



# The Breastplate

The Newsletter of St. Patrick's Episcopal Church

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## Annual Meeting Sunday, February 12th at 11:00 a.m.

Join us in Smith Hall for a fun and informative gathering of the parish!

This year we will be hosting a Chili Cook-off. Anyone can enter, bring a crockpot of your best chili and all can vote with a monetary donation for their favorite benefiting the Rector's discretionary fund.

If you are unable to make it in-person, Please watch the livestream on the YouTube Channel.

(1) St. Pat's Dublin, OH - YouTube

## Vestry Voting:

Vestry Absentee voting has begun and will continue until the meeting on Sunday, February 12th. If you plan to attend the meeting, please do not vote absentee, as we will pass out the ballots at the meeting. Ballots will be collected and counted at the beginning of the meeting after we allow for any nominations from the floor.

## Chili Cook-off:

To participate in the chili cook-off, simply bring in a crockpot of your home-made chili the morning of the annual meeting and plug it in one of the power strips that will be set up in the Parish Hall. Good luck!



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**From the Rector's Desk**

We are knee deep in the season of Epiphany, the season where we reflect on stories of Jesus being revealed as the messiah. From the visit by the Magi to his baptism, and from the wedding feast at Cana to the Transfiguration, we meditate upon these stories that help us 'come and see' not only who Jesus is but how his messiahship, his kingship, his leadership is lived out through service.

Interestingly enough we are hearing several passages from Isaiah and 1st Corinthians. Both these books are rich with multiple meanings and insights. The passages chosen for the Sunday lectionary tend to deal with why we are called to be disciples, why we are called to be in the fellowship of Jesus.

See, we are redeemed not for solace alone but for strength, nor just for pardon alone but renewal as well. We are called into fellowship with the risen Christ in order to share the love of God with others as well. We are called to be a light, a guiding light, for all on their journey of faith. We are called to invite others into this fellowship.

A symbol and sign of this calling is the eucharistic feast we share every Sunday. The sign and symbol of Jesus giving us his body and blood in the bread and wine is a call to share it with others. There's an African hymn entitled, "Alleluia, We Sing Your Praises." The second verse says,

Christ the Lord to us said,  
 I am wine, I am bread,  
 I am wine, I am bread,  
 Give to all who thirst and hunger.

Simply put, we are fed at the altar so that we can feed others. And the more people Christ gets to feed at the altar, the more people St. Patrick's can feed in the world.

So, this Epiphany as we hear of the revelation of Jesus' servant leadership, let us be inspired to share God's love to others through service and compassion. Let us be inspired to invite others into this fellowship of joy and compassion. Let us be fed so that we can feed others.

God's Peace,  
 Father Jason Emerson †



The Episcopal  
 Church Welcomes  
 You.



## St. Patrick's Shrove Tuesday Pancake Supper February 21st

ALL the men of St. Patrick's are invited to help with the traditional Shrove Tuesday dinner on Tuesday, February 21st. We will prep, cook, and serve the traditional Shrove Tuesday Pancake Supper.

Prep will be happening throughout the day. The men will formally meet at 4:00 to start cooking, then serve dinner from 6:00 to 7:30 p.m.

Please contact Peter O'Neill ([poneill202@gmail.com](mailto:poneill202@gmail.com)) if you have any questions. Please let Peter know if you will be available during the day to help prep. Everyone is welcome to show up at 4:00 p.m. or as soon as you can to help with the cooking and serving.

Thank you!!

### Menu

Pancakes  
Waffles  
Sausage  
Scrambled Eggs  
Potato Casserole  
Fresh Fruit  
Gluten Friendly Pancakes



## Journey through Lent

Please join us for a Journey Through Lent open house on February 18 from 9-11am to find new ways for your family to make Lent 2023 bring you ever closer to God and each other. We will have devotional options, family activity ideas, and coffee and bagels for fellowship time. On April 1, we will have a Holy Week Workshop to prepare ourselves to walk with Jesus on his final week. If you have any questions or would like to get involved with more Intergenerational Formation opportunities, please contact Annika Russo.

## Knitting/Crocheting for the 2023-2024 Winter Season

What? Thinking next winter in January??? YES! It's never too early to plan on keeping the heads and hands of those in need warm.

Our Intergenerational Knitting Circle will be making mittens, hats and scarves for children in the Columbus and Dublin City Schools as well as for the women of CATCH Court/Freedom.

Join us any second Saturday at 10:00am in the library to knit/crochet in community OR knit at home as your schedule allows. Look for a basket in the narthex soon to accept your fiber gifts. Keep in mind while making mittens for young children that man-made fibers (such as acrylic) are not recommended as they retain water, causing the mittens to possibly freeze.

Deanna Douglass





## 14<sup>th</sup> Annual Lenten Fish Fry Wayne Holliday Memorial Fish Fry February 24<sup>th</sup>, March 24<sup>th</sup>, & March 31<sup>st</sup>, 2023

### A Bit of History

St. Patrick's first fish fry was held in 2009. After a few successful years, we started having 3 events each year. In 2019, we had our most successful fish fry ever. Then 2020 came and we had our 3 dates scheduled. We had our first one on March 6th and then the pandemic shut us down and the remaining 2 had to be cancelled. For me, even though it's hard work, it was like telling a six-year-old, we've cancelled Christmas. For 2020, we fed about 175 at the one event, but we had all sorts of fish and fries left, so we donated it to Liberty Township Fire Department. In 2021, we knew we couldn't have an in-person event. So, we thought outside the box and pulled off a very successful Fish Fry drive thru. We had over 200 pre-orders drive thru and even more who were able to order the extra meals available on that night. In 2022, we went back to 3 in-person events and we served over 400 guests. At this time, the number of people we have fed put us over the 3,800 mark since 2009. Onward to 4,000.

**Mark your calendars for February 24<sup>th</sup>, March 24<sup>th</sup>, and March 31<sup>st</sup>**

As you know, the fish fry events draw hundreds of people every year.

The reoccurring problem is costs. The last four years prices have incrementally gone up. Recent numbers from Reinhart Foods show just about every food item is up over 17%. We do not like to raise the meal cost this drastically, but we still want to be able to donate \$5000 to Habitat for Humanity. In order to do this, we need your help. If you would like to sponsor a case of fish or donate to the purchases, please write your check to St. Patrick's, and in the memo line note: "Fish Fry 2023." This will help reduce the inflationary factor. Prayers and thanks to our donors and volunteers. You are a very important component for our success.

### Measuring our past successes:

- The 2022 fish fry served over 400.
- At least 3,875 people have attended our fish fry events over the last 13 years.
- We've made it to a social media app (2019 and 2022) that gave us excellent ratings.
- People from as far as Westerville and other outside communities attended.
- We have 20+ volunteers that consistently help each year.



Does this fish make me look fat?

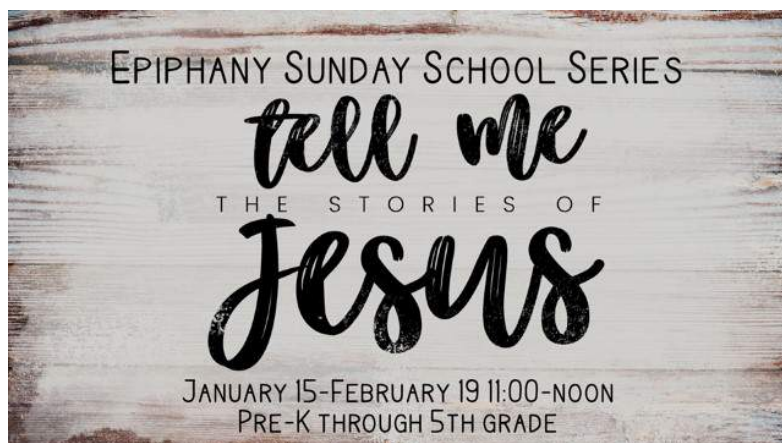
Thanks to everyone that volunteers, attends, and contributes. Your service and donations provide money to help build homes for those less fortunate. GO TEAM FISH FRY!

*Bill Eddy*

*Dinner with Friends Ministry*



Please join us for our six-week Epiphany Sunday School series, **Tell Me the Stories of Jesus**, where we will be exploring Jesus' miracles through Godly Play, Lego, experiments, object lessons, crafts, and games. Using Jesus' feeding, natural, and healing miracles, we will be investigating the difference between magic and



miracles and noticing how Jesus' miracles pointed people to God. From 11:00am-noon, Pre-K through 2nd grade meets in the Children's Chapel and grades 3-5 meet in the basement classroom. On February 26th, we will start our five-week Lenten Series, **SP<sup>2</sup>**. We will be learning about spiritual practices to deepen our friendship with God and participating in service projects to deepen our friendship with each other.

## Vestry Highlights

The Vestry meeting started with an opening prayer by Lynette Palmer.

Father Jason's report expressed his appreciation for the support from the St. Patrick's congregation, over the past couple of weeks with the loss of his father and passing of his mother last year. He noted the successful pre-Advent activities, and Christmas Eve services and also thanked the altar guild, musicians, altar assistants, ushers, Bill Eddy (who streamed the services) and all who in various ways helped to make the events so successful. He highlighted that attendance at both services on Christmas Eve were better than that of the previous year.

Father Jason also expressed his gratitude to the pledge team for their creative and diligent work that continued even into the new year, resulting in pledges totaling \$501,900 that would allow hiring a staff position in the second half of this year.

Senior Warden, Ed Yuhas, noted that while the number of pledges decreased compared to the previous year, the average pledges increased by 10%. He also thanked the three retiring vestry members Lynne Colcombe, Susan Jones and Alex Shields for their service over a very challenging period.

Roy Barker, in the Junior Warden's report, noted that even after an inspection of the Sanctuary HVAC, the trigger for the Christmas failure is still unknown. However, the inspection did reveal some other unrelated work needed on the unit.

Other items discussed was organizing a chili cook-off competition during the annual meeting which would be held in Smith's Hall; approval of Tom Jones and Becky Stains as check signers, approval of our bookkeeper's contract renewal with Stacy Craig, and the rescheduled date of the Strategic Planning Committee meeting to the 3<sup>rd</sup> of March, 2023.

Bill Righter, the Treasurer, noted that overall, 2022 had been a good year financially as operating pledges received for the year were 99.7% of the budget. He highlighted that while the revenue for December was \$26,500 over budget, operating pledges were \$24,000 over budget and expenses were \$700 under budget. Year-to-date expenses were also \$61,700 under budget.

The Vestry approved the 2023 Budget, the Treasurer's Report for the month of December, as well as the Minutes for the December Meeting. The meeting closed with a Thomas Merton prayer read in unison.

*Lynette Palmer*



## Spiritually Speaking Back to the Beginning

One of the spiritual practices that we can return to over and over is Lectio Divina. There is a myriad of ways to approach this practice.

The scriptures are the classic texts

for this practice but so many other sacred writings can be used, including those from all the world's great religions. Poetry is always a good candidate.

Here I've chosen a specific line from a beautiful poem of David Whyte's, "What to Remember Upon Waking". The line is, "**What you can plan is too small for you to live.**" This line can transport me towards new ways to live and be, opening myself to God. A lectio just on that one-line works! Try it. The whole poem is printed at the end.

We can choose classic sacred wisdom from the ancients. Hafiz, a Persian mystical poet, wrote this poem and a great one for lectio:

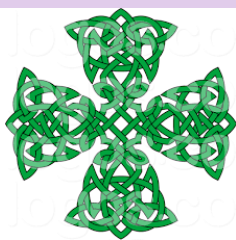
### Now is the time

Now is the time for the world to know  
That every thought and action is sacred.  
This is the time for you to compute the impossibility  
That there is anything  
But Grace.

Now is the season to know  
That everything you do  
Is sacred.

Apply the four movements of Lectio Divina to either the line from David Whyte's poem or work with the Hafiz poem.

*Lisa Palchick*



To refresh yourself on Lectio Divina. Here are the Four Movements:

**Lectio:** Simmering and Settling, reading the text slowly multiple times.

**Meditatio:** Savoring the Stirring-this time when a word or phrase strikes you, reflect on what this phrase means to you.

**Oratio:** Summoning and Serving, formulate a prayer in response to God, be in Holy conversation.

**Contemplatio:** Slowing and Stilling, rest in God's presence.

### What to Remember Upon Waking

In that first hardly noticed moment in which you wake,  
coming back to this life from the other  
more secret, moveable and frighteningly honest world  
where everything began,  
there is a small opening into the new day  
which closes the moment you begin your plans.

### What you can plan is too small for you to live.

What you can live wholeheartedly will make plans enough  
for the vitality hidden in your sleep.

To be human is to become visible  
while carrying what is hidden as a gift to others.  
To remember the other world in this world  
is to live in your true inheritance.

You are not a troubled guest on this earth,  
you are not an accident amidst other accidents  
you were invited from another and greater night  
than the one from which you have just emerged.

Now, looking through the slanting light of the morning  
window  
toward the mountain presence of everything that can be  
what urgency calls you to your one love?  
What shape waits in the seed of you  
to grow and spread its branches  
against a future sky?

Is it waiting in the fertile sea?  
In the trees beyond the house?  
In the life you can imagine for yourself?  
In the open and lovely white page on the writing desk?

-- David Whyte



## Youth Group

St. Patrick's Youth are busy forming their faith, building their friendships, and contributing to God's Kingdom on earth. Our adventure last month was to Homestead Park to take in the lights and a pizza party. When we came back from our Christmas break, we had a great time participating in the Epiphany Pageant and celebrating with our annual Twelfth Night Party. Our service project was packing birthday bags for the Dublin Food Pantry. We are looking forward to hosting Youth Sunday again on February 19th. Please be looking for more information on ways to serve for that entirely youth-led service. Thank you for your support of our Youth and their missions. If you have any concerns, comments, or would like to get involved, please contact Tawnya Lewis or Annika Russo.

### February Meetings:

**Feb 5th** - Soup Team meeting at 5pm

Game Night/Youth Sunday prep

**\*\* Saturday Feb 11th** - Make Soup

**Feb 12th** - Soup Sale after services and before Annual Meeting - Evening Superbowl Party

**Feb 19th** - Youth Sunday at services / Bowling in the evening

**Feb 26th** - Peer Ministry HS and Formation MS



## SAVE-THE-DATE July 17-21

In the depths of a colorful underground cave, is the beating heart of the hero community, the Hero Hotline Headquarters where everyone's gifts are valued and every hero has a role to play. Each day at the Hero Hotline Headquarters, superheroes of all ages and abilities answer the call and join the Professor and veteran hero, Super Meer the Meerkat, to provide expert assistance and solutions to Hero Teams everywhere. Welcoming campers of all ages. Crew leadership roles start with rising 6th graders through adults.

Want to join the crew? We are recruiting Core Team members now: Marketing Manager, Operations Manager, Curriculum Advisor, Junior Crew Director, Welcoming Chair/ Decorations Designer, and Skit Director. Many hands make light work, and when we work together as a team, we can put out a well-constructed, inspirational experience for everyone without anyone carrying a huge burden. If you have any questions about Core Leadership Team or to volunteer, please contact Annika Russo. We will meet monthly starting in February.

VBS Alumni Event! Calling all previous crew members! Wear your favorite VBS t-shirt and join us in the Parish Hall for a throw-back VBS Alumni Event on Friday, February 10 from 5-6pm. Appetizers and drinks provided. We will share highlights and low-lights, remember impactful service projects, and dream about the bright future of VBS at St. Patrick's. RSVP on Realm.





## Services at St. Patrick's Wednesday, February 22nd

**7:00 a.m.-Ashes to go**

*(South Parking lot)*

**12:00 noon-Holy Eucharist**

**7:00 p.m.-Holy Eucharist**

### Ash Wednesday Services:

At 7:00am, Father Jason will be in the south parking lot to impose ashes to those who may not have time to come to a service on Wednesday, February 22nd. You may drive thru for ashes from 7:00-7:30 a.m.

He will also impose ashes at the Wednesday noon service and we will have an additional Holy Eucharist with music that evening at 7:00 p.m. Join us!

### Soup-er Bowl Sunday! Youth Group Fundraiser

Please support the Youth Mission Trip by purchasing a pint or quart of Soup for pick up on Super Bowl/Annual Meeting Sunday. Soup types include:

**Chicken and Rice**

**Roasted Pepper and Sausage**

**Tomato**

Also available this year will be biscuits and cornbread. Orders will be taken through February 8th at <https://www.signupgenius.com/go/5080F4DADA62AA31-souper>.

There is also a paper sign up in the Narthex. Payment will be collected at pick up on February 12th. There will be very limited quantities of extra soup, so please help us plan and order in advance.

Contact Tawnya Lewis with questions or for assistance.





## Wellness Words

### A Conspiracy of Love

February is often referred to as a “Love Month.” This is the month when flowers, chocolates and valentine cards and those sales pitches that indicate that if you REALLY love someone, you’ll buy this stuff, not to mention the diamond expandable tennis bracelet that no woman should have to live without (Not!). Lissa and Rose aren’t conspiracy advocates, to be sure. However, there seems to be a concerted effort to make sure that consumers believe that the way to show love is to spend lots of money. This creates its own problems. Those problems create unhealthy stress in relationships.

No one can live without some stress. Stress stimulates the “stress hormones” cortisol and adrenalin to be secreted by the adrenal glands. This is an ancient response that was designed to help a person cope with danger- it makes the heart beat faster, the breathing to be more rapid and the muscles ready to move quickly. But prolonged stress hormone secretion can cause harm. It affects digestion, sleep patterns, blood pressure, the body’s immune response and one’s ability to concentrate. In short, prolonged stress makes one more vulnerable to aches, pains, damaged relationships, illnesses caused by bacteria and viruses and those ‘non communicable” diseases like heart disease, lung disease, chronic pain, anxiety and depression.

This month, we propose that you create a conspiracy of love for yourself. Here are some tips:

- Write “I am lovable.” on a sticky note and put it on the bathroom mirror and read it every time you wash your hands.
- Take two minutes a day and practice smiling- not at something, just smile. Make sure that smile includes your eyes. Look in the mirror and see how it transforms your whole visage.
- Make sure you say (and mean) something affirming to a person with whom you have a relationship. Let the critical remarks die before they pass your lips.
- Move your body. We were not designed to sit for long periods of time. It has been said that sitting is the new smoking.
- Write another sticky that says “Guilt is a wasted emotion.” Put it up next to the “I am lovable.” one.
- At least once a day, practice letting go of something that makes you nuts- like toilet seat placement or dirty socks on the floor instead of in the laundry basket.
- Twice a day, giggle at something. Better yet, a belly laugh a day. Research supports that this action relieves anxiety and depression.
- *Enjoy your prayer time- being with God assures that you know that the core of the universe is LOVE.*

Here’s to the Conspiracy of Love changing all of us for the better!

*Lissa and Rose*

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

**The Rev. Jason Emerson** Rector

**Lynne Colcombe**

**Susan Jones**

**Ed Yuhas**, Senior Warden

**Bill Eddy**

**Lynette Palmer**

**Roy Barker**, Junior Warden

**Dick Gehman**

**John Russo**

**Alex Carter**

**Beth Landers**

**Alex Shields**

Hey, when is the next blessing of the animals?

Check out the weekly news on the new monitor in the narthex to find out!

Special thanks to the Yuhas family for donating the monitor for the Sunday News!!



## Celebrating February Birthdays

Roy Barker  
Pat Borges  
Tim Carty  
Terrie Clark  
Preston Dineen  
Tom Doan  
Randy Edwards  
Ben Fox  
David Freas  
Kathleen Frederick  
Ron Gleason  
Courage Gorski  
Stan Gorski  
Kathy Graff  
Craig Hallermann  
Dan Hull  
Charlotte Jones  
Landon Kubik  
Annie LaMonica  
Joe Leach

Maria Leach  
Claire McCarthy  
Nancy McDowell  
Deby McGinnis  
Dennis McIntosh  
Amy O'Neill  
Cory Richard  
Margi Roehr  
Joe Ross  
Louise Rucker  
Leilah Sarvis  
Ann Semans  
Layne Smith  
Jane Switzer  
Laura Thomson  
Lon Vickers  
Marke Vickers  
Elyse Yehsakul  
Erin Zelinski-Righter



## IN MEMORIAM

Tracy McCaffrey  
(Sister of Marke Vickers)

The Rev. Dan Emerson  
(Father of Father Jason')

Richard Conway  
(Father of Dianne Clay)



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



**St. Patrick's  
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**A Joyful Community of Faith**

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