



Weekly at St. Brendan's

- Sunday:** 10:00 a.m. Worship, via live streaming
https://www.youtube.com/channel/UCkCY2BEJXlqMoVc_nXXG7ew
- Monday:** 8:15 a.m. Daily Morning Prayer, via zoom
<https://us02web.zoom.us/j/4796201105?pwd=bXM5OHJ2UEh4TXhQT1RkZnVrQWNVdz09>
Meeting ID: 479 620 1105 Passcode: 092720
11:00 a.m. Be a Modern Episcopalian, via zoom
Zoom Meeting <https://zoom.us/j/4575423762>
- Tuesday:** 7:00 a.m. AA meeting, via zoom
Dial in: 312-626-6799 Meeting Id:345 892 252
8:00 a.m. Staff meeting, via zoom
Zoom Meeting <https://zoom.us/j/4575423762>
11:00 a.m. Bible Study, via zoom
Zoom Meeting <https://zoom.us/j/4575423762>
4:30 p.m. Book Club discussion, via zoom
Zoom Meeting <https://us02web.zoom.us/j/81484853481>
- Saturday:** 9:30 a.m. Women's virtual Coffee Hour
<https://us02web.zoom.us/j/8944116431>

Sunday, February 7, 2021

Celebrant: 10:00 a.m. The Rev. Regis Smolko

Participating and representing St. Brendan's in prayer and worship and receiving Holy Eucharist for all members and friends of St. Brendan's.

The Priest's Corner

Lenten Additives and Suicide Prevention

Lent starts on February 17th this year—a little less than two weeks from today. The Worship Committee has helped us design some liturgical Lenten practices that will help us all be reminded that during Lent we are experiencing a different, more reflective and self-controlling atmosphere. The hope is that these reminders and practices will create “change” in us. There’s a Latin phrase that speaks to this hoped-for phenomenon; and it goes like this: *lex orandi, lex credendi, lex vivendi*. This is a motto in the Christian tradition which means that how we worship or pray is how we believe is how we live. It means that all three are integral to each other and that liturgy is not distinct from theology. It refers to the relationship between worship and belief and living. They are close.

The changes will start with a socially-distanced, pandemic-respecting distribution of ashes on February 17. (Don’t forget to call, text or email Katie to let her know if you want your ashes mailed to you or if you want to pick them up at church.) Following the Entrance Hymn at Sunday worship, we will not greet you as usual—instead we will kneel and read together the Decalogue (10 Commandments) followed by a somber prayer. The Eucharist Prayer (that fairly long prayer that begins after the Offertory Blessing Hymn) will also be different. We are going to use the approved versions from different countries throughout the Anglican communion. We want to show a connection and unity with a larger, global church. And of course, you will notice that we do not sing our traditional *Hallelujah!* nor use the word, *Alleluia*, throughout the Lenten Season.

I was blessed to attend a workshop on “Contemporary Suicide Prevention” offered by the Episcopal Church. It was an interactive, on-line class that you took at your own pace. I had a lot of study around suicide prevention during my robust healthcare career, and so I went into this training with “low expectations.” As it turned out, I was impressed and felt I got some newer, fresher language to help me be more clear and helpful when encountering someone experiencing suicidal ideation.

To summarize, the currently most helpful approach to dealing with someone who might be suicidal consists of three basic, frank steps.

Step 1: TUNE IN! Trust your gut when you experience your sense that someone is behaving differently (isolating, being “out of it,” removed, overwhelmed, cluttered, saying “strange” or sometimes scary things that raise red flags for you.) If you get a sense that you should ask about it, ASK ABOUT IT! Say something like “I noticed (describe what you see) and I’m concerned.” Often they will deny it. Don’t stop expressing your concern. Try another understanding approach. Trust your gut, knowing that your own fears will try to get you to stop pursuing your concern. It’s better to err on the side of more caution and pursuit than acceptance out of hope that all will be well—based on your unconscious desire to get free from an uncomfortable situation. ASK CLEARLY AND STRAIGHTFORWARDLY: “(Name), are you considering suicide?”

STEP 2: EXPRESS SERIOUSNESS! If you get a “Yes!” to the suicide question. Talk about the seriousness of this. If you don’t get a “Yes,” let them know your concern for them and why you have it, and reiterate the seriousness of suicide, while not accusing them

of lying. Keep connected with them and express understanding and willingness to help should they think differently about this later. You might also tell them you'll check in with them "later today," "tomorrow," or "in two days," etc.

Step 3: CONNECT TO HELP! Have some contact information handy. Have them copy certain phone numbers to their phone. If they indicate they are thinking of suicide, make the call to a helper. This could be the local Suicide Prevention Hotline. The Crisis Intervention Hotline in Pittsburgh is 1-888-796-8226. The National Hotline is 800-273-8255. The website is <https://suicidepreventionlifeline.org/>. If you learn that the suicide plan has been initiated (that is, that the person took pills, has a weapon that is loaded and the like, **you need to immediately call 911**). A good idea is to keep all these phone numbers in your phone. You never know when you will be needing them.

God bless you,
Regis+

A BFF donation was made in honor of Imbolc/St Brigid's Day, from Brigid Christenson.

Need a gift for someone who has everything? Would you like a way to acknowledge a special family event like a baptism or a birthday? **A donation to the Brendan's Family and Friends (BFF) fund** is the perfect way to honor that special person or event. BFF funds are earmarked for unbudgeted building needs and have been utilized for items such as air conditioning replacements, audio-visual equipment, and acoustic tile work in the social hall. Please contact Katie, StBrendansKatie@gmail.com, if you're interested. Your donation will be noted in the Little Log if you wish. Thank you for making a difference at St. Brendan's by becoming a BFF donor!



Mark your calendars to hear Professor David Harris. Our next virtual Public Forum will be held on Tuesday, February 16 at 7:00 pm. Professor David Harris will speak on Policing and Social Justice. Professor Harris, law professor at the University of Pittsburgh and nationally known expert on police profiling, has spent the last five years visiting police forces across the country and collecting examples of smart, progressive law enforcement, all of which have reduced crime without infringing on civil rights. He has written several books on this topic. Professor Harris will show us that solutions to reduce crime, fight terror and preserve civil liberties are in reach.

This Public Forum is sponsored by St. Brendan's Justice Ministry together with the Unitarian Universalist Church of the North Hills. To attend, please email Katie at stbrendanskatie@gmail.com. For more information, visit our website: stbrendans.org. We hope you'll join us!



Ash Wednesday is February 17. We will be offering the distribution of ashes during the pandemic a little different this year. We will be mailing them to you on Wednesday, February 10th, a week prior to Ash Wednesday to be delivered on time. If you prefer, you can pick them up at church. Either way, you need you to contact Katie, StBrendansKatie@gmail.com with the number of people in your family that would like ashes and how you want to receive them.

Senior Warden's Corner

In his Priest's Corner this week, Fr. Regis explains the Worship Committee's plan to include in our upcoming Lenten liturgies the Eucharistic Prayers of some of the other branches of the worldwide Anglican Communion. This modest innovation represents an attempt to bring vividly to life a part of the service that can easily become routine and we hope you will enjoy hearing the familiar themes of the Great Thanksgiving expressed in less familiar language.



I am going to take this as an occasion to express a purely personal viewpoint—something that I have not typically done in my contributions to the Senior Warden's Corner this year. In my lifetime, I have seen some encouraging moments when the various Christian denominations seemed serious about repairing historical rifts and building on their shared beliefs. Prominent among those moments was the day in 1978 when Pope John Paul II and the then-Archbishop of Canterbury, Dr. Robert Runcie, knelt together in the chapel in Canterbury Cathedral where Thomas a'Beckett was murdered in 1170 (see picture at left). But I have also witnessed times when denominations took steps backwards—as for example when the Roman Catholic Church revised the English text of the Nicene Creed that had previously been accepted by multiple denominations, restoring archaic Latin terms like *consubstantial* and *coeternal* and widening once again the gap between our liturgies.

I simply cannot conceive that Jesus of Nazareth—the Jesus whom I encounter in the Gospels—would have endorsed such divisions in the worldwide community of Christians (let alone the ugly violence that has erupted between denominations over the course of two millennia). There is so much more that we hold in common than separates us and so much that we can learn from the beliefs and practices of others. I hope that this Lent will give us one small window through which to see and appreciate the richness of traditions that differ from our own.

Tim Austin

CRIES Advocacy. (Christian Response In Emergency Situations). This week we are supporting the work of CRIES in Action.



February is Black History Month! In honor of Black History Month, the Unitarian Universalist Church of the North Hills is holding an event relating to Black history every Friday night in February at 8:30-9:30pm. The group will watch a short video following by a discussion of the video. It should be a lively and thoughtful discussion, and best of all, no reading involved!

The Unitarians have invited parishioners of St. Brendan's to attend any or all of these get togethers. It's an opportunity to meet some of our neighbors right down the street from us. If you would like to attend, please send your name and email address to scregistration@uucnh.org.



The Haitian project. The project to send two school buses loaded to Haiti is still being worked on. As you are sorting through your items and deciding what to donate, we have some more specific requests. The Haitian people tend to be smaller than typical Americans. However, men's t shirts are welcome - even an extra-large size. Haitian people use the shirts for younger girls to wear as a dress. Often underwear is not donated but they are needed in Haiti. They not only appreciate receiving shoes, but even if you have boots, they are needed. They will wear winter boots rather than go barefoot. Thank you for all of your continuing donations.

The Children's Corner

Getting ready for Lent?

Already?

Do you know what Lent is? Other than our colors change to purple for most of Lent, and burying our alleluia, what is Lent?



I'm jumping ahead a little bit, but Lent is the season for us to prepare for Easter. But we also should prepare for Lent. At least, just a little bit. So, I have two ideas about preparing.

The first comes from when I was very young. My church suggested we "give something up" to learn about making sacrifices. That we talk a lot about Jesus sacrificing for us, but what do we sacrifice for Jesus? Or even do we ever sacrifice anything? So, we would think about what we liked, maybe even what we liked best, and we would give that up. Now, it wasn't for ever, it was just for the 40 days of Lent, and on Easter Sunday, whatever it was we gave up, we would find in our Easter basket.

But here's the tricky part: we were not supposed to tell people what we gave up. Perhaps it was because I was grumpy because I had not eaten any sweets that people noticed I gave up sweets. Or that my birthday seemed to almost always be during Lent and my mother would say, "we'll have cake after Easter for Julie" so everyone would know I gave up sweets. But I nearly always give up sweets because I have a real sweet tooth.

But one year, a wise minister said, we should think in terms not of giving up but taking up something. What new habit should we take up to show how much we love God and thank Jesus? It could sound like a giving up – for example, I could take up not watching certain TV shows because I want to read more. But that sounded to me like I was giving up watching TV, and I already read a lot. So I needed different ideas.

I continued to think about what to take up. Over the years, I have taken up: knitting hats for people who need them, or randomly planting bulbs for people who like fresh flowers but don't have gardens, or sending notes to people. And what I realized is the more I took up, the more I wanted to do the things I took up. But I still give up sweets, or I try to, or I think about trying to.



So the other idea is about preparing. I'll be sending out alleluias for you to color. Everyone – the young and the young at heart – can color alleluias. Then what I'm asking you to do is take a picture or a video of where you hid or buried your alleluia for Lent. (I am thinking that I will be putting my alleluia next to the cookies in my cupboard to remind me not to eat sweets). I will gather our images – the ones you colored – and a picture of where you hid your alleluia for us all to see. This way, we will remind each other not only that in 40 days we will have Easter, but also where to find our alleluias!



Peace,
Julie+



Do you have a special prayer request? Contact Ruth Horton rhorton@gmail.com. Pastoral Care Ministry members will include those persons in daily prayers or send out a prayer via text or email to someone if requested. All prayers and requests are kept confidential.



You can help. We have tubs outside to the right of the front doors for any food donations. Or, if you wish, checks can be sent to St. Brendan's and we will convert them into grocery gift cards. We have now discovered a new mission. There are halfway houses in lower income areas who share any donations to them with their neighbors, and we will be supporting them with some of our food donations. This gives those residents a sense of meaningful purpose, being the ones to share rather than the ones in need. We will continue distributing food to the North Hills Food Bank and the Community Outreach.

Need food? We can help. If you or someone you know has a food shortage, contact the church and we will be happy to help.

Dear Friends of St. Brendan's,

St. Brendan's Episcopal Church would like to thank, and request your prayers for, the following parishioners and friends or family of parishioners. Each is a medical professional or an emergency first responder who is helping people cope with the Coronavirus outbreak. They are using their skills and risking their own well-being by tending to those whose health has been threatened.

We are grateful for their selfless dedication and ask that God watch over them, keep them safe and give them both strength and rest. We hope that you will join the church in thanking and praying for:

Kimberly Becker

Brenna Conroy

Andrea Dickerson

Rebecca Donadee

Lynne Gloor

Kerri Jensen

Warren Sands

Julie

Maddie Bell

Adele Cotter

Franklin Park Police Department

Amanda Gagnon

Ann Hockenberry

Dr. Ken Judson

Andrew Smith

Mike

Kate Burnett

James Cotter

Jeff Gagnon

Beth Lutz Hoffman

Luke O'Neill

Justin Zeigler

Patrick

Frank Casey

Laura Dugan Demers

Franklin Park Volunteer Fire Department

Shelley Gagnon

Eric Hood

Kim Pierce

Cindy

Bob Cerra

Nicholas Demers

Betsy Gentile

John Jacobs and staff

Becca Sands

Jennifer

Prayer for our medical personnel and first responders. Lord, please bless and care for all healthcare workers and first responders. Grant them wisdom, knowledge, skill and compassion so that they may be instruments of Your healing power for those they serve and care for. Give them strength and support. May they be able to do their work in a spirit of love and kindness and mercy. Keep them safe and well as they make personal sacrifices on behalf of Your community. Amen.



ST. BRENDAN'S MISSION

Jesus said, "I have come to give life – life in all its fullness." John 10:10.
Our mission is the realization of fullness through:
the worship of God; service to the world;
active concern for each other;
and education to expand mind and spirit.

VESTRY MEMBERS

Sr. Warden: Tim Austin
Jr. Warden & Secretary/Clerk: Ruth Horton
Adult Formation: Dean Peters
Audio-Visual Technology: Cameron Grosh
Communication: Annemarie Malbon
Finance: Mary Bertucci
Fundraising: Larry Toler
Inreach & Hospitality: Janice Moore
Newcomers: Mary Bertucci
Dean Peters
Outreach: Donna Aiello
Safety & Security: Tim Austin
Stewardship: Larry Toler
Treasurer: Ellen Groves
Assistant Treasurer: Roger Botti
Worship: Cameron Grosh

WORSHIP MINISTRY LEADERS

Acolytes: Anelisa Tarrant
Altar Guild: Anelisa Tarrant
Pastoral Care Ministry: Ruth Horton
Flower Ministry: Libby Juel
Sylvia Affleck
Scheduler: Kelli Cerra
Ushers: Eric Helmsen

OUTREACH MINISTRY LEADERS

Adopt-A-Highway: Tom Waseleski
CRIES Advocacy: Ellen Groves
ESL: Tim Austin
Joyce Donadee
Linda Schneider
Garden of Hope: Tim Michael
Justice Ministry: Donna Aiello
Miryam's: Julia Wick
North Hills Food Banks: Ruth Horton & Donna Aiello

PARISH LIFE MINISTRY LEADERS

Audit: Kevin Boyd
Book Club: Pat Carl
Book Discussion Club: Julie Smith
Brendan's Boots: Tom Waseleski
Dinner Group: Janice Moore
Finance Chair: Mary Bertucci
Green Thumb Gang: Dan Moore
Historian: Ellen Groves
Holiday Arts & Crafts & Cookie Walk: Karen Dennis
Memorial Garden: Dan Moore
Merry Meal Makers (M&M's): Saundy Waseleski
Parish Profile: Inactive
Reiki Ministry: Melanie Popovich
Rental: George Snyder
Scholarship: Tom Waseleski
Sticks & Strings: Joni Reis
Debbie Jennings
Web Site: Kelli Cerra

ST. BRENDAN'S EPISCOPAL CHURCH

Corner of Rochester & McAleer Roads
2365 McAleer Road, Sewickley, PA 15143
Phone ~ 412-364-5974

Office hours ~ Monday thru Friday 8:00-2:00
Web Site ~ <http://www.stbrendans.org>

Online Parish Directory ~ <https://www.stbrpit.com/> (authorization required for access--apply online)

Facebook ~ <https://www.facebook.com/StBrendansEpiscopalChurch/>

Nextdoor ~ <https://franklinparkpittsburgh.nextdoor.com/pages/st-brendans-episcopal-church-sewickley-pa/recommend/>

Priest, Regis Smolko ~ regisjs@verizon.net

Youth Education Director, Julie Smith ~ jlsphone1@gmail.com

Parish Administrator, Katie Cervone ~ StBrendansKatie@gmail.com

Music Director, Daniel May ~ bluesub@verizon.net

Nursery Director, Meghan Thompson ~ meghanthompson328@gmail.com