August 2023 Volume XXXXI Issue 8

The Breastplate

The Newsletter of St. Patrick's Episcopal Church





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U2charist

U2charist Returns to the Irish Festival

Be sure to join us on Sunday, August 6th at the Dublin Irish Festival on the Shamrock Stage. Remember that admission to the Irish Festival on Sunday is free if you bring a canned food item with you before 11am. See you there! *Slainte!*

Ministry Fair

Sunday, August 27th after both services!

Did you know that St. Patrick's has over 40 small groups and ministries for our members to join?

Join us in Smith hall after the 8:00am and 9:30am services on August 27th to see all the ministries that St. Patrick's offers on display. Ministry Leaders will be on hand to answer any questions you may have about getting involved and what we do within our walls and out in the community.

Please grab a cup of coffee and check it out.



ST. PATRICK'S

BREASTPLATE

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From the Rector's Desk

Connections!

I saw some interesting statistics recently. The television industry is growing significantly. Currently network, cable, and streaming tv combine to be a 500 billion plus industry, and it is expected to grow to over a trillion dollars in the next 10 years. Similarly, the video game industry is rapidly growing. Currently over 30% of the people ON THE PLANET play video games regularly, 1 in 3 people. This is expected to grow to over 40% in the next 5 years. Meanwhile, the movie industry has shrunk by at least 7% in the last five years, and it is expected to continue shrinking. What I took from these numbers is that people are staying home more. This is not just a pandemic phenomenon either. The pandemic merely accelerated ongoing trends. Now, while at first glance this might cause us to think that people are isolating themselves more and more. To some degree that is true, and at the same time people are finding new ways to build community and to be social and to connect with each other.

So, what does this mean for us Christians and as a community of faith, a.k.a. a church. Well, as I said, we are Christians; therefore, we have a long history of going against culture and trends. We are uniquely positioned in this day and age to be an arena of connections, a place where people build deep community. By deep community, I mean grounding the community not in something superficial like mere entertainment or fickle like sports; rather grounding the community in the shared life-giving love and forgiveness of God known in Jesus and sustained through the power of the Holy Spirit. To this end, I am excited to announce that we are adding a new worship service this fall. It will be 4 p.m. on Sunday afternoons beginning September 10th, with the specific focus of experimenting liturgically and musically to build connections. There is a team of folks hard at work developing this service already; so, stay tuned for more news soon.

Now, we are also Episcopalians, meaning we are more interested in "both/and" solutions than in "either/or." So, recognizing that folks are staying home more and seeking different means of community means that we should also seek new ways of building community online as well. The choice is not either in person or online; rather how do we leverage both/and. Again, Episcopalians are good at both/and. We celebrate and enjoy both Rite I and Rite II. We believe the bread and wine in com-

munion are both the body and blood of Jesus AND bread and wine at the same time. We believe both Graeter's and Jeni's ice cream are delicious.

I am very excited for the new service in the fall. The team working on it-Sara Hallermann, Charlotte Blair, Amy Collins, and Doug Pittsenbarger—are exceptional, and I'm stoked for what we will come up with. I am also excited to continue to brainstorm and create new means of delivering ministry, building community, and making connections in person and on-line.

God's Peace, Rev. Dr. Jason Emerson †

Ministry Team Planning Meeting

Calling all ministry leaders, please join us on Tuesday, August 8th to plan for the upcoming program year!

We are meeting a little earlier in August to see if we can formulate a plan for the Ministry Fair on August 27th with

everyone's input and avoid school year conflicts.

Please come and share your ministry plans for the 2023-24 program year, find out what we have planned, let us know your needs for recruitment, learn about budgets for this year, and give your ideas for getting new folks in-

volved with ministry at St. Patrick's!

We look forward to seeing you in person in Smith Hall at 6:30 p.m.

Meet and Greet for Bishop Candidates at St. Patrick's

The Episcopal Church is ours. We all have a voice in its leadership. Come meet and greet the slate of candidates for the next Bishop of Southern Ohio. The Nominating Committee concluded its work in late June when it presented the Standing Committee a slate of nominees for the election of the tenth bishop of Southern Ohio. The committee's slate includes the Rev. Canon Whitney Rice, the Rev. Canon Stephanie Spellers, the Rev. Dr. Elaine Ellis Thomas, and the Rev. Canon Kristin Uffelman White. You can review the materials of these nominees on the <u>bishop search website</u>.

On **Friday, September 15th at 1:00 p.m.,** St. Patrick's will host a meet and greet of the candidates. Please join us to meet and ask questions in the Sanctuary that afternoon with a reception in the Parish Hall to follow.

Wright Elementary Math Buddies

Would you like to spend 30 minutes a week helping a 1st grader who will adore you? My grandkids live out of state so this is a treat for me. We are doing basic math skills with them and sometimes just providing a little TLC. It goes from October 1st until Thanksgiving with an option for a session in the New Year. Call the church office to get contact info for Laura Leach if you are interested!



The Wonderful Wigglers for Jesus need YOU!!

We love to teach our kids about the love of Jesus. We also know that kids have wiggles and sitting in church can be hard! Wonderful Wigglers allows our children to hear a kids' sermon and then go with their leaders to help reinforce the message, and get some wiggles out before returning for communion.

This year, we will be offering Wigglers during the sermon followed by an activity/craft during coffee hour to keep our kiddos engaged, and further reinforce the day's message of God's love.

WE NEED VOLUNTEERS! Wonderful Wigglers leaders & assistants will be provided with the day's key takeaways and a prepped activity/craft. The time commitment is minimal: 10-15 mins during the service and coffee hour supervision. If you have a teen, being a Wiggler Assistant can be a great service hours opportunity and way to support our church!!

Please contact Jessica Randolph if you can help, or sign up using the link below.

Sign Up Here: Wonderful Wigglers- Volunteer Signup Portal

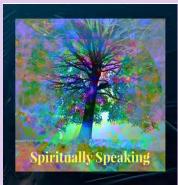
Back to school

Blessings of Backpacks

As part of our worship service in the fall of each year can offer encouragement to the excited and comfort to the anxious. We invite students of ALL ages as well as teachers, professors, and other professionals to bring your backpack, knapsack, messenger bag, etc. to church with you on this day. Each bag owner will receive a medallion, suitable to be clipped to a zipper or keychain. These precious charms are sure to be delightful reminders of God's love for you as shared in this joyful community of faith.



Keep smiling and wearing your name tags as you INVITE, WELCOME, and CONNECT all to St. Patrick's.



Spiritually Speaking

The Mindful Gift of Seeing

"Although many of us, under the ceaseless bombardment of photographic and electronic imagery that we experience daily, have lost the gift of seeing, we can learn it anew and learn to retrieve again and again the act of seeing things for the first time, each time we look at them." (Frederick Franck, <u>Zen Seeing</u>, <u>Zen Drawing</u>)

One time I was visiting a new art museum and brought along some friends. I knew how easy it is to get overwhelmed at museums, so I suggested we might slow down and spend some time with **one painting or sculpture**. It's a lovely way to practice being fully present with what's in

front of us, rather than getting caught up in how much we 'should' see or do at this museum. It's the Divine way of seeing, true presence.

These are some tips from Frederick Franck((Zen Seeing, Zen Drawing) when looking at a work of art:

- First, turn off your electronics. As Frederick Franck puts it: "You can look at things while talking or with a radio going full blast, but you can only see when the chatter stops."
- Then choose one image to contemplate. Put yourself in a prayerful mode.
- Sit or stand and look at your chosen image. for at least a full minute.
 - o This is a lot longer than you might think; you'd be surprised how quickly most of us look at a painting, photograph, or sculpture.
 - o If you grow restless, shift your gaze to focus on a different part of the image, or scan slowly from one side of the image to the other. Or very slowly move closer to and farther away from the image.
- Answer the following questions:
 - o What did you first notice about this image?
 - o What else did you notice as you kept looking at it?
 - o What thoughts went through your mind while you were looking at this image?
 - o What feelings or memories (if any) did it bring up for you?
 - Another way to be mindful with "seeing" is to look at something outside your window for a full minute as if it's a painting or photo of a landscape or cityscape.
 - o What colors and patterns do you see?
 - o If you were a painter or photographer, how would you choose to represent this image?
 - o How does the image change when you move slightly forward and backward or take half a step to the right or left?

At the end of your mindful gazing, say this beautiful prayer belonging to Pope Francis (Laudate Si, no.246):

Triune Lord, wonderous community of infinite love,
teach us to contemplate you in the beauty of the universe,
for all things speak of you,
Awaken our praise and thankfulness for every being that you have made.
Give us the grace to feel profoundly joined to everything that is.

St. Patrick's 2023 Women's Retreat



"I would love to live like a river flows, carried by the surprise of its own unfolding." ~ John O'Donohue

A creative and contemplative day retreat for women

From retreat leader and spiritual companion, Christine Hiester

"I am drawn to water metaphors in scripture, poetry, song. Water flows—it breaks down barriers and overruns banks, it erodes and tears apart and follows a downward, sometimes reckless, path. But it also soothes and smooths, and gentles us with its lapping and trickling softness. It quenches thirst, carries us, cleanses us, body and soul, and can be one of our greatest teachers.

On retreat we will explore the river as a spiritual guide, what we can learn, how we can embody its movement and wisdom, how God can invite us to live in and with the flow of love, surrender, and healing. We will trust the day's unfolding, letting the Spirit offer us exactly what we need to be refreshed and restored; we will enjoy nature and community and creative practice."

What to expect:

- -a full day of soul-rest, community, and silence, group spiritual practices and prompts for solo reflection, nourishing food, and gently-tended table discussion
- -plentiful art materials to engage in prayer, with simple and accessible guidance and prompts provided
- -journaling invitations, music, and lots of space to just be

Our guide:

Christine Hiester is an experienced retreat leader whose work flows from her own practice of retreat and her love for God and people. She is a spiritual companion, musician, and self-taught artist and is always seeking ways to be more present to the world through deep listening, long hugs, and the profound simplicity of letting go.

Youth Summer Mission Trip 2023

Thank you for the prayers and support of our mission trip. Join us August 20th for Adult Forum to learn first-hand about our experiences in Asheville, North Carolina. We spent the week of July 9th in a mission immersion program centered around homelessness and food insecurity. Thirteen youth and 4 leaders traveled to First Presbyterian Church for 5 days of work, learning and fellowship. We were joined by 2 other churches for the week.

Activities included working at Black Mountain Home for Children whose mission is to keep



siblings together, working with Homeward Bound whose mission is to provide first housing, Bounty and Soul Warehouse whose mission is to rescue and rehome fresh fruits and vegetables, assisted River Link by removing invasive plant species from the reclaimed river area, cleaning at Woodfin Apartments (owned by Homeward Bound), as well as participated in fellowship and worship at Haywood St. Congregation.



We also participated in an Awareness Walk that took us through downtown Asheville as if we had arrived at the bus stop as a homeless person. In addition, we had nightly formation and St. Pat's group discussions with singing and sharing. Finally, we toured All Souls Cathedral which was built by the Vanderbilt family as a focal point to the Biltmore Village.

Our frog mascot, Patrick, was created by Izzy on the drive down and provided an avenue to celebrate ways that we saw God in each other's actions by passing him on each day. The boys took evening walks each night and

played lots of basketball and Wall Ball. The girls and middle schoolers talked, created tattoos and played games with the other churches.

We all learned something new and challenged some assumptions that we had. Most of all we found God in multiple faces and experiences! Thanks again for your support.



Grief Support Group

The Grief Support gathering will be Monday, August 21, 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.

June Vestry Meeting summary

With a quorum present, the meeting was called to order at 7:04pm. Opening prayer was led by Lynette Palmer followed by a short discussion of the first chapter in the book Vital Christian Community.

Father Jason presented the rectors report of Baptisms and the Bishop's visit. In the discussion time after the report Fr. Jason updated the vestry on the timetable of the Bishop candidate's meet and greet events and the offering of St. Patrick's as one of the sites. The date of the meet and greet at our church is September 15th. The vestry received some information on the Curate program that the Diocese has used in the past. More information about the program will be forthcoming from the Diocese over the next few months.

St. Patrick's was approached by a home school group seeking the use of a portion of the building and grounds one day a week. The areas that would be used are the kitchen, Smith Hall, bathrooms, and yard. Some questions were raised and now are waiting for answers from the group before deciding. This led to a discussion on the Church rental policy with input on proposed edits.

The senior warden, with a group of others, are looking at updating the church's bylaws. The proposed changes were presented to the vestry and discussion was held on the changes. Additional concerns were raised, and suggestions were given on verbiage. These concerns will be addressed, and the bylaw changes will be brought back to the vestry at a future meeting. Ed also reported that the boy scout troop is working with the city of Dublin for the placement of an equipment storage shed.

Our junior warden reported that the repairs to the drains in the parking lots have been completed and we are still waiting on bids for further repairs to the parking lots. The Diocese has received our application to be included in a program funded by the Diocese to have a professional Facility Condition Assessment done on our property. This will help us in planning and maintaining our building. The vestry was also brought up to date on small repairs and projects performed over the last month.

Bill Righter presented the Treasurer's report to the vestry and was approved. He also informed us that the annual audit process has started.

The minutes of the previous meeting were presented and approved.

Closing prayer was said and meeting adjourned at 9:12 p.m.

Blair McGinnis

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

The Rev. Jason Emerson RectorAlex CarterBlair McGinnisEd Yuhas, Senior WardenBill EddyJohn RussoRoy Barker, Junior WardenDick GehmanBen Trotter

Vicky Bratton Beth Landers

Wellness Words

It is time to write the Monthly Newsletter and not a time to get writer's block. Could it be some anxiety creeping up on me when the newsletter deadline is the 15th and my vacation starts on the 9th? I need to find some Wellness Skills. Pronto. It is time to check out the component parts of the Wellness Continuum posted by the wellness bulletin board in the parish hall. The Wellness side on the diagram says Awareness, Education, Growth. Yes, I am definitely aware of the deadline. Education and Growth still on the to do list.

After a few feeble attempts at beginning to write, I decided to review my newsletter file and look for inspiration in the papers I save there. I hit pay dirt. This month I will rely on the help of others-Social Support.

"Six Little Stories"

- 1. Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one child came with an umbrella. That's **FAITH.**
- 2. When you playfully throw babies in the air, they laugh because they know you will catch them. That's **TRUST.**
- 3. Every night we go to bed without any assurance of being alive in the morning, but still we set an alarm clock. That's **HOPE**.
- 4. We plan big things for tomorrow despite zero knowledge of the future. That's **CONFIDENCE**.
- 5. We see the world suffering, but still, we get married and have children. That's **LOVE**.
- 6. On an old man's shirt was written a sentence, "I am not 80 years old; I am sweet 16 with 64 years of experience." That's **AT-TITUDE.**

Have a happy day and live your life like these six stories.

When I was a child, I thought nap time was a punishment. Now I see it as a treat. (Author unknown)

Layman's Ten Commandments

- 1. Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout the journey.
- 2. So why is a car's WINDSHIELD so large and the rear-view mirror so small? Because our PAST is not as important as our Future. So, look ahead and move on.
- 3. Friendship is like a BOOK. It takes a few minutes to burn, but it takes years to write.
- 4. All things in life are temporary. If they're going well, enjoy them....they will not last forever. If they are going wrong, don't worry...they can't last forever either.
- 5. Old Friends are Gold. New Friends are Diamond. If you get a diamond, don't forget the Gold. Because to hold a diamond, you need a base of Gold.
- 6. Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, friend, it's just a bend in the road and not the end."
- 7. When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems, HE has faith in yours.
- 8. A blind person asked St. Anthony: Can there be anything worse than losing your eyesight? He replied., "Yes, losing your vision."
- 9. When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.
- 10. WORRYING does not take away tomorrow's TROUBLES....it takes away today's PEACE. (Author unknown) I hope you enjoyed these words as much as I did rereading them. The article is now written and ready to be

attached to an email. Knowing a newsletter deadline and a three-year Covid cancelled trip are compatible is a relief. I hope some of the Wellness suggestions provided –Stress Management, Self-Care, and Social Support, brought you food for thought. Lissa and I wish all of you continued Education, Awareness, and Growth as we incorporate more wellness concepts into our lives. ~Rose Walker

We have been blessed, again, with a wonderful, Spirit-filled Vacation Bible School week. This year's theme was, Hero Hotline: Called Together to Serve God based on Romans 14:19 "So let's strive for the things that bring peace and the things that build each other up." This verse reminds us that God calls us to be a part of a community—working to bring peace to the world is something that we are all called to do together. At Hero Hotline, everyone's gifts are valued, and each Hero has a role to play. We are so blessed to be able to show the campers and crew that we are supported by an entire parish of our church family who is praying for us, donating to our ministry, and volunteering their time and effort to make this an amazing week! Jessica Randolph, this year's Donation Chair, writes, "Thank you to all who provided a donation to VBS. Your generosity makes this week possible! Thank you Judy Hale, Becci Shields, Ann Semans, Gregg Mambourg, Tawnya Lewis, Molly Carty, Michelle Fox, Steve & Jane Keeran, Fran & John Montgomery, Amy O'Neill, Lynette Palmer, Lissa Barker, Anna, the Eddy family, Glenna Butler, Sarah & Robert Behrens, Erin Zelinski-Righter, Rosemarie Deschler, Vicky Bratton, Terrie Clark, Emily LaMonica, and Kim Machesky."



We were supported by an amazing crew! Amy Bethune, Crew Liaison, writes, "Our family is relatively new to St. Patrick's, and I'll admit I was a little surprised when Annika asked me to serve on the VBS planning team! I had been hoping to get more involved and this sounded like a great opportunity. Serving with VBS has been a great way to connect with others in the core group and acting as the liaison between the core group and our adult and youth volunteers has allowed me to meet so many people. I'm grateful to have been invited (thanks, Annika!) and to be part of this creative, dedicated, hard-working core team!"

Thank you to our are crew: Liz Mason, Bentley Espenschied, Isaac Emerson, Paisley Es-



sex, Jonathan Osenga, Rowan Bethune, Joe Machesky, Graham Bethune, Emily DeAngelo, Ben Fox, Michael Pittsenbarger, Evelina O'Neill, Claire Haney, Maddison Pittsenbarger, Dan O'Neill, Broder Russo, Jodie Emerson, John Brian Russo, Lindsey Peterson, Liz Gunthorp, Denise Haney, Fran Montgomery, Vicky Bratton, Ryan DeAngelo, Karen Mason, Amy Bethune, Sarah Halcrow, Kim DeAngelo, Judy Hale, Terrie Clark, Heather Stottmann, Dick Gehman, Becky Stains, Becci Shields, Val Pittsenbarger, Susan Jones, Doug Langenfeld

Heroes received an assignment each day by the Professor and Super Meer to help solve a problem that other Heroes in the community are facing. Heroes spent the morning exploring the files in the database of the Hotline to discover how Heroes can work together to bring peace. Campers rotated through Craft Cove (crafts), The Lab (science), Inspiration & Perspiration Station (Bible story telling/drama & music/movement), Training Center (games), and Power Up (snacks). All activities were designed by our crew to demonstrate that to the campers that God's word is relevant everywhere—especially in our fun and games!

We tripled our campers this year due to, in part, amazing marketing and advertising from our PR Director, Kim Machesky. She writes, "It has been my pleasure to serve on the VBS ministry these past few months. It was so rewarding to work with such dedicated people on the planning team; it truly was a team effort. I am particularly grateful to Amy O'Neill and Annika Russo for their guidance and assistance as I navigated through my first VBS experience and to Fr. Jason and Tasia Sicker for creating an amazing promotional video. You all are my superheroes!" VBS was so fortunate to recruit an almost entirely-new group to serve on the Core Team: Amy Bethune, Terrie Clark, Emily LaMonica, Kim Machesky, Karen Mason, Jessica Randolph, and Tasia Sicker. This VBS would never have been so successful had it not been for the efforts, ideas, and ethics of these fabulous humans. I am so grateful!

This year, the Youth Crew decided to lift up Earth Heroes for their service project. We invited Danielle Vogel from the Procter Center to teach us all about supporting native habitats. We planted a pollinator garden to support native insects, planted native trees to support native birds' nesting, and certified our St. Patrick's grounds as a National Wildlife Federation Habitat. The Youth Crew inspired the campers to be Earth Heroes, too, by challenging them to be the Earth Heroes of their family and help their household make small changes to make a big impact. The campers collected change and took home pollinator garden seed paper to plant their own pollinator garden. More information to follow on the amazing work the Youth Crew and campers did on their "Mission Possible!"

Please check out our St. Patrick's Facebook page and next month's Breastplate to see more pictures and get more updates about VBS 2023. Save the date for VBS 2024—July 15-19!! ~ Annika Russo

Youth Grou



Procter Wednesday Mission

Youth June Wednesday Missions During Wednesdays in June, the youth r

During Wednesdays in June, the youth participated with the Columbus deanery in local mission work. We started by doing yard work for seniors in Upper Arlington and visiting the Red Line exhibit at the UA library. This exhibit detailed how red lining impacted marginalized communities and the impact that it still has today. The next week, we worked at The Catique to organize and clean their resale store before going to Cat Welfare to play and socialize the cats they

have there. Finally, we traveled to Procter Camp and Conference Center to join the HS camp for activities, fellowship and volunteering in the greenhouse. We plan to continue to meet as a deanery at least twice a year as we did last year.



Cat Welfare Resale Store

Celebrating August Birthdays

Cindy Adair Kellan Behrens Rowan Bethune Wesley Boettcher Hal Bradley Catherine Bratton Bob Burnard Audrey Cline Brittany Cray Charlie Darrah McKayla de Bear Kim DeAngelo Jessica Ebner Michael Ebner Brenda Eddy Jackie Faulkenberry Ian Foley-Orosz Dick Gehman John Hallermann

Claire Haney

John Hilt

Everett Hoseus Glenda Johnson Wolf Lant Val Lawrensen Teri Leitwein Matt Lewis Patrick McFalls Colette Miller Michele Miller Viola Miller Jim Noteman Hayden Rapp len Richert Sommer Rogowski Neal Seaborn Quinn Seaborn Michael Stephens Olivia Turner Marion Were John Wood

IN MEMORIAM

Marlene Kidwell (Cindy Doan's mother)



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

Celebrating August Anniversaries

John & Laura Barna
David & Luanne Beebe
Pat & Paulette Borges
Hal & Mary Bradley
Bob & Glenna Butler
Mike & Nicole de Bear
Michael & Jessica Ebner
Roger & Jackie Faulkenberry
Michael & Charlotte Guastella
Frank & Jonie Gyorkey
Scott & Sarah Immell
Nancy & Larry Lab
Mat & Emily LaMonica
Wolf & Susan Lant

Randy & Theresa Leite
Ted & Kathryn Scheid
Tom & Ann Semans
Rick & Tasia Sicker
Heather & Rolf Stottmann
Ray & April Turner
Lon & Marke Vickers
Caroline Wagner & Dennis
McIntosh
Bernadette & Jim Westman
Steven & Lynn Whitman
John & Susan Wood
Larry Zalewski & Ann Bradway



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A Joyful Community of Faith

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