



THE BREASTPLATE

The Newsletter of Saint Patrick's Episcopal Church

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SAINT PATRICK'S
YOUTH SUNDAY
APRIL 21ST

Youth are the energy of a nation, and the future of a country. Join the youth of St. Patrick's for Youth Sunday, April 21st, for worship, and to hear sermons from a few of our young adults.



You are invited!

We are co-hosting with TASO (the Turkish American Society of Ohio) an Iftar dinner on April 6th. An Iftar Dinner is the traditional breaking of the daily fast in the season of Ramadan for Muslims. So come around sundown on April 6th and enjoy some fantastic Turkish food, learn about the meaning of prayer and meditation in both Christianity and Islam, and grow in fellowship with our interfaith partners.



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After Easter, What's Next?

Easter is a joyous celebration that marks the resurrection of Jesus Christ and the triumph of life over death. But when the Easter Eggs are put away, the baskets emptied, and the outfits become laundry, what then? When the Alleluias have been shouted, sung, and proclaimed, when the choir and the brass are silent, and the last sermon preached, what do we do then?

There's an ancient Buddhist saying, "Before enlightenment, chop wood. After enlightenment, chop wood." The meaning for Buddhists is a call to be in the moment, to deal with the task at hand. For Christians a similar call rests upon us in the season of Easter. See, in the season of Lent we prayed, worshiped, served, gave, and fasted. The execution of these faith practices was not to earn something. While we were preparing for it, Easter is not graduation. Rather Lent is an intense time, a special grace, where our practice keeps us fit for discipleship year round. It's kind of like how Spring Training gets MLB players ready for the regular season. So after Easter we are called to put that preparation into action so that we can be Easter people year round. Here are some suggestions for how to practice Easter going forward:

- **Reflect on the Easter message.** Take some time to reflect on the significance of Jesus' life, death, and resurrection. What does it mean for your life and faith?
- **Practice gratitude.** Be grateful for the gift of salvation and the many blessings in your life. Express gratitude to God and to others.
- **Serve others.** One of the best ways to honor Easter is to serve others. Volunteer your time to a local charity or soup kitchen, or simply do something kind for someone in need.
- **Continue your spiritual journey.** Easter is a reminder of our spiritual journey. Continue to grow in your faith by reading the Bible, prayer, worship, service to others, and giving.
- **Celebrate new beginnings.** Easter is a time of new beginnings. Use this time to reflect on your goals and aspirations. Set new goals and make a plan to achieve them.
- **Be creative.** There are as many ways to practice Easter as there are people. So, if you seek the new life that is found in Jesus and share it with others you are practicing Easter.

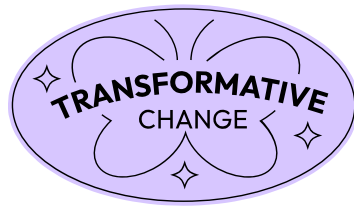
Oh, and don't forget to start preparing for Pentecost when the Holy Spirit will set the church on fire.

God's Peace,
Father Jason+

Grief Support

The Grief Support gathering will be Monday, April 15, 2024, 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 Stains know you want to Zoom and she will send the link. Also contact Becky if you would like transportation to our gathering. Please 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



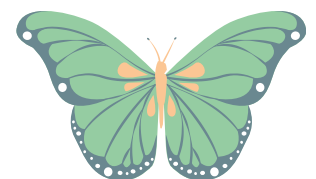
It may seem as if the image of Spring and rebirth is something that we hear about a great deal at this time of the year. Perhaps it is because seeing those little shoots poke through the garden soil is an affirmation of how God provides beauty even in the midst of gloom. There's even the yearly decision of trying to figure out how many shoots to share with the hungry critters from the forest and how many to keep for us. Lissa says, "Ok, some hostas, no tulips". It doesn't always work 😊.

This past Lent, there was an emphasis on forgiveness in the Spiritual Compass and on the role of anger in Richard Rohr's meditations. That got Lissa thinking about the role of strong emotions in the physiology of the body. In an interesting article written for providers, the topic was how anger and depression affect other medical conditions. The studies that were cited indicated that there was a direct connection between chronic anger, depression, denial, and chronic anxiety on the ability of a person to effectively live with hypertension, diabetes, chronic kidney disease, decreased immune function, and cardiac disease. All of these are what are called "noncommunicable conditions" meaning that they are not caused by a virus or bacteria. These are conditions that require the person and the provider to work together to manage. In yet another citation, the role of the patient in *decreasing* chronic anger and feelings of doom and frustration was paramount to the success of treatment.



Happy Spring!

Lissa Barker & Rose Walker



The Breastplate

The Mayo Clinic, in their wellness publication, suggests that taking active steps to control depression, anger, and frustration are essential to diminishing the complications of chronic conditions. This indicates that each of us has the ability to make the decision to feel better and decrease the harmful effects of these situations. We can do this with help. Mayo suggests reaching out to friends, avoiding situations you know will make the anger bubble up, and getting professional help if the feelings persist. Another parallel action is to use the anger productively and join an activity that will help you feel as if you are doing something positive. St. Patrick's is rich in opportunities to make a positive difference in our part of the world and beyond. Check out the Ministry Opportunities and get active!

Forgiveness is really difficult, but essential for well-being. Jesus reminds us to do some introspection and work on our forgiveness skills before we go condemning others. Lissa has a quote that hangs up on her desk at eye level that says, "The Spirit is alive and well, working in and through each and every situation for our good and the glory of God". She repeats that often during frustrating times [like watching the news] and in good times that bring to mind the beauty and power of God. This especially happens when walking in the woods and seeing the new buds on the trees, the flowering of the tulips, the hostas that the deer share with her, and generally being aware that Spring is renewal and a reminder that we are blessed to be part of God's creation. Lissa's blood pressure is lower and her heart beats stronger when she remembers that quote. Rose and Lissa invite you to join in that feeling of forgiveness and renewal.

**“I will speak to you in parables and reveal to you things hidden since the foundation of the world.”
Psalm 78:2, quoted in Matthew 13.35.**

In our society we have created a terrible dualism between the spiritual and non-spiritual. This is a lie; even Jesus said it was a lie [Ephesians 2:11-20]. Remember when we talked about “both/and”? In a dualistic world—a black and white world, we can believe spiritual and non-spiritual are separated, but in a both/and world we see that matter and spirit dwell together, a paradox. I thought we might look at this today. The quotes are from Richard Rohr’s book, [“Things Hidden; Scripture as Spirituality”, Franciscan Media, 2008,2022.]

When I was an EFM mentor I fell in love with the Old Testament. Reading the Old Testament is in so many ways shocking, and unspiritual!

“Moses, Deborah, Elijah, Paul and Esther, all of whom were...complicit in murdering. David was both an adulterer and a liar; there were rather neurotic prophets like Ezekiel, Obadiah, and Jeremiah, we read an entire history of ridiculously evil Kings and warriors—yet God works with all these very people.”

Here we have the great truth, the paradox, God works with us all!

“One great idea of the Biblical revelation is that God is manifest in the ordinary, the actual, in the daily, in the now, in the concrete incarnations of life. That’s opposed to God holding out for the pure, the spiritual, the right idea or the right anything.”

My life as a Spiritual Director points to a realm of the Holy, which is God is manifest with us, and we can feel it, but the paradox is the Holy dwells in the messy lives of real people. Here it is again, Holy, and messy! In my practice dwell stories of collapsing marriages, shame by an adulterous affair, lies we’ve told and secrets we’ve hid, friends betrayed, jobs lost, death of a loved one, in other words, real life. The real Kingdom of God. My clients tell their stories with the courageous vulnerability that makes them human and Holy. These are ordinary loving people, some are alienated and hurt by the church, others are exhausted clergy seeking answers, some are ill, some lonely, some desperately want a child or a companion in life...the old and the young. Some are wondering what happened to the life they expected to live. All are God’s Beloved and often forever changed by the very encounters they are grappling with, and this is where they find God. This is the pure Grace I am privileged to hear.

“God always and forever comes as one who is totally hidden and yet perfectly revealed in the same moment or event. It is never forced on us and we don’t have to see it if we don’t want to. What I will call non-dual thinking gives us the greatest chance of seeing the epiphany.”

In other words, God comes to all who humbly walk in the courageous way of love and allow the truth to heal their wounded hearts.



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

The Rev. Jason Emerson Rector	Angel Cinco	Blair McGinnis
Ed Yuhas, Senior Warden	Bill Eddy	Lynette Palmer
Roy Barker, Junior Warden	Randy Edwards	Kelsey Sicker
Vicky Bratton	Beth Landers	Ben Trotter

March Vestry Summary

The March Vestry was called to order at 4:10 pm on March 9th right after the Vestry retreat held in Smith Hall. The meeting attendees were Father Jason Emerson, Ed Yuhas (SW), Roy Barker (JW), Lynette Palmer, Bill Eddy, Vicky Bratton, Ben Trotter, Blair McGinnis, Angel Cinco, Randy Edwards, Kelsey Sicker, Bill Righter, the outgoing treasurer, and Mark Hanes. Blair McGinnis gave the opening prayer to start the meeting. Fr Jason gave the rector's report welcoming the newly elected vestry members to their first meeting. The meeting schedule, Prayer and reading rotation was given to the vestry and approved. The tentative date for the vestry summer cookout was set. The tentative date of June 15th was announced for the Ceremony of Ordination for Victoria Lewis and Cathrine Duffy. Written copies of the Sr and Jr Warden's reports along with the treasurer's report and minutes of the last meeting were sent to the vestry earlier in the week. Ed Yuhas in his report commended the outgoing vestry members on the job well done in the tabulation of the voting during the annual meeting and their work while on the vestry. Ed announced the Area Vestry Bootcamp is being held on April 20th at St. Marks Upper Arlington. He hopes that members of the vestry will attend. Roy Barker added to his report a handout to the vestry outlining the additional priority rankings of items that the building assessment report and building committee had identified for future consideration. Fr Jason shared with the vestry a proposal from Club Scikids Columbus for the use of classroom space three weeks of the summer. After discussion, the conclusion was that this could be beneficial to this group and the church. Fr Jason will follow up on the proposal with this group. Mark Hanes was nominated for the position of Treasurer. A motion was made by Fr Jason and seconded by Lynette Palmer. The motion was called for a vote and the vote was unanimous. Bill Eddy was nominated for the position of Endowment Liaison to the Vestry. A motion was made by Fr Jason and seconded by Ben Trotter. The motion was voted on and the result was unanimously approved. The Treasurer's report was explained by the outgoing treasurer Bill Righter. The year-to-date revenue is \$16,700 over budget and the year-to-date expenses are \$2,500 under budget. A motion was made to accept the treasurer's report by Blair McGinnis and seconded by Bill Eddy. The motion passed unanimously. The minutes of the last meeting were presented for additions or corrections. None were presented and a motion to accept the minutes was made by Bill Eddy and seconded by Lynette Palmer. The motion passed unanimously. The meeting was adjourned at 5 pm with a closing prayer.

Blair McGinnis

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 has for the past couple of years. It will be a two-day sale: May 3rd and May 4th. Donations will be accepted from **April 27th – 29th**. Item Pickup [for those who are unable to transport their donated items themselves] will be on Saturday, April 27th.

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.

As always, we will need lots of help for the sale. Sign-up sheets are in Smith Hall starting now on a table to the right as you enter [You may also email **Rick Sicker** 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 email **Charlie Horton** 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 updates and other announcements. Looking forward to a great sale!

Rick Sicker

Nicer weather is "Marching" in! Soon the flower beds and shrubs of our wonderful church will begin to be in bloom. Several areas/little plots are still up for adoption, for anyone willing to invest a few hours each month in their care and upkeep. This could involve any of the following: pulling weeds, clearing out small dead branches/stems, trimming back errant growth on shrubs, planting colorful annuals, deadheading rose bushes...lots of options. Please contact **Cindy Doan** if you'd like more info.



The Columbus Zoo is also helping people care for creation this Earth Day by creating an opportunity for us to recycle. Admission is required but on Monday April 22nd they are accepting alkaline batteries. On the 23rd they are accepting any kind of cell phones, iPods, tablets, smartwatches, GPS units, MP3 players, E-readers, digital cameras and handheld gaming systems. On Wednesday the 24th they are accepting styrofoam. On the 25th they are accepting many types of items on behalf of Accurate IT. To see the list of items accepted go to **click here**. Finally on the 26th they are accepting items for Goodwill. Any time we can repurpose or recycle something, we are taking care of God's creations.

Charlie Horton

Holy Wonder: An Education for Ministry Retreat

Friday, April 26, 2024 5:00 pm-
Sunday, April 28, 2024 11:00 am

The Procter Center

Inquirers, current EfM Participants, Alumni, and Mentors this weekend is for you! Take a break from everyday life and come join in a participatory, immersive experience celebrating holy wonder and awe. We will engage in prayer, worship, reflection, and discussion, while also enjoying free time for gathering, walking, hiking, and quiet. Led by the **Rev. Cameron O'Riley**, Diocesan EfM Coordinator. [Click here to learn more and to register.](#)



PROCTER
SUMMER CAMP

**APPLICATIONS
NOW OPEN**

Counselors, Farm Hands & Kitchen Staff



Apply Now

This summer, don't just have a job. Work at a place booming with loving energy. People who work at Procter Center make lasting friends and memories. Our Camp Counselors are our wonderful hosts of the season for youth and families. They play games, get creative, explore their faith, and live out the loving word of Christ together. Our Farm Hands are our earthly caretakers of the season, learning themselves, while helping others also experience and explore the outdoors in ways that provide justice and kindness for nature and each other. To learn more about these positions just [click here.](#)

Women's Ministry

Life is can be crazy busy and we all give a sigh and mutter, AMEN !!This spring seemed even more so than usual. Sadly, the spring women's retreat was canceled because of all the busyness of people and March in general. Perhaps next year will be better for it, we will see. Next a surprise peek ahead. we have reserved November 2nd for the fall retreat. Mark your calendar now to reserve the day. Sacred Circles are doing well and if you are looking for a close knit group to find fun and loving support you might be looking for one of the several Sacred Circles. Think about it. The evening Sacred Circle meets on the 1st Tuesday of the month at 7:30 at the church or on zoom. They are currently doing a book study on the book "Our One Word" by Martha Johnson Boulakas and are discussing one word a session seeing how a words different meanings can change how we interpret what think of that word and how it affects us. Please contact **Val Pittsenbarger** if this sounds interesting. Two Sacred Circle groups meets on Tuesdays at 1 pm. Sacred Circle 3 meets on the 3rd Tuesday of the month and for more information, you can reach out to **Beth Landers** or **Lissa Barker**. Another one meets on the 4th Tuesday of the month. For more information Please contact **Lisa Palchick**. They are currently beginning to read "The Four Vision Quests of Jesus" by Rev. Steven Charleston. For a group that meets more frequently, the Sunday Sacred Circle meets every other Sunday at 11:30 a.m. on Zoom. If you are interested, contact people are **Kim Nelson** or **Tawnya Lewis**. We also have a "Mature Adult Circle" [I lovingly dubbed it the Silver circle]. This group is open to anyone and meets on the second Thursday at 1:00pm and is led by **Rose Walker**. This group is also doing a book study on "Parish Ministry for Mature Adults" by Richard P Johnson. **Each group welcomes new members any time.**

Troop 299

Troop 299 has been busy these past few weeks. They took part in their annual Winter Klondike event where they went horse back riding in northern Ohio. The weather was cooperative-- while it was cold, it was clear-- and the scouts really enjoyed being on the trail with the horses. Several scouts earned their Polar Bear patch for sleeping out in below freezing temperatures. In addition, the troop had about 20 scouts who went on a weekend campout near Natural Bridge State Park in Kentucky where they went kayaking in an old mine that has been naturally flooded. Despite the cold rainy weather, they had a terrific time and were able to hike to the natural bridge to take in the views. Back at camp the patrols cooked dinner. One patrol cooked fried chicken which was a huge success. The next morning another patrol cooked breakfast tacos before breaking camp and returning home.



C.A.T.C.H –Freedom Ministry

We are pleased to announce that the C.A.T.C.H-Freedom Ministry has been awarded a Grant by the Episcopal Community Ministries of our Diocese for the amount of \$3500.00. This offers us many additional opportunities to support the women of the C.A.T.C.H Court program and the graduate Butterflies. They are so appreciative of our support and we are able to share God's love through our caring! Freedom a la Cart has expanded some of their support programs. They have a new Housing Program to help survivors move into their own apartments. Having a safe place to call home carries great importance for anyone, but it is especially crucial for these individuals. Some survivors haven't had a safe place to call home in years –if ever! Some of our funds will be used to support apartment deposits and start-up utility deposits. We also apply some of our Grant and Vestry funds to help provide the monthly 2nd Thursday Lunch at CATCH Court. Several donations of food items are also donated by our Ministry group members. We also appreciate a donation of \$550 from Peter O'Neill and his crew who held the Shrove Tuesday Pancake Supper. They donated their proceeds to Freedom a la Cart to support services to help pay moving and U- Haul expenses for the women. To become more informed, tune into a Freedom a la Cart Podcast". Each week on "Voices of Freedom" (freedomalacart.org – dropdown under Mission) they chat with "changemakers, survivors, thrivers, and visionaries who are shaping a brighter, more equitable future". There are volunteer opportunities through Freedom a la Cart that include becoming a CATCH Mentor or an Educational Mentor (training provided) and volunteering to assist in the kitchen at Freedom Café along with the survivors who work there. These provide meaningful experiences of support. Don't forget you can support Freedom Café for your special events or business meeting catering needs, or for a personal visit for a delicious breakfast or lunch! If you are interested in finding out more visit freedomalacart.org, or contact **Fran Montgomery** or **Mary Kay Arbogast**. Volunteering not required!

April Birthdays

- | | | | |
|--------------------|------------------|---------------------|------------------|
| Vahagn Azizyan | Amy Collins | Kait Kendall-Sperry | Dan O'Neill |
| John Barna | Bill Cooperrider | Andrew Kennedy | Mollie Phelps |
| Luanne Beebe | Bill Eddy | Maria Kennedy | Lance Rapp |
| Greta Bethune | Meg Edwards | Patrick Kennedy | Jan Redman |
| Phyllis Beuter | Paisley Essex | Henry Kindelin | Tim Redman |
| Danielle Boettcher | Ben Givens | Bonnie LaFleur | Lauren Richard |
| Audrey Brack | Susan Givens | Emily LaMonica | Michele Ruf |
| Karen Carney | Terri Glisson | Beth Landers | Rob Schildknecht |
| Tom Carney | Mike Godsey | Joe Machesky | Rose Walker |
| Chris Cline | Joan Hankins | Fran Montgomery | Laura Weber |
| David Cofer | Sarah Huffman | John Montgomery | |
| Elisha Cofer | Scott Immell | Matt Montgomery | |



April Anniversaries

In Memoriam

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

- John Demel



Adult Forum

Join us in an exploration of Celtic spirituality, an ancient yet newly relevant approach to the Christian faith. We will look together at the treasures of ancient Scottish and Irish wisdom that views the soul, the feminine, the imagination, and the earth as sacred. All living things are seen as being in communion and everything as connected to a loving God.

Our series will end with pictures and stories from congregants who will journey early this Spring to the holy western Scottish Isle of Iona, a cradle of Celtic spirituality. We will meet on Zoom from noon to 1 pm, April 14, 21, 28, and May 5. Let's grow deeper and together in our faith and practices!

What a wonderful potluck and visit with Bishop White. She had this to say about her visit: "The Feast of St. Patrick's at St. Patrick's, afternoon/evening edition: beautiful Holden Evening Prayer and Eucharist at St. Patrick's, Dublin. Fr. Jason Emerson led us in sung Evening Prayer and then I presided at Eucharist. Then we feasted on the most amazing offering of (mostly gluten-free) delicious Irish food! As we ate, I had the chance to meet so many members of this really lovely congregation, some of whom have been here from the start. Afterwards, I was blessed by a chance to talk with the youth group - many of whom served as acolytes at my consecration. They asked questions about the liturgy that day, about my role and life in the church, they shared their own thoughts and experiences...and then we ended our time with more prayer and song. My heart is so very full at the chance to serve with you all, dear people of the Episcopal Diocese of Southern Ohio." Thank you for helping make St. Patrick's the welcoming community we are.

Our Kairos Prison ministry at London Correctional Institution is again back up to a full strength program after the challenges of the last years. We are back to building and strengthening the Christian Community inside the wires. Our next 3 1/2 day Retreat inside the walls is April 25 at 1PM until 6 PM April 28 and we ask for your support as we introduce Jesus to these men and help them make the changes they need. You can support us in 3 ways. First pray. We have a constant prayer vigil going during the weekend. You can sign up on line at [Prayer Vigils](#). Or e-mail [Dick Gehman](#). We also need home baked cookies as a tangible show of support. We prefer 1 dozen chocolate chip in a clear plastic bag. I would like to have the cookies returned to the church by April 18. If you would like to give financial support, checks can be made to Kairos Ohio with LoCI 20 in the memo. Thanks and God Bless.



Kairos Torch

Things are going amazingly well with the Kairos Torch mentoring. After 5 months of mentor and small group training we had our weekend. We are now in mentoring, one on one and in small groups. The groups' focus has been on questions like "What is my purpose?" "How do I imagine my life looking 3, 5, 10, years from now?" "How is God changing me, what impact is this change having on those around me and my family outside the walls, what does stewardship look like for me?" If time is the most valuable thing we have to give, anyone can; give money you can always make more, but time so special that we can't make more of it, how are you using it to bring Glory to God, to help those around you. Thank you Church family for your support. -**Bill Fairweather**



We are all so very blessed. One way to express our thanks is to use our United Thanks Offering boxes. These little blue boxes will be available April 7th through April 28th. Spare change (or bills) can add up when we all contribute. This money helps the church with missions and ministries. St. Patricks has benefitted in the past with kitchen renovations. Thanks for your generosity.

Stephen Ministry

Does the joy of Easter seem far away? For those who have suffered a loss or who are going through a difficult time, Easter can be a time of painful loneliness and emptiness. If you are smiling on the outside but full of pain on the inside, and the joy of Easter seems far away, help is available. Our Stephen Ministers are ready to provide confidential, one-to-one Christian care. They will listen, care, encourage, and pray with and for you. Stephen Ministers have been specially trained to meet your emotional and spiritual needs; male Stephen Ministers are always matched with men, and female Stephen Ministers are matched with women. If you or someone you know is hurting, find out more about Stephen Ministry by talking with our Stephen Leader, Amy O'Neill. Our Stephen Ministers are there to care!

Youth Group has spent much of last month away from St. Patrick's. We have toured the Sri Lakshmi Ganapathi Hindu Temple and the Noor Islamic Cultural Center as part of our interfaith work. We have toured the Mansfield Ohio Reformatory Museum, and spoken with Kairos ministers as part of our Christianity in the Public Square formation. Please pray for our youth and the leaders as we work to discern our place in all these new experiences and learn how to make this world a better place together. All 6th through 12th graders are invited to attend with friends or solo. If you have any questions about Youth Group, contact Angel Cinco, Tawnya Lewis, or Annika Russo.

April 7th - Youth Sunday Prep

April 14th - Deanery Event All Saints Community Garden 1 - 4 pm No evening meeting @ St. Pat's

April 21st - Youth Sunday & Garage Sale Baking

April 28th - Garage Sale Prep

