

# The Breastplate

The Newsletter of St. Patrick's Episcopal Church



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## *Holy Week Schedule*

*Palm Sunday Services, April 2 at 8am & 9:30\*am*

*Thursday, April 6, 7pm*

*Maundy Thursday Service\**

*Thursday, April 6, 9pm-Friday, 7am*

*Praying in the Garden of Repose*

*Friday, April 7, 7pm*

*Good Friday Service\**

*Saturday, April 8, 10am*

*Holy Saturday Service*

*Saturday, April 8, 6pm*

*The Great Vigil of Easter\**

*Easter Sunday Services April 9*

*8am, 9:30\*am & 11:30\*am*

*Egg Hunt at 11:00am*

*(\*Indicates Nursery offered at this service)*



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The Episcopal  
Church Welcomes  
You.

**From the Rector's Desk****The Great Three Days**

Very soon we will be embarking on the most sacred liturgical journey that a Christian makes: the Great Three Days of Holy Week, a.k.a. the Triduum. (By the way, Triduum is a fun word to drop at parties, makes you sound smart. It means three days of prayer.) Anyway, I am of course talking about Maundy Thursday, Good Friday, and the Great Vigil of Easter. In these liturgies we embark on experiential learning, basically we learn by doing. Liturgically we do as Jesus did, washing feet on Maundy Thursday as we remember Jesus' new commandment that we love one another. Like Jesus praying for the whole world in the garden even as he faces his own torture and death, we pray the solemn collects on Good Friday. Then we wait with solemn expectation for the resurrection, remembering the salvation history in the Great Vigil of Easter.

If you've never attended these services before, I highly recommend it. They are some of the most spiritually moving and transformative rites we do. The schedule is on the cover, and we hope to see you there.

**Praying in the Garden of Repose**

During Holy Week, a lovely garden of repose will be set up in the back corner of the sanctuary. From Maundy Thursday, (4/6) at 9pm until Good Friday (4/7) at 8am, we will have one hour spots to sign up for praying. To register to pray for an hour at the church, please sign up online by clicking here: [Prayer Vigil Sign Up](#) or call the church office.

**The Party formerly known as the Annual Meeting**

Since we couldn't have our annual meeting earlier this year, we are throwing a party on April 23rd during coffee hour to present the work of our Strategic Planning Team and Vestry for the next year. Come and get hyped for all the ministry we'll be doing this year and have some cake.



April may bring showers but it also brings lots of opportunities to invite guests to St Pat's. To make it easier to invite friends, please take a look at social media (Facebook and Instagram) for ready-made graphics that can be easily shared.

Invite\*Welcome\*Connect (IWC)

## Adult Forum

### You're Invited! ..... Save the date April 16

On **Sunday, April 16**, the congregation of St. Patrick's will have the special opportunity to meet and get to know Denise Youngsteadt-Parrish, the Executive Director of the **Dublin Food Pantry**, as she visits us for Adult Forum following the 9:30 service.

This is a great opportunity to learn about the comprehensive impact the Dublin Food Pantry has on the community it serves and learn about how the pantry is about to embark on some very significant and positive changes that will help meet the ever-increasing and dramatic need for this service. Bring your questions about the pantry for "Dinky" and learn answers from the source. If you think you know all there is to know about the pantry, please come and be surprised.

For 47 years, the Dublin Food Pantry has served the Dublin community, and St. Patrick's has been a faithful supporter since the church's beginning. Please come to Adult Forum on April 16, and learn who the pantry is helping, how you can help with future pantry plans, and why the future of the Dublin Food Pantry is so positive and beneficial to those it serves.

Thank you for your ongoing support of this important ministry.

## Easter Series: End of Life Planning

In the Christian faith we believe that while death is *an* ending it is also *a* beginning. As with all transitions it is best to plan ahead. Furthermore, the arrangements we make for the end of our mortal life are a final testament to our beliefs and our faith. Lastly, planning ahead is an invaluable gift to those that survive us. I've sat with families where the loved one had everything planned. Consequently, the family was not required to make a host of decisions in the midst of their grief; rather, they could simply grieve. Conversely, I've sat with families that did not have anything planned and the extra burden of decision making while everyone was hurting landed upon them.

So, join us in late April and May in the Adult Forum to learn about the theology of end of life planning as well as ways to do it. Here's the schedule for the offering:

**April 30<sup>th</sup>** – Funeral Planning and Hymn Sing (Fr. Jason and Jennifer Bell)

**May 7<sup>th</sup>** – Planned Giving and how to leave a Christian Legacy (John Rucker)

**May 21<sup>st</sup>** – Advance Directives and Living Wills (Dn. Vahagn)

## Bring Your Baskets

April 9th the Youth Group will be hiding eggs for all the children to find in the north lawn at 11:00am.

## Palm Sunday Workshop

April 2nd 11:00-12:00 in the Parish Hall

We will be reading the book, "Benjamin's Box," and assembling our own Resurrection Egg kits to take home. All are welcome.

## Grief Support Group

The Grief Support gathering will be Monday, **April 17, 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.



## A Few History Notes

**"The church is the people."** The first sentence in the first book we read about building a church.

Early Christians gathered around a table: **First in someone's home and later in larger public spaces.** The sanctuary was designed with gathering around in mind.  
*Rose Walker*



### Spiritually Speaking Interior Visualization Practice

*“God is Light” (1 John 1:3); “the glory of the Lord shone around them (Luke 2:9); “[Jesus] is the light of the world” (John 8:12); “his face and clothes were radiant” (Matt 17:2); “you are the light of the world” (Matt.5:14); “walk as children of light” (Eph. 5:8); “the eye is the lamp of the body” (Matt. 6:12).*

We will be using light as our visualization this month, so very appropriate for April. Close your eyes and imagine a bright white star of light emerge from the middle of your forehead, allowing the light to become still and three-dimensional. If this is hard for you to do, simply sense there is a light before you so you can feel its warmth. Let this imagined light stand for the light of Christ, a light that softly absorbs your thoughts so you can be still. The longer you are still, the more still the light will become. Rest in the still light and be present to God. The chant, “Light of Christ” is often played at Easter Vigil. This can be an opportunity to visualize this glorious light!

Let this light be a call for God’s light that is in Christ to be realized in you. You can extend this practice by letting the light expand throughout your body, around your body and out into the universe! Breathe in and out!

From Tilden Edwards book “Living in the Presence: Spiritual Exercises to Open Our Lives to the Awareness of God.”

*Lisa Palchick*

## Summary of Vestry Meeting on March 8<sup>th</sup>, 2023

The Vestry meeting started with Father Jason saying an opening prayer.

Father Jason expressed appreciation and deep gratitude for the support he and his family received from the St. Pat’s congregation over the tragic death of his sister-in-law. He thanked Peter O’Neill and the Tuesday morning men’s group for holding a successful Shrove Tuesday Pancake event and Bill Eddy and his team for a well-attended and successful Fish Fry event. Father Jason also noted that attendance at the Ash Wednesday services and Ashes to go session was notable despite inclement weather.

Senior Warden, Ed Yuhas, presented the need for a review of St Patrick’s by-laws and a small committee was formed to work with him. He also mentioned looking into job descriptions and performance management for staff members.

Roy Barker, Junior Warden, stated that there were no new issues to report over the past month.

Other items discussed included services and events planned for Holy week; resumption of Endowment Committee meetings, formation of an ad hoc committee to review St. Pat’s property insurance and monthly finances. A task force comprising of Bill Righter, Bill Eddy, Stacy Craig, Amy O’Neill, Charlie Horton, and Father Jason to review the structure and handling of finance and accounting was established. The progress of the Strategic Planning Committee at the meeting on March 4, 2023 and development of the 3-year strategic targets were discussed as well as 12-month milestones.

Bill Righter, Treasurer, noted that revenue for February was \$5,400 under budget, and operating pledges \$6,500 under budget or the month. He highlighted that the year-to-date revenue is \$6,600 over budget whilst the year-to-date expenses are \$11,000 under budget. The vestry approved the treasurer’s report and the minutes of the February meeting.

*Lynette Palmer*

## Kairos

Hello St. Pat’s Family,

First, on behalf of the men inside North Central, I want to say thank you for the gifts of Green Agape for meals and cookies, as well as for all the wonderful home-baked cookies. In total, we gathered 8,156 dozen cookies or 97,872 cookies. WOW, thank you! We had over 250 families donate. This Kairos was up from about 140 on the last weekend, looks like the COVID recovery is in full swing. On March 16<sup>th</sup>, we entered into the prison for the weekend and ended on the 19<sup>th</sup>. It is always amazing to see the change the prayers and gifts of love make to the men trapped in a dark place. Thank you for your love and caring.

God bless you all. ~Bill



# The Breastplate

Come walk with **Jesus**  
Through the stories of **Holy Week**  
**Saturday April 1, 2023, 9- 11 am**

An educational event for all ages- plan to bring your kids, grandkids, and other young friends and relatives regardless of religious background. This interactive workshop will walk us through the stories leading up to Easter, collecting symbols along the way culminating in a Holy Week at Home Project.

The event will incorporate crafts, palm crosses, bread making, and a lesson on communion in the Episcopal Church.

\$10 per person or \$30 per family.

Register [HERE](#) or scan the QR code with your phone to register.



## Spring Garage Sale - May 5 - 6

It is starting to feel like Spring, which can only mean our Spring Garage Sale is right around the corner! Yes, it is again time to donate your talent, time, and treasures to a great cause.

Our sale this Spring will run in the same format as it did in the Fall. We will again have a two day sale: May 5th and May 6th. Donations will be accepted from April 29th - May 1st. Item Pickup (for those who are unable to transport their donated items themselves) will be on Saturday, April 29th.

Now is the time to start (or continue) collecting any nice, gently-used items you would like to donate to the sale. Please also collect grocery-style paper bags for use in the sale. Note that, as in past sales, there are some items we won't be taking: larger furniture requiring two people to move (e.g., no armoires, large entertainment centers, sofas, or love seats), old tube-style TVs (newer LCD TVs can definitely be donated), and used mattresses. The items you donate to the sale are used in two possible ways: they may go directly to one of the outreach organizations the church works with, or more often they are sold in the sale to fund projects around the church that benefit the congregation. With the Spring and Fall sales, we hope to raise enough to replace an HVAC unit.

As always, we will need lots and lots of help for the sale. Sign-up sheets will be available in Smith Hall starting in early April on a table to the right as you enter (You may also contact Mark Hanes via email to "sign-up"). We need helpers for setup, item pickups, organizing, pricing, cleanup, and help both days of the sale. We also need volunteers to bring lunch items each day to help feed the volunteers!

If you have a desktop computer, laptop, tablet (iPad etc), or smartphone to donate to the Garage Sale, please contact Charlie Horton via email at [charliehorton6983@gmail.com](mailto:charliehorton6983@gmail.com) to arrange. Be sure to include power cables and any other items (boxes, CDs, instruction manuals, etc) that you still have that came with the computer. Please put your name on a note taped to the item (in case we need to contact you for any reason) and, if there are any known issues, please put those details on the note as well. Thanks!

Lastly, please keep an eye on the church bulletin each week in April for important updates and announcements!

Looking forward to another great sale! ~ *Mark Hanes*



**Attention gardeners and outdoor lovers...** Please mark your calendar for Saturday, April 1 as our parish wide outdoor cleanup day. Help spruce up St Patrick's Church for Easter Sunday. We will meet from 9:00am to noon and lunch will be provided after!  
Thanks! ~ *Cindy Doan*

## Realm Updates

### Episcopal Night at the Symphony

returns after a 3-year COVID-enforced hiatus on Friday evening

**May 19<sup>th</sup>, 2023**

at the Ohio Theatre featuring

*The Columbus Symphony Orchestra & Chorus...*

**Welcome to Spring**

#### Program

**Handel:** *Coronation Anthem No. 1*, **Elgar:** *"Nimrod,"* **Vaughan Williams:** *Dona Nobis Pacem*,  
**Britten:** *The Building of the House*, **Vaughan Williams:** *The Lark Ascending*,  
**Paulus:** *Of Songs and Singing, Birdsong, If Music Be the Food of Love*

**Ronald J. Jenkins**, conductor

*(his last performances with the CSO!)*

**Gwendolyn Coleman**, soprano;

**Simon Barrad**, baritone; **Joanna Frankel**, violin

**Columbus Symphony Chorus**

We have reserved a block of 100 seats so we can all sit together. Ticket prices will be **\$60 per person** and will include food and beverages at a 5:30pm reception in the Galbreath Pavilion, as well as orchestra seating for the concert which begins at 7:30pm. (Note the regular rate for Prime Orchestra is \$68 per person!) The price for the reception only is \$35 per person (if you already have your tickets). Please send a check for the full amount, along with the names of those in your party to the **Rev. Bruce Smith**, 627 Yaronia Dr. N, Columbus, OH 43214, and include your email address. **DEADLINE for reservations and payment is May 5th**. Envelopes with your concert tickets, beverage tickets and name tags should be picked up on the evening of the performance on the 4<sup>th</sup> floor of the Galbreath Pavilion no earlier than 5:30pm. Hope to see you at the Symphony!

Your hosts,

*The Rev. Bruce Smith*

*Steve Knorr*

Saint Mark's, Columbus

St. Andrew's, Pickerington

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

**The Rev. Jason Emerson** Rector

**Alex Carter**

**Blair McGinnis**

**Ed Yuhas**, Senior Warden

**Bill Eddy**

**John Russo**

**Roy Barker**, Junior Warden

**Dick Gehman**

**Ben Trotter**

**Vicky Bratton**

**Beth Landers**

## Whither St. Patrick's?

It occurred to me the other day that I have been a member of this church family for over 40 years! When I arrived in May, 1982, I first visited St. John's in Worthington and was told about a new group in Dublin. I promptly forgot about this as I settled into my new job.

My family arrived a month later and asked me about church. We visited the first St. Pat's (although it did not yet have a name) at the Dublin Community Church one Sunday afternoon. We doubled the congregation!

In those years there was a large influx of new folks to Dublin. We quickly started adding a family a week, settled on the St. Patrick's name, and asked Don Peterson to come and build a church with us. Chris Cline was instrumental in getting the first work done and welcoming each new congregant.

Near year end, Don asked me to become the first Senior Warden and John Stains the Junior Warden. My wife was Don's assistant and Church Secretary. We changed our venue to the Kennedy Room at the church. It held about 65 persons and we quickly filled it. We then moved to the middle school across the street. That Easter, 1985, we had over 300 people at the Easter Service and it was clear we needed our own space.

Dick Walker had done a lot of real estate development law and knew the growth pattern for Dublin. He was instrumental in our choice of property, the present St. Patrick's. At the time it was in the middle of a soybean field. Sure enough, development was right around the corner. We started worship in today's Parish Hall and then eventually built and moved into the current Sanctuary.

All of this may be more history than you want. Believe me, there is much more but that is not the main point of this article. The real point is that over these 40 years, we as a community have developed and supported over 40 different kinds of ministry! We work in the community, we work with those less fortunate, we work with those in need, and we work to educate ourselves to be able to do even more.

My time as a leader at St. Pat's is over. A new generation is now responsible for continuing our ministry, and that is a healthy thing. My hope in writing this is to convince you in joining with me to help the work continue after we're gone.

Since it is unlikely I will be here another 40 years, in my will I have a bequest to St. Patrick's Endowment Fund. Our endowment is different from many in that it is solely for Education and Outreach. It cannot be used for the building, for the worship wrappings, or for paving the parking lot, although these are all worthy uses of money. The endowment specifically helps insure that the ministries can continue and can grow in scope. Please consider making a similar bequest if you are able, or simply make an annual gift and mark it for the endowment. Join with me in helping the endowment become a meaningful contributor to our future.

*~John Rucker*



Just a reminder that St. Patrick's church office will be closed on Monday, April 10th as we take a short rest after Holy Week! We will resume regular office hours on Tuesday, April 11th.



## Wellness Words

Ah, Spring! “When young man’s thoughts likely turn to thoughts of love” REALLY? Mine turn to thoughts of hot cross buns, chocolate bunnies, Easter egg hunts, lots of choir practice for the Easter services and, oh yes, an increase in the pollen count as the flowers begin to bloom.

Anyway, the thought of hot cross buns and having guests over had me thinking about how to make some safe and delicious choices for people who are “gluten free.” It seems that there are more and more people who are going “gluten free.” Is this a fad or is it a real thing? So, I started to do some digging about it to sort out some of the facts and myths surrounding this diet.

First, this is not a fad. Celiac disease occurs in about 1 percent of the American population, and about 6 per cent of the population have what is called “non celiac gluten sensitivity,” or NCGS. People who have celiac disease have a genetic condition (the HLA DQ2 and DQ8) that predisposes the person to have this condition. It is an autoimmune disease. People who have NCGS don’t have the genes and their condition is not in the autoimmune category. There is no test for NCGS, but there is a blood test for celiac disease. This can differentiate the diagnosis. The experts really don’t know the cause of NCGS.

Symptoms of both conditions are similar- bloating, constipation or diarrhea, fatigue, increased flatulence (read gas), and stomach pain ☹️. In order to figure out the real diagnosis, blood work to detect the genes and an elimination diet is usually helpful. The Johns Hopkins website can be helpful- look up the FODMAP diet.

What are some myths about gluten?

*It’s bad for you-* NO! it’s a naturally occurring substance found in grains like barley and rye and provide needed fiber, vitamins and minerals in the diet. There are gluten free grains like buckwheat, rice, quinoa, sorghum, and oats.

Be sure to check labels! Gluten is often used as a binding agent in processed foods.

*Gluten is the same as carbohydrates* No! Rice, potatoes, and beans don’t contain gluten and are carbs. Don’t be fooled, a gluten free diet is NOT healthier **IF** you don’t have celiac disease or NCGS. It’s not a good weight loss diet.

*Gluten free foods are healthier* NO! Many of the processed “gluten free” labeled foods have high sugar, sodium, and fat to make them tastier. Avoid them if you don’t need them.

There’s lots of other good advice about the gluten issue. (<https://hopkinsmedicine.org/health>.)

Remember that being gluten free is necessary if you have celiac disease or confirmed NCGS. It’s not a weight loss plan or healthier than a balanced diet. If you have symptoms, check with your provider for diagnosis. Be kind and ask the people you are inviting for a meal if they are gluten free. It’s easy to prepare meals that make everyone happy.

Happy Spring!

*Lissa and Rose*

### Sacred Circles

Ladies, are you looking for a wonderful small group experience here at St. Patrick’s? Consider one of the Sacred Circle groups. They are great community experiences in a small group setting. There are several groups meeting that would love to have you join them. Sign up sheets are available or just stop in and give them a try.

*Sacred Circle 1:* Meets the 1st Tuesday of the month at 7:30 p.m. Leader: Val Pittsenbarger

*Sacred Circle 2:* Meets 2 times a month on Sunday at 11:00 a.m. Leaders: Tawnya Lewis & Kim Nelson

*Sacred Circle 3:* Meets the 3rd Tuesday of the month at 1:00 p.m. Leaders: Beth Landers & Lissa Barker

*Sacred Circle 4:* Meets the 4th Tuesday of the month at 1:00 p.m. Leader: Lisa Palchick

*Sacred Circle 5: Mature Spirituality* meets on the 2nd & 4th Thursday of the month at 1:00 p.m. Leader: Rose Walker



The Sunday school classes were hard at work this Lent learning spiritual practices and doing service projects within our community!

We learned about mediation, prayer, and mindfulness as we noticed God in nature, fidgeted with prayer beads, and calmed our bodies with yoga. We sorted socks for Laundry Love, organized the church kitchen, and packed thank you kits for nurses and firefighters. Thank you to our guest presenters who taught us so many things about their spiritual practices: Kim Hull, Doug and Val Pittsenbarger, and Dianne Clay. Next series, we celebrate YOU and **God's immeasurable love for you. Join us April 16th-May 21st for The Parables According to Dr. Seuss.**





# Youth Group

Thank you to everyone who made Youth Sunday such a huge success! St. Patrick's Youth are so blessed to have such amazing mentors to support and encourage them: Leif Carlson, Mary Horton, Jennifer Bell, Bill Righter, Bill Eddy, Father Jason. Our Youth really shone as they led every portion of the service with grace and maturity. That night, we celebrated by bowling! Last month, we also had a visit from the Men's Group. Thank you for contributing to the spiritual lives of our Youth through honest and Spirit-filled discussion. Movie night is always loads of fun! And investing in learning to listen to each other during difficult conversations proves just how special and amazing these youth are! If you have any questions or comments concerning Youth Group, please reach out to Tawnya Lewis or Annika Russo.





**SAVE THE DATE**

**VBS at St. Patrick's Episcopal Church  
July 17-21, 2023**

Calling all children to join Super Meer and become a member of the Hero Hotline as we answer God's call together to serve, bring peace, and build each other up!

Registration opens after April 17

**Calling All Superhero Volunteers:  
The Hero Hotline needs you!**

VBS Open House is April 16<sup>th</sup>, and we invite all adults and youth to join us and explore the many ways you can help make this year's VBS a success!

**WHERE:** St. Patrick's Parish Hall

**WHEN:** April 16<sup>th</sup> 11:00 am

**Celebrating April Birthdays**

- |                    |                     |                 |                 |
|--------------------|---------------------|-----------------|-----------------|
| Vahagn Azizyan     | Paisley Essex       | John Montgomery | Tim Redman      |
| John Barna         | Ben Givens          | Matt Montgomery | Lauren Richard  |
| Luanne Beebe       | Susan Givens        | Dan O'Neill     | Marie Smith     |
| Greta Bethune      | Charles Godsey      | Carol Parks     | Jackie Stauffer |
| Phyllis Beuter     | Sarah Huffman       | Mollie Phelps   | Rose Walker     |
| Danielle Boettcher | Scott Immell        | Lance Rapp      | Laura Weber     |
| Audrey Brack       | Kait Kendall-Sperry | Jan Redman      | Oliver Whalen   |
| Karen Carney       | Andrew Kennedy      |                 |                 |
| Tom Carney         | Henry Kindelin      |                 |                 |
| Chris Cline        | Emily Kubler        |                 |                 |
| David Cofer        | Bonnie LaFleur      |                 |                 |
| Elisha Cofer       | Emily LaMonica      |                 |                 |
| Amy Collins        | Beth Landers        |                 |                 |
| Bill Cooperrider   | Joe Machesky        |                 |                 |
| Bill Eddy          | Warren Mock         |                 |                 |
| Meg Edwards        | Fran Montgomery     |                 |                 |

**Celebrating April Anniversaries**

- Bill & Susan Cooperrider
- Tom & Rosemarie Deschler
- Lynette Palmer & Kojo Carew
- Steve & Carole Pearson
- Bill & Julie Righter
- John & Annika Russo



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**A Joyful Community of Faith**

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