



# The Breastplate

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# The Breastplate

The Newsletter of St. Patrick's Episcopal Church

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## Annual Meeting & Chili Cook-Off

2024 February 11th,  
11:00 AM



Come for the  
chili...stay for  
the rally!

## St. Patrick's Shrove Tuesday Pancake Supper - Feb 13

**ALL** the men of St. Patrick's are invited to help with the traditional Shrove Tuesday dinner on Tuesday, February 13.

The men will prep, cook, and serve the traditional Shrove Tuesday Pancake Supper.

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

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

Thank you!!

### Menu:

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

Join us and bring your neighbors, friends and family!



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7121 Muirfield Drive  
Dublin, OH 43017  
Tel: 614-766-2664  
Fax: 614-766-4490  
Email: [church@pats-dublin.org](mailto:church@pats-dublin.org)  
Website:

[www.pats-dublin.org](http://www.pats-dublin.org)

Facebook:

St. Patrick's Episcopal  
Dublin Ohio

**The Rev. Dr. Jason Emerson,**

Rector

Cell phone: 402-657-0867

[rector@pats-dublin.org](mailto:rector@pats-dublin.org)

**Sarah Immell, Editor**

Articles and other items for the *Breastplate* should be submitted to:

**Kati Glover**

[communications@pats-dublin.org](mailto:communications@pats-dublin.org)

And

**Amy O'Neill**

[administrator@pats-dublin.org](mailto:administrator@pats-dublin.org)

**From the Rector's Desk**

"God brought Abram outside and said, 'Look toward heaven and count the stars, if you are able to count them.' Then God said to Abram, 'So shall your descendants be.' And he believed the Lord; and the Lord reckoned it to him as righteousness." Genesis 15:5-6.

I've been reading the book of Genesis as part of the Good Book Club (an initiative of Forward Movement, [www.goodbookclub.org](http://www.goodbookclub.org)). A major theme of the sagas of the ancestors in Genesis 12-50 is God's promise to the first four generations of matriarchs and patriarchs of the Israelites. The message to later generations is that God's promise still stands. Walter Brueggemann says the theological statement made by these stories is that God is a promise making and promise fulfilling God.

Sometimes it can hard to see God at work making and fulfilling the promise. From the world around us to our personal struggles, we are prone to focus on the negative. For a long time I thought any given period of time was either all good all bad. Turns out the seasons of life often contain joy and challenge simultaneously. Beyond that, I am even starting to learn that God is at work not just in the joyous, wonderful, grace-filled blessing, but also, maybe even more so in the challenges.

We've had a lot of joyous, grace-filled moments over the last year, and many challenges as well. I doubt that I'm going too far out on a limb to say that 2024 will include moments of great joy and challenge. The practice of faith is to trust that the promising giving, promise fulfilling God of the ancient Israelites is still making and fulfilling the promise. The practice of faith is trusting that God has given us God's word in the incarnation. Jesus is present still in the Eucharist, in the body of Christ gathered for worship and dispersed in ministry. And most definitely the practice of faith is believing, trusting, knowing deep in our bones that the Holy Spirit is up to something.

As we walk forward into an early Lent (Ash Wednesday is Feb. 14th, "Happy Valentines Day, here are some ashes") let us walk with faith alongside Jesus in the journey through death to the resurrection. Let us be faithful and persistent, trusting and consistent in our worship, our prayer, our praise, and service to God through this parcel of God's Kingdom known as St. Patrick's.

God's Peace,



The Episcopal  
Church Welcomes  
You.

Father Jason Emerson †

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

The Rev. Jason Emerson Rector

Alex Carter

Blaire McGinnis

Ed Yuhas, Senior Warden

Bill Eddy

Lynette Palmer

Roy Barker, Junior Warden

Dick Gehman

John Russo

Vicky Bratton

Beth Landers

Ben Trotter

# The Breastplate

## Spiritually Speaking

I've just finished reading an Opinion piece in the New York Times about scientific research being done on uncertainty. (NYT 13 Jan. "Uncertain: The Wisdom and Wonder of Being Unsure.") Indeed, our lives have been inundated with uncertainty since the pandemic. We are dealing with crises on so many fronts, climate uncertainty, political rancor, wars, fake news; the list multiplies daily. Organized religion is in crisis mode. This on top of Ohio's grey winter weather! How can we feel secure amidst this turmoil? I deal with these anxieties almost every day in my Spiritual Direction practice as these issues combine and affect people's lives very negatively. To state the obvious, we hate uncertainty!

How can we cope, how can we change our thinking patterns to see uncertainty as a benefit, to lean into it as a positive? Scientists, artists, carpenters, parents, problem-solvers of all stripes, have ways to live and adapt to change and see uncertainty as a necessity to learning. By introducing small amounts of uncertainty into our lives, we can help ourselves build resilience into our thinking patterns. Dr K.J. Han from the National Cancer Institute says it's all about "resetting our expectations about what knowledge is and developing a culture of uncertainty tolerance." We really do admire open-mindedness, flexibility, and curiosity. We live in a society that values stability and consistency, leading us to succumb to black-and-white thinking. This is good, that is bad, both enemies of uncertainty. A more productive way to approach this is to learn "both/and" thinking. I can feel both stable and uncertain at the same time.

The other day it was raining, very grey, and I wasn't feeling well. As an older person, I wasn't adapting well, and I began to feel truly depressed. Life really is inherently unpredictable and flawed after all. Our faith is a stabilizer, our love of others is a stabilizer, prayer is a stabilizer, and I had one more resource hidden away.... I immediately launched into creativity mode, making something, fixing something, drawing something. It worked! I forgot about the grey, thought newly awakened thoughts, and finally solved a problem in a painting I had struggled with. It felt good.

Jesus lived in uncertainty, he thrived in problem-solving, helping others, he broke rules to seek a wider, more open, perspective. We might learn something from his actions. ~Lisa Palchick



## Saturday Knitting Circle

The hats, mittens and scarves knitted by our parish community for Freedom (see picture) and for the children of Daniel Wright School in Dublin were warmly welcomed. I smile every time I think of a child or the ladies from Freedom in one of the colorful hats you made, fingers tucked into mittens or perhaps a scarf wrapped around their neck!

It's time to look toward the Winter of 2024-25 when, once more, we will have another opportunity to make a difference. Both Freedom and Daniel Wright elementary have indicated that their need for cold weather gear is always present. Our "HAT BASKET" is located in the hallway, just waiting to once again be filled! So, grab a skein of yarn, some needles or a hook and join us for another year of our Makers Ministry.

We will no longer be meeting in person on the Second Saturday. However, if you want to learn to knit or crochet, update your skills, need patterns, etc. contact [Deanna Douglass](#).







Join us on Wednesday, **February 14th**  
for Ash Wednesday services.

This year we will offer in-person service at  
7:00am, noon, and 7:00pm.

Please join us!

## Boy Scouts

On February 4th, the Troop will hold its Chartering Ceremony in Smith Hall following the 9:30 service. All are invited and welcome to attend. The Troop will be presented with the new Charter and a new Troop flag recognizing its affiliation with St. Patrick's. A reception will follow.

*Jim Bratton*



## January's Vestry Meeting Summary

On Wednesday January 10<sup>th</sup> with a quorum present the regularly scheduled meeting of the vestry was called to order at 7pm by Fr. Jason. Ed Yuhas led the opening prayer. Fr. Jason presented his report recapping the events of December and Christmas week services. Attendance for the Christmas services was up by almost 12 percent.

Ed Yuhas presented the Sr. Warden's report and updated the vestry on the Endowment committee's plan to make a presentation to the congregation in the future as well as a short one at the annual meeting. Roy Barker presented the Jr. Warden's report. In the report was a brief overview of the meeting with the representative of the Diocese about being included in the possible program of solar panels for churches.

The meeting was then opened to discussion items. Seeing that the regularly scheduled Vestry meeting falls on Ash Wednesday and the annual meeting was the previous Sunday, it was decided that there would be no Vestry meeting in February. Procedures for voting at the annual meeting were discussed. Options for members to be able to vote if out of town, early service attendees, and those not able to attend were approved.

Approval on the Application for Ordination for Katherine Meeks was given by the Vestry and the paperwork was completed. An application for funding grant was submitted to the Vestry by the CATCH/Freedom ministry. Approval was given for the grant. The 2024 Budget was presented to and approved by the Vestry for the annual meeting.

The treasurer's report was presented. The December revenue was \$22,200 over budget. The year-to-date revenue finished at \$47,400 under budget. Expenses for December were \$2,500 under budget. Year to date expenses finished 30,900 under budget. The report was approved by the Vestry.

The minutes of the last meeting were approved and the meeting was adjourned at 8:55 pm.

*~Blair McGinnis*

# For the Benefit of Habitat for Humanity

# FISH FRY DINNER

A Dinner with Friends Ministry

15<sup>th</sup> Annual

## FUNDRAISER

Proceeds Benefit  
Habitat for  
Humanity

MENU: Fried or Broiled Fish, Mac & Cheese, French Fries, Tater Tots, 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 43017†

## THREE FISH FRY EVENTS!!!



## Mar 1<sup>st</sup>, Mar 8<sup>th</sup>, and Mar 15<sup>th</sup>

**\$11.00 per person**

**YES... EACH ON *FRIDAY*!!!**

**6 pm to 7:30 pm**

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

Contact information:

Bill Eddy

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

614-433-0925

New Volunteers please

RSVP by FEB 25th.

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 43017



EAT FISH!



## Save the Date! Spring Garage Sale

**It's time to start saving your treasures** to donate for our Spring Garage Sale! The Spring Sale will be May 3-4, with donation drop-offs from April 27-29. We will be needing many volunteers from April 27 - May 4, as well. So please check your calendars and consider marking off time to volunteer that week! Looking forward to another great sale!

## Grief Support

The Grief Support gathering will be Monday, February 19, 2024, at **6:30pm 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. Also contact [Becky](#) if you would like transportation to our gathering. And note: if Dublin schools are closed due to inclement weather, we will not meet. Please contact Angel Cinco or Becky Stains with questions.

## Wellness Words

### **DON'T FORGET TO GET YOUR FLU AND COVID SHOTS!!!!**

Happy February- It's the season of hearts and flowers, the season of learning more and celebrating the contributions and cultures of our African American communities, and the season of Lent. Frequently, it's also the season of trashed New Year's resolutions and some self-frustration. Like many of us, Lissa has experienced this. Exercise and drinking enough water were two major stumbling blocks for her. The resolution to get better lasted about two weeks. The "solution" was to not make any more resolutions- not helpful!

The Living Compass program is one that has been supportive in structuring a successful method for personal change. It can really help with making those resolutions become foundations for healthy change (not the one about not making any). Here are the four suggestions that Scott and Holly Stoner, the founders of the Living Compass, have shared about the process.

Holly Stoner recommends that the first step is to ENGAGE. That means that it is essential to decide what it is you need to discern. She says it's like tending a garden. If you have those places that are working well, then it's best to look at the places that need some extra love and attention for them to flourish. It's best to engage in say, health practices, or maybe interpersonal relationships. Engage in that area that needs some "weeding and tending".

The second step is FOCUS. In this step, you are looking at that "garden" and focusing on the core of the area that is producing the "weeds." This takes introspection. Lissa finds it helpful to journal about it. A journal is a private space that allows freedom of expression- it's not shared until and only if you are OK sharing it. Reading what you wrote often produces insights- sort of like finding out what is eating at the roots of the plants in the garden.

The third step is EVOKE. What inspires me about his change? What is it that gives me positive feelings about the results of the change? What brings forth the inner power to stick to the process? Here's another great place for writing in the journal. Let it flow. Write and then read it later. No judgement, just honest reflection. Evoking your inner strength can bring surprising dedication to the resolution and make it authentic.

The fourth step is PLAN. Do something concrete. Set a date for implementation. Set a location for the action. Put it on the calendar. Make it DOABLE. An important thing to remember about making resolutions that "stick" is that this is NOT a linear process. It's a journey that sometimes requires you to back up or take a rest and contemplate where you are in the process. So, as Holly says, "plan for turbulence" and then don't let it sabotage the process. Plan for support- engage friends or family in the process. Set alarms on your phone to remind you that "now is the time." Keep track of your progress. Become friends with your journal.

Remember the bumper sticker that says, "If you do not change direction, you will end up where you are heading." A good mantra for the journey toward wellness.

Peace and Wellness, ~Lissa and Rose



### Notice of Proposed Changes to By-Laws

Periodically, healthy congregations intentionally review their by-laws. Over time, through changes in leadership (including clergy, staff, and lay), culture, norms, etc., it is likely there will be some drift in behavior from what was originally written and intended in the by-laws. Note, the last time a revision to the document was made was in February, 2021, where the congregation voted in favor to add an online option to the Annual Meeting.

Earlier this year, our by-law document was reviewed in its entirety by Joe Dehner, Legal Counsel for the Diocese. Additionally, the Vestry studied the document and recommended changes to four clauses—all surrounding lay leadership. At the August meeting, the Vestry voted unanimously to propose these changes be placed in front of the congregation for adoption at the February, 2024 Annual Meeting. For these to be adopted, it will require two-thirds of the congregation at the Annual Meeting to vote in their favor.

By-law	Present By-law	Proposed By-law	Rationale for Change
Article V; Section 1	The wardens shall be elected for terms of three years from nominees submitted by the Nominating Committee.	The Rector chooses the Sr. and Jr. Wardens, and they are confirmed by the Vestry by majority vote.	The proposed method of the Rector choosing his/her wardens has been the standard practice at St. Patrick's for several years. The Rector should choose whom he/she feels the most comfortable with given the time and commitment involved. Adding Vestry approval validates the rector's choice.
Article V; Section 7	Nominations for Vestry from the floor of the annual meeting: Any nomination made from the floor must be accompanied by a written statement of support of the nomination signed by at least five members of the congregation, as such are defined in the canons, and written consent of the nominee.	Nominations from the floor shall be considered as "write in candidates" appearing on the ballot acknowledging a "write in candidate" counts as a vote.	With a hybrid Annual Meeting, the current standard to accept nominations from the floor is cumbersome. Have a "write in candidate" option accomplishes the same goal.
Article V; Section 1	Paid employees of the parish are not eligible for membership on the Vestry	Add: Relatives of paid employees of the parish are not eligible for membership on the Vestry	Prevents potential conflicts of interest.
Article VIII	The Vestry shall elect a Treasurer of the Vestry and Board of Trustees, whose duties shall be those under the Canons of the Diocese of Southern Ohio.	Add a term limit of three years to his role.	There is no term limit today. Given the sensitive nature of this role, a term limit, similar to that of the Wardens and Vestry is recommended.

Below is a summary table of what is proposed and the rationale behind it.

It is the Vestry's intention to have these voted upon at the Annual Meeting and results announced that day. Ballots will be available in the narthex that morning for anyone in attendance but not staying for the annual meeting. You can vote absentee until Friday, February 9th. If an absentee ballot is needed, please contact the church office by phone or email by January 31, 2024 and one will be mailed to you. After that, we cannot guarantee the mail will get your ballot returned in time. Please see the vestry candidate profiles in the [January Breastplate](#) or in the Parish Hall on the bulletin board. Convention delegate profiles are also posted in the Parish Hall.

If you have any questions, or need clarification, please feel free to ask Fr. Jason, me, or another member of Vestry.

*Ed Yubas, Senior Warden*



# Shrove Tuesday Pancake Dinner



*Please contact Peter O'Neill if you will be available during the day to help Prep. Everyone is welcome to show up at 4:00 or as soon as you can to help with the cooking and serving.*

**The men hard at work in 2023!**



## **What a glorious end to the Christmas Season with our Annual Epiphany Pageant!**







**PROCTER**  
SUMMER CAMP

**2024**

**JUNE 9-14** | **SR HIGH CAMP**  
COMPLETED 9TH-12TH GRADE

**JULY 18-20** | **CHOOSE-UR-OWN-ADVENTURE**  
ALL ADULT AGES CAMP SESSION

**JUNE 16-19** | **MIDDLER CAMP**  
COMPLETED 4TH-5TH GRADE

**JULY 21-25** | **CONSERVATION CAMP**  
AGES 12-16

**JUNE 20-22** | **FAMILY CAMP 1**  
MOST FUN FOR KIDS 0-11

**JULY 30 - AUG 2** | **FAMILY CAMP 2**  
MOST FUN FOR KIDS 12 AND UP

**JULY 7-12** | **JR HIGH CAMP**  
COMPLETED 6TH-8TH GRADE

**AUG 4-7** | **PRIMARY CAMP**  
COMPLETED 1ST-3RD GRADE

**JULY 14-16** | **CAMP LAUNCH**  
GRADUATED SENIORS

**AUG 8-11** | **SILVER & GOLD CAMP**  
SENIOR ADULT AND YOUNG ADULT CAMPS

**END OF CAMP CELEBRATION AUG 10**

REGISTRATION COMING SOON

# Youth Group

In December, the Youth Group made ornaments for the women working and gaining work experience at Freedom a la Carte, learned and visited with St. Nicholas, had an Ugly Christmas Sweater contest and white elephant gift exchange. In January, we learned more about Epiphany and how different countries celebrate then played sardines and had a Twelfth Night Party. We also learned about the Way of Love - Worship practice by making communion bread (to be used at an upcoming service), creating and sharing our images of God, and learning the Order of Worship and the importance of each component.

**Soup-er Bowl Sale** to benefit Youth Missions. The Youth will again be offering soup for sale and pick up Annual Meeting/Super Bowl Sunday February 11th. Types will be: Pepper & Sausage, Roasted Vegetable, Loaded Potato and Reuben Soups. Cost will be \$8 for a pint and \$12 for a quart. Order via <https://www.signupgenius.com/go/5080F4DADA62AA31-46885596-souper#/> or sign up on the sheet in the Narthex.



**February Calendar: time 5 - 7:30 pm unless otherwise noted:**

- February 4th - Way of Love - Bless
- February 10th - Soup Making 11am - 2 pm
- February 11th - Mansfield Prison Museum trip @ noon (No Evening Meeting)
- February 16th - Diocesan Youth Event 7- 9 pm @ Trinity downtown
- February 17th - Bishop Elect White's consecration
- February 18th - Lent & Ordination Stations
- February 25th - Christian Response to the Death Penalty / Prison Reform

## Celebrating February Birthdays

- |                    |                  |                       |
|--------------------|------------------|-----------------------|
| Roy Barker         | Courage Gorski   | Cory Richard          |
| Pat Borges         | Stan Gorski      | Joe Ross              |
| Tim Carty          | Kathleen Graff   | Louise Rucker         |
| Terrie Clark       | Craig Hallermann | Leilah Sarvis         |
| Izzy Cook          | Dan Hull         | Ann Semans            |
| Robbie Cook        | Charlotte Jones  | Layne Smith           |
| Preston Dineen     | Annie LaMonica   | Jane Switzer          |
| Tom Doan           | Joe Leach        | Laura Thomson         |
| Randy Edwards      | Maria Leach      | Lon Vickers           |
| Jane Eigenmann     | Claire McCarthy  | Marke Vickers         |
| Ben Fox            | Nancy McDowell   | Elyse Yehsakul        |
| David Freas        | Deby McGinnis    | Erin Zelinski-Righter |
| Kathleen Frederick | Dennis McIntosh  |                       |
| Ron Gleason        | Amy O'Neill      |                       |







**St. Patrick's  
Episcopal Church**

7121 Muirfield Drive

Dublin, OH 43017

Tel: 614-766-2664

Fax: 614-766-4490

**A Joyful Community of Faith**

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