



# The Breastplate

The Newsletter of St. Patrick's Episcopal Church

## March 11th St. Patrick's Day Parade

Join your church family as we march in the annual parade celebrating our Patron Saint! We need: Coordinators, Marchers, Decorators, Musicians, Candy-passers, a Truck and Driver, and anything else you can think of to showcase our Joyful Community of Faith. Ideas welcome!



**Contact the church office to help out!**

**If we don't get more help, we won't be able to pull this off, so please join us!**

### Inside this issue:

Rector's Desk	2	Vestry Highlights	4	Garage Sale	8
Men's Ministry	2	Fish Fry	5	Grief Support	9
Intergenerational Formation	3	Shrove Tuesday	6	Youth Group	9
Sunday School	3	Spiritually Speaking	7	Wellness Words	10
Adult Forum	3	Spring Clean Up	8	Birthdays & Anniversaries	11



**ST. PATRICK'S****BREASTPLATE**

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**Amy O'Neill**[administrator@pats-dublin.org](mailto:administrator@pats-dublin.org)**From the Rector's Desk****Neighbors helping Neighbors**

I recently had the privilege of getting to meet Jill Krantstuber, one of the Area Directors of Dublin Bridges. I'm always on the lookout for organization to partner with for our outreach ministry. Dublin Bridges is a completely volunteer run 501c3 non-profit organization that seeks to connect people who want to help with folks who need help. Their objective is to assist neighbors helping neighbors. There are several Neighborhood Bridges Areas around and each of them has a specific geographic space in which to operate. Therefore, the Dublin Bridges group only works in the Dublin School District. Once again it's about neighbors helping neighbors.

How it works is an Advocate verifies the veracity of a need, then notifies Dublin Bridges who then publishes the need anonymously on their website. Neighbors can then choose which needs they want to help meet. Dublin Bridges meets needs as small as a soccer ball and as large as a handicap accessible van. Neighbors do not need to meet an entire need. You are welcome to help as much as you are able, and Dublin Bridges will pool the sponsorships of specific needs to fill it.

If you'd like to learn more and possibly get involved as either a patron or an advocate, go to their website [www.neighborhoodbridges.org/community/dublin-oh](http://www.neighborhoodbridges.org/community/dublin-oh) and sign up for their newsletter.

Helping people is a traditional Lenten discipline; so I invite you to take a look at their website and see if this opportunity is right for you.

God's Peace,



Father Jason Emerson †

**Group Opportunities for Men of St. Pat's**

Multiple groups meet weekly; Tuesday AM, Wednesday AM, and Thursday AM and PM. Different format options are available; hybrid, zoom, in person, at St. Pat's, and at locations around town. Groups run from 1 hour long to several hours. Some groups do discussions of religious topics, and all groups are supportive and social. The men help with the Shrove Tuesday Pancake Dinner, Fish Fry Dinners, the Parish Garage Sale, hold Retreats, as well as other ministries like Holiday Cards for those in correctional institutions. If you are interested, contact Doug Pittsenbarger at [pittsenbarger@gmail.com](mailto:pittsenbarger@gmail.com) or the Parish Office.



The Episcopal  
Church Welcomes  
You.

## Intergenerational Formation

Keep a Holy Lent TOGETHER! Please visit the table in the back hallway to find resources and events to help you and your family keep a holy Lent this year. You will find resources for quiet study and devotion. You will find ways to connect with your parish family on social media, You will find events to lead you through Lent with intention. And you will find ways to put your spiritual work in action. Thank you to all the ministries who are joining together to help us keep a holy Lent.

Lenten prayer craft

Adult Forum—Ignatian Discernment

Sunday School—Spiritual Practices and Service Projects

Service Project donation <https://www.signupgenius.com/go/30E0D4AAFAE2DA3F85-journey>

Fish Fries

Coin folder for alms giving

Library books for individual study

Living Compass Lenten devotional is gone but you can download a PDF of it [HERE](#)

Journey Through Lent poster and social media connection

Holy Week workshop lead by the Intergenerational Formation team

Palm Sunday—Resurrection Egg event

Pick up a Holy Week schedule to walk together Jesus' last week

Egg filling party

Easter egg hunt at 11:00am on Easter Sunday!

## Adult Forum Lent Series

Our Lenten Adult Forum discussions will be based on selections from *The Ignatian Workout for Lent: 40 Days of Prayer, Reflection, and Action* by Timothy Muldoon, S.J. We will meet each Sunday from Feb. 26<sup>th</sup> through March 26<sup>th</sup>. The first session is an introduction to Ignatian spirituality and the following four Sundays will be based on Ignatian themes that help us to open ourselves to the work of God in our own lives. Finding "God in all things", the actual, real, and messy "stuff" of our own day to day lives is a hallmark of Ignatian spirituality. A few copies of the book will be available in the church office, and it is also available on Amazon for those who are interested. You can also participate via Zoom. Please contact Kim Nelson at [kimberly.j.nelson@gmail.com](mailto:kimberly.j.nelson@gmail.com) if you have any questions or would like the Zoom link.

## Lenten Sunday School Series

February 26-March 26 11:00-noon Pre-K-5th grade



our hearts toward each other. Please consider starting your Lenten discipline early and volunteer to contribute to our service projects by donating the supplies we need. Please sign-up here to help us! <https://www.signupgenius.com/go/30E0D4AAFAE2DA3F85-journey>

## Sunday School

Join us in Lent for a FAMILY Sunday school series learning some spiritual practices for keeping a holy Lent and participating in service projects to benefit our church and our community. We will meet every Sunday of Lent at 11am in the conference room off the Parish Hall to learn from guest speakers in our parish how to turn our hearts toward Jesus with different spiritual practices. Then, we will participate in service projects that will turn

On Palm Sunday, we will be hosting a resurrection egg storytelling and make-your-own kit event. 11:00am at the stage in the Parish Hall. We can't wait to learn with you!



Vestry Highlights

The Vestry meeting started with John Russo saying an opening prayer.

Father Jason highlighted the Epiphany activities, including the adult forum session on Theologians under Hitler led by Ben Trotter as well as his participation as Chair of the profile writing sub-committee of the Bishop Nominating Committee. He expressed his appreciation towards Mary Horton and Greg Bell for acquiring and mounting the Moravian Star above the altar. He also noted the upcoming Ignatian spirituality and discernment sessions led by Kim Nelson, Shrove Tuesday, Ash Wednesday, and the Fish Fry events. He also expressed his gratitude to Alex Shields, Lynne Colcombe, and Susan Jones for serving on the Vestry over a very trying 3-year period.

Senior Warden, Ed Yuhas, confirmed that Becky Stains and Tom Jones were in the final stages of completing the process to join the pool of check signers.

Vestry Members

Congratulations to Vicky Bratton, Ben Trotter, and Blair McGinnis for being elected to the Vestry by the congregation on February 12th, each serving three year terms. They are replacing those who have served the Vestry well over the past three years—Lynne Colcombe, Susan Jones, and Alex Shields.

Lastly, a note of appreciation to the Vestry Nominating Committee which included Lynne, Susan, and Alex, as well as Rose Walker and Matt Lewis for their hard work in identifying and recruiting Vestry nominees, a process that began last September.

Ed Yuhas

Roy Barker’s Junior warden report highlighted potential projects that the Boy Scout Troop the church is sponsoring could work on. He also noted that the drain at the end of the south narthex walk needed modification and that Tom Carty had volunteered to work on it. He also noted the repair of the handicap parking sign in the south parking lot by Greg Bell.

Other items discussed included forming a task force to review the structure and handling of finance and accounting, the annual meeting, the vestry retreat on the 22<sup>nd</sup> of April, submission of the Parochial report, and ideas for the Ann Robbins Memorial donation. The Endowment Trustees

report was presented to for vestry review. The vestry also referred the columbarium expansion questions and Building Rental Policy to the Building committee for review and brainstorming.

Bill Righter, the Treasurer noted that an additional \$8,700 had been received for 2023 pledges resulting in a budget deficit of 4.9%, which was where it had been the previous year. He noted that the revenue for January was \$12,000 over budget, operating pledges were \$10,700 over budget and expenses \$9,400 under budget. He noted that the Christmas Offering that went to the Rector’s discretionary fund totaled \$4,350. The vestry approved the treasurer’s report and the minutes of the January meeting.

Lynette Palmer

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

The Rev. Jason Emerson Rector	Dick Gehman	Lynette Palmer
Ed Yuhas, Senior Warden	Bill Eddy	John Russo
Roy Barker, Junior Warden	Alex Carter	Beth Landers
Vicky Bratton	Blair McGinnis	Ben Trotter

## For the Benefit of Habitat for Humanity



14<sup>th</sup> Annual

# FUNDRAISER

Proceeds Benefit  
Habitat for Humanity

MENU: Fried or Broiled Fish, Mac & Cheese, French Fries, Hush Puppies, Cole Slaw.

Dessert, Tea, Adult Beverages, and Fun. ★ TAKEOUT ORDERS ARE AVAILABLE ★ (Drinks not available for takeout)

† St. Patrick's Episcopal Church, 7121 Muirfield Drive, Dublin, Ohio 43015†

## THREE FISH FRY EVENTS!!!



## Feb 24<sup>th</sup>, Mar 24<sup>th</sup>, and Mar 31<sup>st</sup>

**\$11.00 per person**

**\$ 8 per child 12<sup>and under</sup>**

**Takeout \$12.00**

**6 pm to 7:30 pm**

Contact information:

Bill Eddy

[wmorganeddy@gmail.com](mailto:wmorganeddy@gmail.com)

614-433-0925

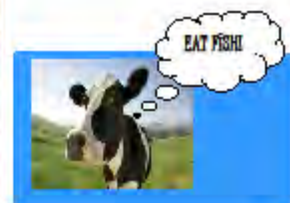
New Volunteers please

RSVP by Feb 8th.

**REPEAT** volunteers  
just show up!!!

You can help reduce  
our food cost by  
sponsoring a food  
item. Ask Chef Bill for  
more information or:

Make checks  
payable and mail to:  
St. Patrick's  
7121 Muirfield Dr.  
Dublin, OH 43015







## Shrove Tuesday Pancake Supper

Thank you to everyone that volunteered and made Shrove Tuesday 2023 happen!!! Because of the large number of volunteers and the talent of the volunteers, the event went off without running out of food, not one single blown circuit breaker, and zero kitchen fistfights.

The Shrove Tuesday event is both a fantastic event to socialize for the St Patrick's community, a fundraiser, and an outreach event. We succeeded in all areas as we had a large attendance of regulars, 10-20 faces that experienced St Patrick's for the first time, and around \$500 raised for the Catch Freedom ministry which helps victims of human trafficking.

A special Thank You to Dave Mayo who ran Shrove Tuesday for years. His detailed notes from past years were the primary reason the transition to a new leader went smoothly.

*~Peter O'Neill*





## Spiritually Speaking

### A Reimagined Ignatian Examen: Who Wore God's Face Today?

The Ignatian Examen is a type of prayer rooted in the writings of St. Ignatius of Loyola, a 16<sup>th</sup> century Spanish priest who founded the Society of Jesus (the Jesuits). The Examen is meant to be practiced daily, taking about fifteen minutes or so. I appreciate the version of this prayer called "Who Wore God's Face Today?" offered to us by Mark E. Thibodeaux, S.J. that is focused on recognizing God's presence in other people, and how each of us might be needed to manifest God's presence to others. I like using this version of the Examen because so often for me, God shows up in my life through other people. This is very much a prayer of encounter and relationship with others. Here are the steps for this prayer if you'd like to try it:

1. Place yourself in God's presence. How you do this – whether sitting quietly for a few minutes or saying a short prayer – is up to you. God is always with you; just find your way of slowing down and becoming more conscious of that.
2. Give thanks to God for one or two of the gifts you received today, large or small.
3. Look back on your day, and ask God, "Who wore your face for me today? When did you come to me through the words or actions of another person?" Savor those moments and offer thanks and praise to God for the gift of that person in your life.
4. Look back again at your day, and ask God, "In what person did I fail to find your presence? Who did I judge to be without goodness?". Relive that difficult encounter, talking to God about why it was so hard for you, and telling God whatever arises in your heart. Ask God for wisdom, healing, and forgiveness. Ask how God was hidden in that person, and how you might call forth that Presence the next time you see that person.
5. Look again at your day and ask God, "Was there someone I encountered today who needed me to be your hands, your feet, your voice, your presence? Was I successful in manifesting your presence for that person? Try to identify one person for whom you may have failed to be God's presence. Ask for wisdom, forgiveness, and healing. Then try to identify one person for whom you did succeed at being the presence of God. Savor that moment and thank God for it.
6. Ask God to show you a person who might really need you to be God's presence in your next encounter. "Praydream" that moment—to "praydream" means to prayerfully imagine how you might truly manifest God's presence for this person the next time you see them. Try to identify one grace you might need to make this happen. Ask God for this grace now.
7. If you feel called to do so, make a promise to God to take a particular action based on this Examen.
8. End the prayer in your usual way – perhaps by a period of silence or saying the Lord's Prayer.

May God's love and peace be manifested in your encounters and relationships during this Lenten season.

Source: Thibodeaux, Mark E. *Reimagining the Ignatian Examen: Fresh Ways to Pray from Your Day* (pp. 32-33). Loyola Press.

### Mature Spirituality Sacred Circle

The Mature Spirituality Sacred Circle meets the second Thursday of each month. The next meeting will be March 9th from 1:00-2:30pm in the library. We have begun reading *The Gift of Years: Growing Older Gracefully* by Joan Chittister. Feel free to join us.  
~Rose Walker



Invite • Welcome • Connect\*

A big hello from Invite\* Welcome Connect (IWC)! We've welcomed many guests and new members recently so we have a small challenge for you. During the Peace, we'd like for you to take Rose Walker's approach by sharing the peace with at least one person that you know-and one person you haven't met yet (or don't know very well.) This will continually allow our joyful community to connect in new ways.



## Grief Support Group

The Grief Support gathering will be Monday, March 20, 2023, at 6:30 pm in St. Patrick's library. Please consider joining us if you have lost your spouse or another significant member of your family for love, support, and understanding as we travel together this road called grief. If Dublin schools are cancelled due to inclement weather, we definitely will not meet. We have added a Zoom link and will use the OWL if you wish to join us by Zoom. Please let Becky know you want to Zoom and she will send the link. Please contact Angel Cinco or Becky Stains for more information.

## Landscape and Gardens



March is but a spring promise, roaring in like a lion, as this is being written, with Easter soon to follow. Can't wait for the crocuses, daffodils and tulips to poke up their green shoots! Speaking of Easter, it's time to think about a spring cleanup. Outside cleanup, that is... **Sat-**

**urday, April 1** is the date for the annual landscape spruce up. Please mark your calendars and come out to help. Let's make St. Patrick's picture perfect for Easter week this year. Look for sign up sheets to come.

*Faithfully, Cindy Doan*

## Spring Garage Sale May 5 - 6



It's time to start saving your treasures to donate for our Spring Garage Sale! The Spring Sale will be May 5-6, with donation drop-offs from April 29 to May 1. We will be needing many volunteers from April 29th to May 6th, as well. Looking forward to another great sale!

*~Mark Hanes*



# The Breastplate

## Youth Group



We are so blessed to get to play, grow, learn, and serve with these amazing youth each week! Last month, we had so much fun with our service project/ adventure combo shopping for and packing birthday bags for the Dublin Food Pantry. Thank you, Ms Fran, for joining us, playing with us, and helping us learn more about the needs of our neighbors. We were also busy last month getting ready for Youth Sunday with boomwhacker choirs, sermon writing, special music, and learning new roles. Thank you to everyone who supported our youth by mentoring them in new jobs and loving them for all their unique gifts and personalities. Thank you to the Men's Group who came to our Super Bowl party and all those who purchase soup from us to help fund our mission trip to Asheville, NC this summer. Doors open at 5 to play. Dinner from 5:30-6:00. Formation and Fun until 7:10. Circle time, prayers, and sing-song until 7:30. If you have any questions, please contact Tawnya Lewis or Annika Russo.



## Wellness Words

Several days ago, I attended a potluck dinner, and a delicious beef stew was on the menu. Somehow, later, I got thinking that life is like a stew: Stews have lots of ingredients, (meats, veggies, spices,) and our lives have lots of “ingredients” (Physical, Relational, Emotional, Intellectual, and Spiritual). Just as a stew recipe strives for balance of ingredients, we aim for balance as well. Sometimes easier said than done. A few life “ingredients” follow.

### Active Listening

Active listening doesn't mean planning our response while the other person is talking, but rather listening carefully. “I” messages are more easily understood and accepted than “You” messages might be. Examples of “I” messages include, I wonder if, I hope that, I am concerned about. “I” messages work very well during problem solving times but may be hard to remember when we are livid, frustrated, or angry. “I” messages can defuse a difficult situation and get the communication flowing in a positive direction.

### Stress Management

The Fight, Flight, or Fright mechanism located in the Sympathetic Nervous System is activated by adrenalin. The Amygdala, a small organ in the center of the limbic system in the brain reacts quickly. The decision-making prefrontal cortex of the brain, which is behind the forehead, responds. In many circumstances it is better to respond rather than react. It takes just a tiny bit longer. The Parasympathetic Nervous System affectionately known as Rest and Repair, is managed by the Vagus Nerve, the longest nerve in the body. It helps balance fight or flight responses as needed.

In closing, a variety of ingredients can make a stew delicious. A variety of life ingredients can help create a more balanced, peaceful, and purposeful life.

Lissa and I extend our best wishes to all for increased knowledge and success with your “personal life stew.” ~Rose Walker

### Deep Breathing

It is physiologically impossible to be tense and take a deep breath. Try it. Our bodies will automatically deep breath if we are surprised, scared, or frightened. Watch for it in yourselves. Deep breaths help relax us. There are many suggestions of breathing patterns. A basic one is breathing in through your nose and breathing out through your mouth. Try it four or five times and see how it makes you feel. When you are comfortable with the process, you might want to imagine peace flowing in and worries flowing out. Use this pattern for a while and maybe change out later to something different if you like.

Another deep breathing strategy among many is to inhale through your nose for four counts, hold for four counts, exhale through your mouth for four counts, then hold for four counts. Repeat. If counting becomes a distraction and it might, just casually brush the thoughts away or say “thinking.” Don't get frustrated with yourself. Our brains are made for thinking so they will try to do it.

### Self-Care

Self-Care is the ability to recognize the signs of physical, psychological, emotional, and spiritual distress in yourself and create plans to regain balance. It could be something as simple as a nap, a walk, or a heart-to-heart conversation with a special friend. Find your trigger so you can respond to it. When someone asks, “How are you?” Do you answer “fine” even if that might not be the case? That means it is time to implement some Self-Care activities that work for you.

### Mindfulness

Research shows we spend more time thinking about the past or the future, usually in some negative way, rather than spending time thinking about the present. In Mindfulness we pay serious attention to the present –its purpose, within the moment. Examples might be looking out a window and watching the movement of the clouds in a light wind, watching spring flowers flourish when the weather turns cold again. Feeling your footsteps on a walk is another suggestion.

The most important component of Mindfulness is staying in the present moment. It is easily adapted to daily activities. Watch the vacuum clean the carpet, watch the car go through the carwash and see the winter grime go down the drain, feel the warmth of the clothes as they come out of the dryer. Learning to focus on the present moment enhances serenity.



## Celebrating March Birthdays

Arpine Arakelyan	Gregg Mambourg
Bob Arbogast	Elizabeth Mason
Laura Barna	Julie Miller-Klein
Rowan Behrens	Deb Monroe
Sarah Behrens	Merritt Montgomery
Kate Brennan	Grayson Mooi
Lisa Brown	Andrew Null
Glenna Butler	Peter O'Neill
Caroline Carney	Lindsey Peterson
Alexandra Carter	Maddison Pittsenbarger
Crystal Dineen	Matt Pittsenbarger
Deanna Douglass	Michael Pittsenbarger
David Ebner	Jessica Randolph
Frank Gyorkey	Nick Randolph
Susan Jack	Mitch Richert
John Johanssen	Bill Righter
Nora Johnson	Julie Righter
Aubrey Jones	Nathaniel Sarvis
David Jordan	Avery Smith
Alex Kopelcheck	Elissa Stains
Grace Kopelcheck	Connor Stottmann
Theresa Leite	Otis Whalen
Elizabeth Lewis	Larry Zalewski

## Celebrating March Anniversaries

Leif & Laurah Carlson  
David & Sharilynne Cline  
Ron & Tara Gleason  
Theo Shannon & Pat Santanello-Shannon  
Michael Stephens & Kayla Slomski

## IN MEMORIAM

Jackie Stauffer  
*(Jodie Emerson's Sister)*

Carolyn Hubbard  
*(Mary Kennedy's mother)*

*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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**Inside this issue**

*St. Patrick's Day Parade*

*Spring Spruce Up*

*Garage Sale Reminder*

*Lenten Formation for all ages!*

