

# The Breastplate

The Newsletter of St. Patrick's Episcopal Church



## Inside this issue:

Rector's Desk	2
Garage Sale Recap	3
Men's Ministry	3
Grief Support	3
High School Grads	4-5
More Grads	6
VBS	7
Wellness Words	8
Grace Notes	8
Spiritually Speaking	9
Youth & Sunday School	10
Vestry Summary	11
Birthdays & Anniversaries	11

## Episcopalians at Pride!

We are proud to participate in Columbus Pride. We participate both by joining the parade, and by holding our annual Pride Mass.

### Pride Mass

**Thursday, June 15 2023**

Reception at 5:30 PM

Mass at 6:30 PM

Trinity on Capital Square (125 E. Broad St., Columbus)

The Episcopal Churches across central Ohio are excited to announce this year's Pride Mass. We're gathering at Trinity Episcopal Church on Capitol Square to celebrate our LGBTQIA+ siblings. We are thrilled to have the Rev. Winnie Varghese preaching. All are welcome to attend.

### Pride Parade

**Saturday June 17 at 10:30 am**

Episcopal parishes from across Central Ohio will come together to take part in the 2023 Stonewall Columbus Pride Parade. All are invited to join us as we march to spread the Gospel's message of love and inclusion for all people.



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**From the Rector's Desk**

On June 1st in our calendar of Saints we will celebrate Justin the Martyr; who was executed by the Roman Empire in 165 AD. He was a very important second-century Christian apologist and philosopher. In fact, he is one of the most important early Christian writers.

Justin helped articulate the theology that the Logos, or Word of God, was present in all of creation. He believed that the Logos was revealed in the Old Testament prophets and in the person of Jesus Christ. Justin also believed that the Logos was present in the soul of every person.

This last belief of Justin's is extremely important for St. Patrick's as we move into the summer. Because the divine Logos is in each and everyone one of us, it means we are all on the same team. A colleague of mine recently described Christian life in a congregation as more like rowing crew instead of competitive diving. Parish life might feel like a solo endeavor, that we are standing on a platform preparing to do our own thing. However, we are all on the same crew and like rowing crew, we each have an oar. When we all pull in the same direction in rhythm with each other, then we can go far and fast.

This summer we will be taking significant steps in our strategic plan. Development work on our third service offering has already begun, as has our search for a part time Minister of Communications. We will also have some outdoor services this summer to test interest and locations for an outdoor worship space. Your participation and support of these efforts are key.

The best way to grab an oar and pull in rhythm is through prayer. Pray daily for the growth of St. Patrick's. Your prayers need not be long, verbose, or burdened by flowery rhetoric. No, it could be as simple as every time you start your car, offer this prayer silently, "Creating God, please help St. Patrick's to grow." Additionally, every time you enter the worship space, pick a pew on the opposite side of the room and pray for God to fill it and to bless the folks that sit in it through this faith community.

I am extremely excited for the summer. It's going to be a time of recreation and recreation, of inventiveness and exploration, a time when the divine logos in each of us gets to proclaim God's love and serve one another.

God's Peace,

*Father Jason Emerson* †



The Episcopal  
Church Welcomes  
You.

## Spring Garage Sale Recap

As most of you have heard by now, we had a very successful garage sale this Spring. I want to thank everyone who volunteered throughout the week and all those who donated items as well. The sale truly wouldn't be possible without you. And what a sale it was!

I believe we set a garage sale record this Spring by raising more than \$17,000 for church projects. In addition, we donated items to a variety of ministry organizations during the week, including CATCH Court, Kairos, and others. Your donations and volunteering of time and talent are what make this possible. So again, Thank you!

Our Fall sale will likely be in early October. It's not too early to start setting aside your treasures to donate to the Fall sale. :)

Until then, Peace.

~Mark Hanes

## Men's Ministries

So, would joining one of these groups be something I would want to consider?



So, who comes to one of our men's groups at St. Pat's? Guys who enjoy getting together and talking to each other and supporting each other.

So, where do the groups meet? Some meet on Zoom, some meet at St. Pat's, some meet off-site, and some do a Hybrid meeting.

So, when and where do these groups meet? Different days of the week, different locations, and different times of the day.

So, what do they do in these meetings? Some have snacks, all the groups talk, visit, catch up, none of them have homework, some do a simple format with a topic to discuss.

So, do the groups do anything else? They have service projects such as cooking and serving Shrove Tuesday pancakes, helping with the Garage Sale, and sending holiday cards to Ohio incarcerated people. Also, over the years we have had retreats for men.

So, should I consider coming to one of the groups? YES!!!

Contact Doug Pittsenbarger [pittsenbarger@gmail.com](mailto:pittsenbarger@gmail.com)



## Congratulations to

**Mary Kay Arbogast** for being inducted into the Society of St. Simeon and St. Anna on May 17th at Christ Chapel at Procter Center. The society celebrates exemplary Christian ministry in Episcopal members who are 65 and older for making contributions to their congregation and community.

## Grief Support Group

The Grief Support gathering will be Monday, June 19, 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. 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.





## High School Graduates

2023  
class of  
CONGRATULATIONS GRADUATES!



Charles Bratton



Gunnar Carlson



Reese Cline



Ryan DeAngelo

### Charles Bratton

Charles is a high school graduate of Dublin Coffman and is the son of **St. Patrick's** members Vicky & Jim Bratton. Charles was president of the Coffman Marching Band, is an Eagle Scout from Troop 299, and was a member of the Dublin Superintendent Student Advisory Committee and the Emerald Campus HOPE Squad. He will attend Kenyon College in the fall where he is the recipient of the Music Merit Scholarship and plans to study liberal arts and film production.

In his four years at **St. Patrick's**, Charles served as an acolyte, a youth group member, a VBS volunteer, the red wagon deliveryman, a Fish Fry cook, and an occasional trumpet soloist for services. He also coordinated the installation of the fire pit on **St. Pat's** back lawn for his Eagle Scout project in 2021.

### Gunnar Carlson

Gunnar is a high school graduate from Olentangy and is the son of **St. Patrick's** members, Leif & Laurah Carlson. While in high school, Gunnar was a 4-year letterman in Diving. Gunnar will be attending The Ohio State University in the fall.

In his years at **St. Patrick's**, Gunnar served as an acolyte for several years then transitioned into the role of usher. He has also helped out with the streaming services at **St. Patrick's** and in other volunteer roles.

### Reese Cline

Reese Cline is graduating cum laude from Dublin Jerome High School and is the son of **St. Patrick's** members Sharilynne & David Cline and the grandson of Carol & Joe Ross. He was recognized in the Celebration of Excellence and has participated in band and lacrosse while in high school.

Reese will attend the University of Cincinnati to study pre-physical therapy in the Fall.

While at **St. Patrick's** served as an acolyte, a VBS volunteer, a youth group member and a variety of other volunteer roles.

### Ryan DeAngelo

Ryan is a high school graduate from Dublin Scioto and is the son of **St. Patrick's** member Kim DeAngelo. Ryan is an honor roll student who led the Freshman Mentor Program and was a Student Section co-lead for Athletics during his time at Scioto. Ryan will be attending Ohio University in the fall and plans to major in Secondary Education.

In his years at **St. Patrick's**, Ryan served as an acolyte, a lector, a youth group member, a VBS volunteer, Fish Fry worker, a greeter, and a variety of other volunteer roles.







Addison Johanssen



Owen Johanssen



John Brian Russo



Nicholas von Sadovszky

#### Addison Johanssen

Addie graduated from Hilliard Davidson High school and is the granddaughter of **St. Patrick's members, Pam & John Johanssen. She has received multiple scholarships, is a 4-year letter winner for swimming, received a leadership award and was a member of her senior class cabinet. She will be attending the University of Kentucky in the fall studying Kinesiology Education.**

#### Owen Johanssen

Owen graduated from Hilliard Davidson High School and is the grandson of **St. Patrick's members Pam & John Johanssen. He was a 4-year Academic Honor Award recipient and received 4 varsity letters from Hilliard Davidson's swim team, where he was a 2-time state qualifier and Jr. National qualifier. Owen will attend the University of Cincinnati in the fall to study Exercise Science and is a swim team commit.**

#### John Brian Russo

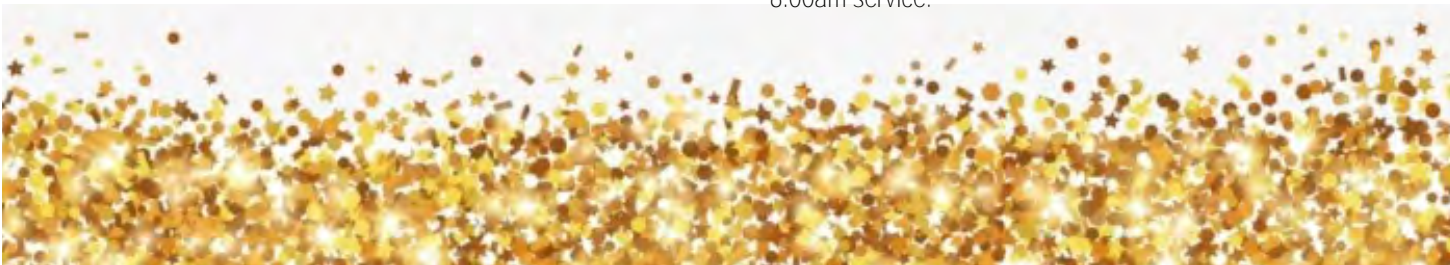
John Brian is a high school graduate from Dublin Jerome and is the **son of St. Patrick's members Annika & John Russo. JB was a member of the high school ice hockey team, received the Celebration of Excellence award, his Eagle Scout rank, and was named as a Community Champion. He will be attending the University of Cincinnati where he plans to major in Biomedical Engineering and play goalie for their men's ice hockey team.**

**While at St. Patrick's, JB served as an acolyte, a VBS volunteer, a youth group member, a Fish Fry cook, a member of the Strategic Discernment Committee, and a variety of other volunteer roles.**

#### Nicholas von Sadovszky

Nicholas graduated from Dublin Jerome High School and is the son of **St. Patrick's members Vicki and Tony von Sadovszky. He received a Community Champion Award and enjoyed being on the Esports team while in school. He will be attending Otterbein University in the fall where he will study education and biology.**

**At St. Patrick's, Nicholas served as an acolyte for many years at the 8:00am service.**







## Higher Education Graduates

# 2023 class of



### William Lewis

William Lewis graduated from Syracuse University with a Masters of Science in Biotechnology. He is the son of St. Patrick's members Matt and Tawnya Lewis.



### Amani Carew

Amani Carew graduated with honors from Miami University and is the son of St. Patrick's members Lynette Palmer and Kojo Carew. Amani received a Bachelor of Arts, Majoring in Public Health (Human Disease and Epidemiology track) with a co-major in Premedical studies.

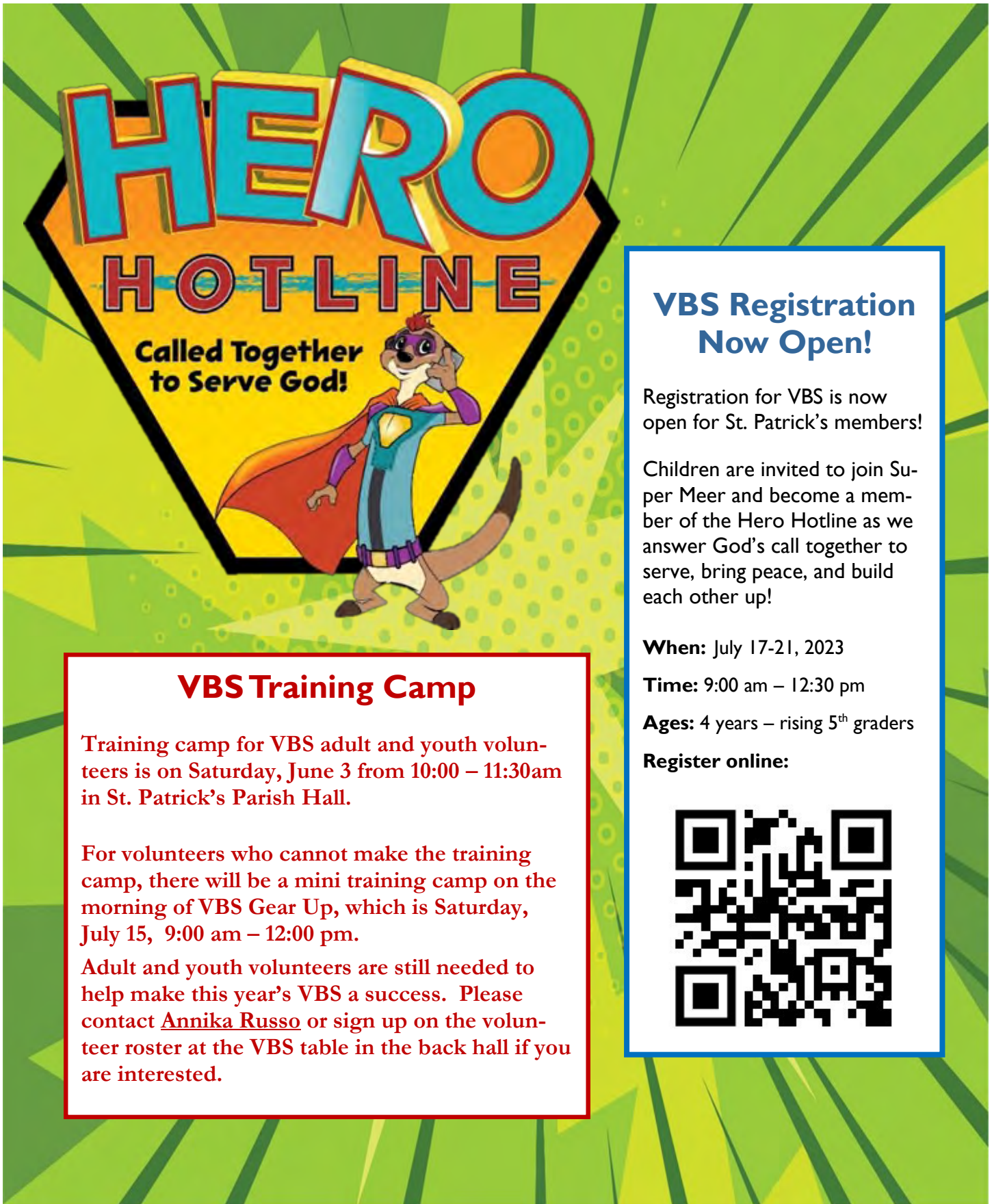


### John (Connor) Johanssen

Connor has graduated cum laude from the University of Dayton with a Bachelor's of Science in Marketing from the UD School of Business Administration. In 2022, Conner was recognized as an Outstanding Leader by the UD Athletic Department and was a 4-year member of the UD Cross Country Team. He is the grandson of St. Patrick's members Pam & John Johanssen.







## VBS Registration Now Open!

Registration for VBS is now open for St. Patrick's members!

Children are invited 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!

**When:** July 17-21, 2023

**Time:** 9:00 am – 12:30 pm

**Ages:** 4 years – rising 5<sup>th</sup> graders

**Register online:**



## VBS Training Camp

Training camp for VBS adult and youth volunteers is on Saturday, June 3 from 10:00 – 11:30am in St. Patrick's Parish Hall.

For volunteers who cannot make the training camp, there will be a mini training camp on the morning of VBS Gear Up, which is Saturday, July 15, 9:00 am – 12:00 pm.

Adult and youth volunteers are still needed to help make this year's VBS a success. Please contact [Annika Russo](#) or sign up on the volunteer roster at the VBS table in the back hall if you are interested.

## Wellness Words

Recently, Lissa and Roy attended a S.A.I.L. presentation at Prince of Peace Lutheran Church. You may remember that this is an ecumenical group co-founded by the Rev. Dr. Stephen Smith with the intent to focus on topics that all religions have in common. It was a great presentation by some Dublin leaders who talked about the programs available in the city and the school system to improve mental health. We have impressive programs in this city in both the prevention of mental health problems and the treating of them when they occur. This presentation came serendipitously at the time the Surgeon General (SG) of the United States, ADM Vivek Murthy, published a directive that identified Loneliness as an epidemic in the U.S. This is another unexpected consequence of the COVID pandemic. The two issues, deteriorating mental health and loneliness, are inextricably combined.

In a recent Johns Hopkins research report (March 2023), the conclusions were important for all of us to consider. One in 4 older adults, in community living, experiences social isolation and an increased risk of dementia. There was no difference in racial or ethnic groups. The researchers identified behaviors such as withdrawing from human social contact, an increase in anger, irritability, and sudden lashing out, both verbally and physically. This really emphasizes the importance of Stephen Ministers and Lay Eucharistic Visitors as ministries in our church family.

The Surgeon General noted that loneliness includes risks that are as deadly as smoking and costs BILLIONS of dollars in poor health care outcomes. For example, there is a 29% increase in the risk of heart disease, a 32% increase in the risk of stroke, a 50% increase in the risk of dementia, and greater than a 60% increase in premature death. In the case of our children and families, the SG has noted that our overuse and dependence on our phones and social media have significantly increased social isolation, threats to self-esteem, decrease in emotionally present parenting, and teen depression and suicide. He strongly recommends a “Culture of Consciousness” and “Reforming digital platforms”.

So, what do we do? First, we recognize the problem exists even here. Second, we take an honest look at how we use our phones and social media. Think, how would I feel if I didn't have my phone for 48 hours? 24 hours? If that sends shivers down your spine, then you are probably dependent on your phone and/or social media. Third, it's a matter of recognizing the signs. Does your family talk with one another? Eat together as a family? When was the last time there was spontaneous joyful activity in your house? When was the last time you told yourself that you were good and at peace? Looked forward to being with other people for fun? If these questions, and their honest answers, help you think about recognizing loneliness and its effects on everyone's lives, then you've made a good start.

### ♪ Grace Notes ♪

On Sunday, June 4 at 3:00 p.m., St. Patrick's will welcome once again the vocal ensemble The Magpie Consort. The group will present a concert titled “Sounds of Summer,” consisting of music ranging from the Medieval period up until the present day, and originating from Europe, Malaysia, Japan, and the U.S. The concert also features Phil Brown Dupont on piano, Jeff White on percussion, and Jessa Ehle on violin, and actors from Open Door Columbus. It promises to be a unique sequence of choral music, piano interludes, and pageantry. Expect beauty, color, and surprise!

~Jennifer Bell

There are lots of resources available through the school system, the city and here at St. Patrick's. Start with some affirmations to put on the bathroom mirror to read every morning:

I am a precious child of God.

I am worthwhile and unique.

I am kind.

May God's love shine through me today.

Peace and Blessings

~Lissa and Rose





## Spiritually Speaking

### Writing A Love Letter to Yourself

One of our essential practices in spiritual growth is to learn to not only accept, but also to love ourselves. This practice, at first, may look like bragging, but counterintuitively, it is what is necessary to feel compassion and love for others. We are made by the Divine Source, we are made of stardust, we want to feel worthy of God’s love. This is an exercise toward that goal, let’s write a love letter to ourselves!

Sit in a comfortable space, possibly outside or in a place of peace. Imagine you are being reunited with a long-lost friend, there has been some distance between you and some wounding, but a person you have trusted implicitly. Let’s make amends and new commitments to each other! Don’t overthink the process, just let your heart lead you.

For example, “Dear Body,

You are so beautifully and wonderfully made, and we have been together for almost 78 years now, and it has sometimes felt difficult for me to care for you. I have pushed you relentlessly when you wanted to rest and I am so sorry for the hard times when I have not listened to you and when I take you for granted...I promise to...etc”.

After writing your letter, reflect on these questions.

What is the great yes that is blossoming forth within your body?

Were there any surprises for you in writing this letter?

What have been the gifts and graces, as well as the challenges and struggles in this journey for you?

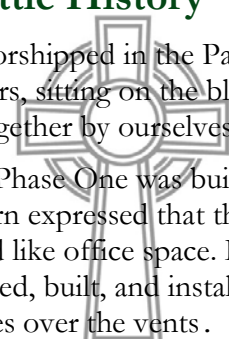
~Lisa Palchick

*“Wisdom of the Body: A Contemplative Journey to Wholeness for Women”; Christine Valters Paintner; Sorin Books; 2017.*

## A Little History

We worshipped in the Parish Hall for 10 years, sitting on the black chairs we put together by ourselves.

After Phase One was built, there was concern expressed that the building looked like office space. Dick Walker designed, built, and installed the Celtic Crosses over the vents.



Invite • Welcome • Connect\*

Are you looking for opportunities to invite, welcome or connect at St. Pat’s? One way is to become involved with the VBS ministry. Inviting family, friends, neighbors, or your children’s classmates to VBS this July provides many individuals with the opportunity to experience our beloved, joyful community. Welcoming guests and connecting with VBS can be a great way to open yourself to a new (or soon-to-be favorite) experience. Do you have a gift to share with the VBS team? Reach out and share your time and talents!

### 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

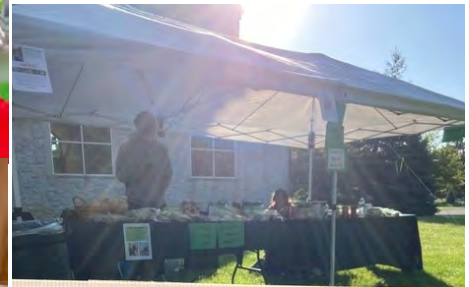
Ben Trotter

Vicky Bratton

Beth Landers

# Youth Group

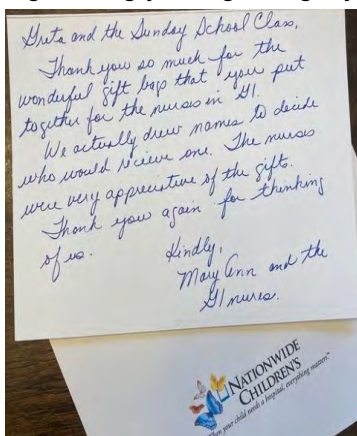
Since last newsletter, Youth Group has served at the Garage Sale, baked treats for the Bake Sale, made TONS of money for Mission Trip at said Bake Sale, played, created, and shared. We have been so blessed by these youth this year and have enjoyed our time with them! Thank you to all of you for supporting our youth through our fundraisers, meals, and lifting us up in prayer. Thank you for baking treats for us to package and sell. Thank you for buying and wearing our St. Patrick's swag. Thank you for our yummy meals each Sunday where we can fellowship together. We are so grateful. Please continue to pray for our team throughout the summer as we are partnering with the Columbus-area Deanery for mission projects on Wednesdays in June (more information to come) and head out to Asheville, NC with 17 youth to bless the people there with these gifts and talents of these amazing humans!



Great job, Sunday School! Your "Thank A Nurse" kits were a huge hit in the GI department at Nationwide Children's Hospital! Keeping shining your light brightly!



As we have reached the end of our formation year, I need to give a HUGE thank you to all our children's formation leaders who made this year so special for all the children and youth of St. Patrick's. Thank you to the Wonderful Wig-



**Wednesday Youth Missions**  
 Wednesday's in June youth will have service opportunities around Columbus with the other deanery youth groups. Please see the youth email for additional information or contact Tawnya Lewis.  
 June 7th - Mid-Ohio Food Collective  
 June 14th - UA Elder Village  
 June 21st - Cat Welfare Resale Store  
 June 28th - Procter

glers' volunteers who exercised our littlest parishioners during the sermon each week: Jodie, Evelyn, and Isaac Emerson, Kim and Emily DeAngelo, Liz Gunthorpe, Emily LaMonica, Kim Machesky, Karen Mason, Jessica Randolph, and Erin Zelinski-Righter. Thank you to our intrepid Sunday School teachers who brought the scriptures to life each Sunday: Heather Dudash and Karen Mason with assists by Angel Cinco and Becca Wells. Thank you to our amazing youth leaders who plan and implement formation, field trips, fellowship, service projects, guest speakers, fundraisers, and so much more for our teens: Angel Cinco, Tawnya Lewis, G McCarthy, Zach Morris, and John Russo. It has been an honor to serve with you! ~Annika Russo



## Summary of St Patrick's Vestry Meeting on May 10<sup>th</sup>, 2023

The Vestry meeting was called to order by Father Jason and John Russo said the opening prayer.

Fr. Jason presented his report on his attendance at the educational conferences in May. He gave the vestry a brief summary as to the topics and focus of these two conferences as well as his experiences.

Fr. Jason also presented the vestry with an updated total of garage sale receipts.

The Senior Warden's report was submitted and read by the vestry and was accepted.

The Junior Warden's report was presented, and updates were given on the north parking lot drain repair project and the parking lot resurfacing/sealing project.

Vestry members that attended the central Ohio Vestry Day meeting gave short summaries on the various topic sessions that they attended.

Other conversations were had on the next steps of the Strategic Planning committee work, basement accessibility, and 3<sup>rd</sup> weekend service possibility.

Bill Righter presented the Treasurer's report. It was noted that pledges are still under budget as we head into the summer season. The discussion topics from the report were obtaining approval to pay the outreach groups that we support from the fish fry and Garage sales funds. There was also discussion and approval of moving some funds from the checking account into our higher interest rate savings account.

The Treasurer's report, as well as the minutes of the previous meeting, were approved by the Vestry.

*Blair McGinnis*

### IN MEMORIAM

Bruce Haney

Tim Prosser

*(nephew of Mariann Price)*

Vivian Myers

*(grandma of Tawnya Lewis)*



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

## 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  
Jackie & David Jordan  
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  
Ken & Mariann Price  
Dan & Abby Rogowski  
Alex & Becci Shields

## Celebrating June Birthdays



Kylee Arvidson  
Jessie Barna  
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  
Mark Hanes  
Bill Kamb  
Linda Kender  
Noah Kindelin  
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  
Dana Peacock  
Ken Price  
Margretta Russo  
Elle Scheid  
Peggy Schildknecht  
Evelyn Shields  
Janet Slack  
Becky Stains  
John Stains  
Becky Swift  
Nick von Sadovszky  
Caroline Wagner  
Jim Westman



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**A Joyful Community of Faith**

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**Inside this issue**

*VBS*

*2023 Graduates*

*Episcopalians at Pride*

*Garage Sale Recap*

