuss Sunday. After a couple of years of this pandemic and all that's going on the world right now, taking a moment and remembering that there is holiness in silliness is helpful, I think.

Some of you asked about getting a copy of the sermon so here it is:



A party, a party come one come all
 In the city of peace, that stands so tall
 A party to celebrate a dedication
 A party to celebrate commitment to God
 A party to celebrate This place, this people,
 A light to the nations, God's holy Rod

A party, they had to celebrate
 Even in winter God's glory to state
 Yet, to name himself, they asked the Holy One
 Now, they did not ask out of love
 and they did not ask out of fun
 They asked out of fear for what the romans had done

The Holy one looked upon them with compassion
 He could not answer them for fear their reaction
 So he told them to look at the great deeds he had done
 For he did them out of love. Did them out of fun.

Having fun is holy he said this I know
 for I follow the Sender wherever I go

my sheep follow me for they know my voice
 each day they go this way and that
 they listen deeply and they make their choice
 but if they listen, I'll be there to chat

sometimes they wonder just what to do
 Where to start, where to go, or even which shoe
 To wear on which foot, which path, which route

Through the valley, the shadow, the sun, and the rain

Through the winter and fall, the hills, and the plain
 Who to follow, who to lead,
 Should they hunt
 Should they gather
 Should they plant a seed,
 Should they build
 Should they clean
 Should they cook
 Should they glean
 So, when you do not know where to go
 Listen deeply and the Sender will show
 The shepherd to guide you on the way
 The Sender, the shepherd, the Spirit obey
 Be not dismayed what 'er be tide
 The Sender will lead you the Shepherd to guide
 And the Spirit will speak through you the love confide
 If you but listen and like the dude abide.
 And with these words I bid you ado.
 Go with the sender your whole way through
 Go with the shepherd's grace to imbue
 Go with the Spirit humble and true.
 Go be the love that has already saved you. Amen.

God's Peace,

Rev. Dr. Jason Emerson †

Contemplative Walking



Have you walked down Muirfield Drive lately? As of this writing it is a rainy and cool Spring day, a time of beginnings, of new birth, of unsurpassed beauty. By the time you read this, Spring will be coming to an end and Summer will be around the corner. This is a time for a **Contemplative Walk**.

To go out and turn your walk into a contemplative experience, you need to be present to the world around you, notice how your body is

feeling. Listen to where you are being led, not try to think too much, instead let this be a walk of the heart. Open your eyes and ears and be aware of nature's presence. This is not a time to formulate your grocery list, it is a time to see the small beginnings of life emerging right in front of you. Some of the questions you may want to ponder are "what is blossoming in you? Where do you discover the new life within? Where can we feel God's presence in the tangle of nature? As you walk through the world, through our beautiful Metro Parks, what questions does nature ask of you at this particular time of your life? How do you walk in this world? Feel your feet and legs planted firmly on the ground and ask how do I want to walk in this world?"

This is a time to open our senses. Have you noticed the smells, sounds, sights, and textures, even flavors of nature in the Spring and Summer? When my grandchildren were toddlers, they took such delight in the tastes in our herb garden and it helped me to savor the wonder of new shoots and new and growing life in their wonder. The other day I was at a meeting and the window was open. I could hear the birdsong entreating me to come outside, **let's walk!**

Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction by Christine Valters Paintner and Betsey Beckmann. 2010

Space Between the Stones: Poetry and Practices for Connecting with Nature, Spirit, and Creativity. Kai Siedenburger. 2020

Lisa Palchick

When I am among the trees

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks, and the pines,
they give off such hints of gladness.

I would almost say they save me, and daily.

I am so distant from the hope of myself,
In which I have goodness, and discernment,

and never hurry through the world
but walk slowly and bow often.

Around me the trees stir in their leaves
and call out "Stay awhile."
The light flows from their branches.

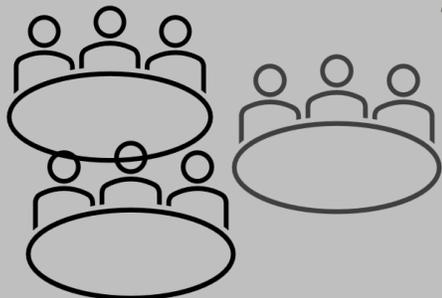
And they call again, "It's simple," they say,
"and you too have come
into the world to do this, to go easy, to be
filled
with light, and to shine."

-Mary Oliver

St. Pat's Men's Groups

The St. Pat's Men's Groups are in the process of organizing a Men's Retreat.

The retreat will take place on October 15, 2022, this autumn, at Sharon Woods Metro Park. Father Jason will be leading the retreat. There will be group sessions, worship services, breakfast and lunch, as well as time for socializing. Our retreat is a one-day event beginning in the morning of 10/15 and ending in the late afternoon. This retreat is a good opportunity to grow on our spiritual journeys and to get to know other men of St. Pat's. Further information will be forthcoming in the following months. Please consider joining us.



A graphic for Graduation Sunday featuring silhouettes of graduates in gowns and caps against a sunset sky. The text "Graduation Sunday" is written in a large, white, cursive font. Below the title, it says "Graduate Recognition Sunday, June 12th! Let's congratulate our High School seniors and wish them well with some gifts and reminders of their church home at the 9:30 am service. We will also recognize any other graduates from other programs at this service as well. Please join us!"

Graduation Sunday

Graduate Recognition Sunday, June 12th!
Let's congratulate our High School seniors and wish them well with some gifts and reminders of their church home at the 9:30 am service.
We will also recognize any other graduates from other programs at this service as well. Please join us!

A graphic with a light blue background and a green border. It lists office hours: "Monday - Thursday: 9:00am-3:00pm", "Friday 9am-noon", and "Office will be closed on May 30, July 4, and September 5!". At the bottom, there are colorful cartoon flowers (yellow, blue, pink, red) on green grass.

Summer Office Hours:
Monday - Thursday: 9:00am-3:00pm
Friday 9am-noon
Office will be closed on
May 30, July 4, and September 5!

Listening Sessions Scheduled in May and June

Surveys for the Bishop search have been tabulated. The [detailed results are available](#). Transparency and communication from diocesan leaders is the chief concern, and we are working with Bishop Smith and other leaders to improve in these areas.

As promised, we will hold listening sessions near the end of this month. At these sessions, which will be facilitated by the Rev. Alissa Newton and her team from New Realm, we will discuss the results of the survey and hear related hopes and concerns from members of the diocese.

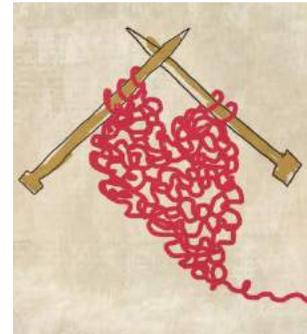
Stay tuned for invitations, but the following dates have been set:

- May 27 at 5:00 p.m., Trinity Church, London. Open session in person for any laity or clergy. [Register now](#).
- May 31 at 7:00 p.m. on Zoom. Laity. [Register now](#).
- June 1 at 7:00 p.m. on Zoom. Open to any clergy or laity. [Register now](#).

Before the end of June, we will meet with our search consultant to set the roadmap for the continuation of search process.

As always, if you have questions, suggestions, or concerns, you may reach us at StandingCommittee@DioSOhio.org.

Knitting Circle



Second Saturday Knitting Circle holds space for any knitter to come learn, practice, or fellowship while knitting. This spring, we learned how to

needle knit, arm knit, or finger knit a prayer shawl. This summer, we are going to pause this monthly event and will re-start in the fall. Please join us in September, to learn how to needle knit hats for C.A.T.C.H. Court graduates. Deanna Douglas will teach us the stitches and the pattern. Contact Deanna Douglas or Annika Russo for more information.





congratulations
GRADUATES

St. Patrick's 2022 High School Graduates



Olivia Bradley, has graduated from Hilliard Davidson with her HS diploma.

Olivia will be continuing her education at Belmont University, studying Secondary Education and History. Olivia is the granddaughter of Pam & John Johanssen.



Paige Dunham has graduated from Olentangy Liberty High School and Delaware Area Career Center. She received her HS diploma along with a special certification in Medical Assisting.

Paige will be attending Ohio University in the fall to study Pre-nursing. She is the daughter of Chad and Kathy Dunham.



Olivia Cofer graduated from Thomas Worthington High School. She is a member of the National Honor Society and Golden Key which is for students achieving a 3.5 GPA or higher for 7 semesters.

Olivia will attend The Ohio State University to study Visual Communication Design in the fall. Olivia is the daughter of Elisha and Dave Cofer.



Jordan Lilly Jones is graduating Summa Cum Laude from Dublin Coffman High School as one of the many valedictorians. She participated on the varsity gymnastics team for 4 years. Jordan enjoyed her internship with Faithful Friends Vet Clinic for Young Professionals Academy and has volunteered at the Cozy Cottage cat shelter.

Jordan will be attending Skidmore College in the fall majoring in neuroscience with the hope of becoming a veterinarian. Jordan is the daughter of Charlotte Blair.

2022 High School Graduates continued



Andrew Denis Landers has graduated from Besant Hill School in California and has received his HS diploma.

Drew will attend Bowling Green State University in the fall to study Political Science. He is the son of Beth and Andy Landers.



Rebecca Wells has graduated from Olentangy Liberty High School and Delaware Area Career Center. She received her HS diploma along with State Tested Nurse Aid Certification, Phlebotomy Certification, CPR Certification, and has completed 4 college credit course.

Rebecca will attend Capital University in the fall to study Nursing. She is the niece of Heather Dudash.

St. Patrick's 2022 College Graduates



Father Jason graduated with his Doctorate in Ministry in Preaching from the School of Theology at the University of the South at Sewanee on May 6th, 2022. He is extremely grateful for everyone's support and encouragement.



Patrick Horton will graduate with his PhD From Northwestern in Music Education in June. Patrick is the son of Mary and Charlie Horton.



Aubrey Jones is graduating Cum Laude from Miami University with degrees in International Studies and Economics. While at Miami, Aubrey was a member of the Delta Zeta sorority.

Aubrey is excited to be joining the staff of Cleveland Research Company in June. Aubrey is the daughter of Charlotte Blair.



William Lewis graduated from Syracuse University with a BS in BioTech and Neuroscience with minors in Finance and Philosophy. William is the son of Matt & Tawnya Lewis.

Wellness Words

Your Emotional Wake

When I'm on a cruise, I like to stand on the fantail and watch the wake of the ship. It goes on for nautical miles and shows the influence the ship has had on the ocean it is traversing. While it's not a good thing to steer by the wake (read, only go in the direction you've been) it's important to realize that the wake has a great deal of influence on many lives. Scott Stoner, in his recent Wellness Compass meditation, asked his readers to think about a person who has been important in your life and experience what it feels like to remember this person. He asked that we experience the wake that person left in life. Recently, I thought about this challenge and I remembered a dear friend who lived his life with many chronic conditions, including diabetes and leukemia, yet his "wake" was positive and enriching.

Living well with chronic diseases is difficult. Diabetes is a complex disease that is very common. In 2022, the CDC calculates that there are 130 million people in the US who are living with diabetes or prediabetes. 8.5 million people in the US have undiagnosed diabetes. This chronic condition affects every organ system in the body.- heart, lungs, pancreas, kidneys, liver, brain, all of them. People with diabetes are more likely to have high blood pressure, kidney problems, and are 2-3 times more likely to have clinical depression. Wow! That sounds insurmountable. BUT IT ISN'T!

We know that a person can live a long and healthy life with a diagnosis of diabetes or almost any chronic condition. The keys are learning how to manage the disease by eating well, maintaining a healthy body weight, managing your blood glucose, being active and taking care of your mental health. There are many resources out there to help. The first line is to work with your healthcare provider to take advantage of the sources that lead to healthy living. Second, take care of yourself and don't be in denial (remember the old line that denial is not just a river in Egypt). Third, don't isolate yourself, participate in a community. We are blessed to have a vibrant one at St. Patrick's with lots of opportunities. Volunteer to do something to help others. Interpersonal connections (not the electronic ones) are wonderful ways to keep your perspective on the positive.

It's also important to know that you are NOT your diagnosis. If we refer to a person as "diabetic" we are inadvertently saying that the diagnosis defines the person. Nothing could be further from the truth. If you have a chronic condition, you have many choices. The best choice is to learn about the condition and what you can do to determine how that diagnosis is going to effect your life. Positive choices also help to reduce the stress hormones your body produces that make chronic conditions more difficult to manage.

That brings me back to the emotional wake. Like the wake a boat produces, your emotional wake can cause others to become stressed and fearful or it can help them see you as a whole and vibrant person. As you chose to care for yourself, by learning about your condition, using current science to help you live better, and engaging with others, your positive emotional wake provides others with an example of living without depression and fear. It infuses peace. Isn't that what we offer each other every week at church? So, live well and watch your emotional wake. You will make a positive difference in your life and the lives of others.

Here are some great websites to learn about living with diabetes:

<https://www.mayoclinic.org › in-depth › art-20047963> <https://www.cdc.gov/diabetes/managing/index.html>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/diabetes/managing-diabetes-six-healthy-steps-with-the-most-benefit>

Peace! Lissa and Rose



VBS Registration is under way! Register your family and tell your friends. July 11th-15th from 9:00-11:45am, (daily check in begins at 8:45am) for all rising 1st through 5th grade children!

Cost is \$25 until July 1st and then the cost will be \$30. Register today, as space is limited.

Calling all VBS Crew and Volunteers!

Mark your calendars for June 4, 10am-12pm, for VBS training. If you are volunteering, but are unable to make the training please let Annika or one of the VBS core team know!

Looking forward to an awesome VBS experience!!

Children's Education

THANK YOU! We have had quite a year in Children's Education ministries! I'd like to extend a huge thank you to everyone who made transitioning from in-person to fully-virtual Children's Chapel Google Classroom through hybrid Sunday School back to fully-live Parables of Dr. Seuss: Lissa Barker, Dianne Clay, Heather Dudash, Becci Shields, Becky Stains, and Becca Wells; Angel Cinco, Emily DeAngelo, Heather Dudash, Katherine Jordan, Karen Mason, and Broder Russo. Special thanks to Heather Dudash and Karen Mason for their creativity and care of the live Sunday School 5 week Parables of Dr. Seuss. We are looking forward to a wonderful summer of VBS fun from July 11-15.

Youth Group

We ended a successful program year by confirming 9 youth and having 4 youth participate in the Rite 13 ceremony. We maintained a core group of youth through our May meeting and added to our adult leadership. We are looking forward to our 2 summer mission trips: June 12 - 15 and July 17 - 10 at Procter Camp and Conference Center. Thanks to the congregation's continued support of the youth ministry and to our adult leaders: Angel Cinco, Sandra Demel, Tawnya Lewis, G McCarthy, Annika, John Russo and Vince Valentino.

THANK YOU for a wonderful year of fellowship, formation, service, and FUN! We have felt all of your prayers supporting the young people and the leadership as we navigated the year of transitions from virtual to hybrid to live. We have done mission work for Let Love Farm, Pet Promise, Garage Sale, Dublin Food Pantry, St. Pat's shut ins, Friends of the Homeless, and are on our way to Procter Camp and Conference Center this summer for mission work at the farm and in a prayer garden. We have had adventures at bowling alleys, ice rinks, Metro Parks, and the corn maze. Our theme this year was Make Your Mark—these youth have really made their mark in the world, at St. Patrick's, and in our hearts. Sign up to serve at VBS this year and join us for a mission trip or two. Youth Group is open to all rising 6th graders through 12th graders and their friends. We meet every Sunday night from 5:30-7:30 and have dinner each night. Looking forward to roasting more marshmallows over the fire pit, playing more waffles and cream, and learning to love ourselves, our neighbor, and our God-- together!



Celebrating June Birthdays

Kylee Arvidson
Alex Baker
Jessie Barna
Annette Bihnmyer
Molly Carty
Thomas Clark
Reese Cline
Paul Cook
Mike de Bear
Rosemarie Deschler
Kathy Dunham
Kevin Force
Brandon Fox
Jo Ann Freas

Evie Gates
Julie Gates
Ben Graff
Mark Hanes
Bill Kamb
Avery Kubik
James Kubik
Mathew LaMonica
Emily Lawrensen
Nicholas Lawrensen
Catherine Loveland
Betty Lyle
Bill Lyle
David Mayo

Shannon McCarthy
Charlie McDowell
Stacy Miller
Dawn Mock
Susie Montgomery
Julie Myers
Steve Norris
Ken Price
Martha Price
Margretta Russo
Elle Scheid
Peggy Schildknecht
Evelyn Shields
Becky Stains



John Stains
Becky Swift
Nick von Sadovszky
Caroline Wagner
Jim Westman
Rob Wood

Celebrating June Anniversaries

Chris & Debbie Cline
Dale & Chris Cochran
Stu & Jill Collins
Michael & Brittany Cray
Jason & Jodie Emerson
Bill & Karen English
David & Jo Ann Freas
Ben & Susan Givens
Jim & Nancy Goddard
Jeff & Susan Jack

Bill & Mary Lou Kamb
Joe & Laura Leach
Bill & Betty Lyle
Matt & Quinn Montgomery
Steve & Karla Norris
Lisa & Bernard Palchick
Doug & Val Pittsenbarger
Matt & Michelle Pittsenbarger
Matt & Mary Landon Pollak
Ken & Mariann Price

Dan & Abby Rogowski
Alex & Becci Shields
George & Lynne Smith
John & Ann Wells



IN MEMORIAM

Matt Randolph
(brother of Nick Randolph)



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



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A Joyful Community of Faith

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