



This Week at St. Brendan's

Sunday	(3-24)	8:00 a.m.	Worship
		9:00 a.m.	Sr. Choir rehearsal
		10:00 a.m.	Worship
		10:00 a.m.	Sunday School
		11:15 a.m.	Hospitality Hour
		11:15 a.m.	Discipleship Group
		11:30 a.m.	Lenten Series
Monday	(3-25)	11:00 a.m.	Be a Modern Episcopalian
		7:00 p.m.	No Episcopalian small groups
Tuesday	(3-26)	7:00 a.m.	AA meeting
		10:00 a.m.	Conversation Friends
		10:30 a.m.	Bible Study
		12:30 p.m.	Tai Chi
		7:00 p.m.	Love-Teach-Heal
Wednesday	(3-27)	5:30 p.m.	Meager Meal
		6:00 p.m.	Lenten Series
		7:00 p.m.	Worship
		7:00 p.m.	Overeaters Anonymous
		7:00 p.m.	Conversation Friends
		7:30 p.m.	Sr. Choir rehearsal
Thursday	(3-28)	10:00 a.m.	Conversation Friends
Saturday	(3-30)	9:00 a.m.	Sacristans

Serving Sunday, March 24, 2019

Celebrant:	The Rev. Regis Smolko
Lay Reader:	8:00 a.m. Ellen Groves
	10:00 a.m. Children
Acolyte:	Acolyte team
Prayers:	Children
Chalice Bearers:	Janice Moore
	Alan Schneider
Altar Guild:	Ellen Groves
	Anelisa Tarrant
FISH:	Children's Liturgy
Godly Play:	Children's Liturgy
Door:	Children's Liturgy
Nursery:	Mary Haider
	Sarika Sethia
Ushers:	Eric Helmsen
	Chris Fleissner
Vestry:	Tom Waseleski
	Tim Austin
Hospitality:	Michael Newton
	Peter Sweet
LEM:	Darrell Johnson

The Priest's Corner

Reverse Projection

Many suffer from a psychological condition called unhealthy or unsubstantiated projection. It's a kind-of-psychological defense mechanism whereby one estimates a future based on current trends or accumulation of facts. Now this can be a healthy approach especially if you have evidence to predict future trends or occurrences based on real factors in the present. These predictions can be helpful and may assist people in making great decisions regarding the unknown.

Where they can be unhelpful is when they create extraordinary fear and defeat in matters future. "I'll never lose enough weight to fit into my wedding dress by September." "We're never going to be able to have a decision by that date." "I don't think we'll be able to complete all the assignments on time and after I have the baby." Problem with these negative, self-defeating projections is that you're not accounting for all the life and discoveries you will add to yourself before you have to complete the assignments. You're not going into that future event with the same person you are today. You will have eight months of newness added to you when you get to the assignments. We make decisions about the future based on how we perceive ourselves today. We will not exactly be that same person when you get to the projected event in the future.

Now I do hear these sorts of future projections which more often than not result in self-sabotage before you're out the gate. No wonder we fail. Self-defeating prophecy is what we call this. STOP IT!. But the overwhelming projection stance most often I hear people reveal are the Reverse Projection types. Just yesterday I heard these words, "I wish we would have found St. Brendan's years ago." I also heard someone say, "Had I only moved to the North Hills when I wanted to 12 years ago, I would have my house paid off by now." Another, "If I knew then what I know now, I would never have married until I finished school."

These are common regrets, but you know what's so wrong about speaking these laments out loud? You are applying your skills and learnings accumulated today to situations that happened 14, 20, 30 years ago, when you were not in possession of the skills and abilities necessary to manage success all those years ago. You apply what you know now as operational when you met the situation so many years ago. You would like to have decided differently years ago, when you were not holding the knowledge you needed to make the decisive decisions.

So what should you do? Be gentle with yourself. You very likely did the best you could with the tools you had at the time. Forgive yourself for not being as equipped years ago as you wish you would have been ... and then MOVE ON into the present.

PS: I will be away on diocesan business late March 24 to March 28. After that Ken and I will finish up our preparations and head for Prague and Budapest. We will be back April 12 and on duty again Sunday, April 14. Please say a prayer for us as I promise to remember you all in mine.

Regis +

Announcements

CRIS Advocacy (Christian Response In Emergency Situations) meets monthly on the third Sunday in the library after the 10 a.m. service to determine distribution of the parish's outreach tithe each month. Each person present has an equal voice and vote. The next meeting will be Sunday, May 19. All are welcome.

This week we are praying for the work of Episcopal Relief & Development, the Episcopal response to need following natural disasters. www.episcopalrelief.org.



St. Brendan's received a donation to the **Brendan's Family & Friends** fund from Debbie and Mark Jennings in honor of Marek Lapinski.



St. Brendan's **Adopt-a-Highway** chapter will perform its first roadside litter cleanup of the year on Saturday, March 30. Participants, who must be at least 14 years old, will meet at the church at 8:30 a.m. and carpool to the Camp Horne interchange of I-279 in Ohio Twp. The cleanup is usually finished by 10:45. If interested, please sign the sheet on the narthex table or contact Tom Waseleski.



The Green Thumb Gang would love your help on Saturday, April 6, at 9:00 am. Bring your wheel barrow, garden rake, shovel and gloves. Sign up in the narthex if you have some time to help.



Prayer requests can now be sent to **Community of Hope** through our email; stbrendans.coh@gmail.com. This was created to give parishioners and others in the community an extra opportunity to request prayers for anyone in need. We can include those persons in our daily prayers, or send out a prayer via text or email to someone. Please note, this is in addition to, NOT in place of the St. Brendan's prayer list.

Cuddling Ministry. It's now a possibility and finally available to us. Would you like to help newborns who struggle with addiction? West Penn Hospital in Bloomfield has a program to do just that and it's so easy. Volunteers will rock, walk, soothe and cuddle the infants. Times are 24/7. No training needed. The hospital provides clearances. All you need to do is go online at www.ahn.org/volunteer-application and fill out an application. Someone will then contact you. Please let Regis know of your interest, and go to the web site above to get an application.



Mark your calendar for May 19!
Come and enjoy a celebration of **St. Brendan's 32nd Birthday!**
More info to follow!



North Hills Food Pantry. Our focus for March is on collecting canned foods; items such as tuna and canned pastas or stews are especially needed. As always, all non-perishable food items or paper products are welcome. Please remember, no glass jars. If you have any questions, contact Ruth Horton at rvhorton@gmail.com. Thank you for your support.

Help Wanted. Looking for a way to pitch in at St. Brendan's, but not sure how? Here's an area where your help is needed.

• **Fundraising Ideas.** Do you have an idea for a fun and effective fundraiser that would support the mission of St. Brendan's? Maybe you have participated in a great fundraiser at a previous church or at your child's school? If so, please see Chris Botti, the vestry's fundraising liaison, or contact her via email at shadypatch@msn.com. Thanks!



Quiet Evening Prayer. The next candlelight Evening Prayer service is on Wednesday, March 27, at 7:00 p.m. in the chapel. Please mark your calendars now. The service includes Taize music and silent prayer, reflection, or meditation – with Communion afterwards for those who wish to remain. The service is especially appropriate for this penitential season. Bring a friend and enjoy this quiet time with the Lord.



St. Brendan's will benefit from donations of **used ink cartridges**. Please bring them to church and place the cartridge in the box near Katie's office. Thank you.



Be a BFF! A donation to the Brendan's Family and Friends (BFF) fund is the perfect way to honor a special day or loved one while supporting unbudgeted building needs of our church. Over the past year, BFF funds have been used to refurbish our sound system, purchase kitchen items such as flatware, microwave, shelving, as well as technology items which make it possible to record Fr. Regis' sermons for our website. These are just a few of the items procured via BFF! Vestry is considering earmarking BFF funds for future projects such as improved cell phone reception in our lower level as well as installation of acoustic tiles in the social hall. Won't you please help make such projects a reality? Please consider making a BFF donation today! Thank you!



We all find ourselves back at the grocery store every week, right? Do you know that you can help raise funds for St. Brendan's when you grocery shop?! Purchase your groceries using Giant Eagle or Kuhn's gift cards bought at church. Because St. Brendan's buys the cards in bulk, the church makes 5 percent on every sale. Cards are sold after both services on Sundays. You can also purchase them during business hours in the church office. **It's the no-sweat fundraiser!**



Book Club is reading "Educated" this month, Tara Westover's memoir of growing up in a survivalist family in the mountains of Idaho. Living off the grid, Westover's family has a profound distrust of schools, doctors and the federal government. Largely self-taught until the age of 17, Westover manages to get into college and go on to earn a PhD at Cambridge University. We'll gather Thursday evening, April 4, at 7:00 p.m. in the church library for discussion and fun. For more information, contact Pat Carl at pkarrcarl@gmail.com.

Would anyone like to receive the **sacrament of Confirmation when Bishop Dorsey McConnell visits St. Brendan's** on May 12? The parish is considering a one-day retreat to prepare for the sacrament, which persons age 14 and up may receive. Parents are invited to consider along with their children the young person's readiness for this spiritual step into Christian maturity and leadership. Adults who have not been confirmed are invited to take this important spiritual step as well.

The bishop will also receive into the Episcopal Church any person who wants to take that formal step. Episcopalians who would like to reaffirm a commitment to this church community (for instance, those who were previously members of other Episcopal churches) are also eligible to receive a special blessing from the bishop. If you are interested in participating in any of these special rites on May 12, please contact Regis.



The **English as a Second Language (ESL)** team is looking at the possibility of offering a program for toddlers one morning a week this summer. We recently observed an ESL Family Literacy program in the South Hills and learned that there are no such opportunities in the North Hills. The program would serve children ages 2 to 5, each accompanied by one parent or grandparent, meeting for a couple of hours one morning a week in a nursery school/play group format. Before we explore this idea further, we need to see if we have enough people interested in volunteering. We have also had requests to start a summer ESL program for middle school and elementary school children. If you have any interest in learning more and possibly volunteering for any of these new initiatives, please speak with Tim Austin, Linda Schneider, Joyce Donadee, Charlotte Pierce, or Nancy Snyder.

Our Muslim brothers and sisters in the North Hills want to invite us to a vigil on Sunday afternoon to remember the innocent victims who were killed by the white supremacist in New Zealand. The vigil is called "Rehumanize - a Vigil for Muslims in New Zealand". It will be held at Soldiers and Sailors Memorial Hall in Oakland on Sunday, March 24, from 5:00 pm to 8:00 pm. We are asked to gather as a community to share prayers, reflections and thoughts.

Trinity Cathedral Walk-In Ministry. Every five weeks Brendanites help to staff the Walk-In Ministry at Trinity Cathedral downtown, feeding and clothing 70 to 90 desperately needy people. You can help by donating children's diapers; new, white athletic socks and underwear for women and men; toothpaste, razors and travel-size cans of shaving cream. Please leave donations in the wicker basket outside Regis's office. If you might be interested in volunteering at the cathedral in person, please see Linda Schneider, Meg Overby or Tim Austin.

Episcopal Workday at the Greater Pittsburgh Community Food Bank. Again this year the diocese's Social Justice and Outreach Committee is sponsoring a repack session at the food bank during Lent. Come join fellow Episcopalians from across the diocese at our volunteer workday at the food bank. We'll be working in the Repack Center at GPCFB's main Duquesne warehouse facility (1 North Linden St, Duquesne, PA 15110) from 9:00 a.m. to 1:00 p.m. on Saturday, April 13.

To reserve your volunteer slot, contact Jerry Stephenson at Jmestephenon@verizon.net by Wednesday, April 3. We'll need your name, parish affiliation and email address (so Jerry can send you a link for online registration). Volunteers must be at least 12 years of age and be able to stand for two or more consecutive hours. We are limited to only 20 volunteers this time. Volunteer spaces will be reserved on a first-come, first-served basis.

Please scroll to the next few pages for the Hospitality Hour schedule and the March & April ministry calendar.



March 2019

Ministry calendar

Date	Lectors	Altar Guild	Sunday School	Nursery	Usher	Vestry	Hospitality
March 3 Sunday 8 & 10:00 am	8 Ellen Groves L Theresa Bryant P Nate Boyd C Stacey Coyle C Dean Peters LEV Stacey Coyle	Chris Botti Shari Tarrant	Fish Allison Kline Godly Play Lisa Fleissner Door Rob Chappo	Stacy Connifey Mary Haider	Joyce & Michael Donadee	Chris Botti Larry Toler	Mary & Dale Bertucci
March 6 Wednesday 7:00 pm	Ellen Groves	Ellen Groves	~	~	~	~	~
March 10 Sunday 8 & 0:00 am	8 Charlotte Pierce L Michael Donadee P Anne Hunt C Joyce Donadee C Michael Donadee LEV Joyce Donadee	Janice Moore Betsy Smith	Fish Allison Kline Godly Play Joyce Donadee Door Libby Juel	Stacy Connifey Libby Juel	Bob Smith Mike Wick	Kevin Boyd Janice Moore	Bradford Thompson Larry Toler
March 13 Wednesday 7:00 pm	Alan Schneider	Linda Schneider	~	~	~	~	~
March 17 Sunday 8 & 10:00 am	8 Ruth Horton L Dean Peters P Susan Shoemaker C Janice Moore C Theresa Bryant LEV Ruth Horton	Joan Klinefelter Janet Fesq	Fish Mary Bertucci Godly Play Nate Boyd Door Becca Sands	Pat Carl Mary Haider	Brad Thompson Larry Toler	Chris Botti	Allison Kline Linda Mesko
March 20 Wednesday 7:00 pm	Gladys Carlisle	Les Carlisle	~	~	~	~	~
March 24 Sunday 8 & 10:00 am	8 Ellen Groves L Children P Children C Janice Moore C Alan Schneider LEV Darrell Johnson	Ellen Groves Anelisa Tarrant	Children's Liturgy	Mary Haider Sarika Sethia	Chris Fleissner Eric Helmsen	Tom Waseleski Tim Austin	Peter Sweet Michael Newton
March 27 Wednesday 7:00 pm	Sylvia Affleck	Sylvia Affleck	~	~	~	~	~
March 31 Sunday 8 & 10:00 am	8 Joan Beatrous L Debbie Wunsche P Darrell Johnson C Stacey Coyle C Darrell Johnson LEV Stacey Coyle	Chris Botti Sylvia Affleck	TBD	Stacy Connifey Annemarie Malbon	Larry Toler Brad Thompson	Ruth Horton	Karen & Dean Peters



April 2019

Ministry calendar

Date	Lectors	Altar Guild	Sunday School	Nursery	Usher	Vestry	Hospitality
April 3 Wednesday 7:00 pm	Tammy Spoonhoward	Tammy Spoonhoward	~	~	~	~	~
April 7 Sunday 8 & 10:00 am	8 Ruth Horton L Susan Shoemaker P Dean Peters C Stacey Coyle C Theresa Bryant LEV Joyce Donadee	Joan Klinefelter Shari Tarrant Terry Dezort	Fish Mary Bertucci Godly Play TBD Door TBD	Stacy Connifey Sarika Sethia	Joyce & Michael Donadee	Annemarie Malbon	Karen & Dean Peters
April 10 Wednesday 7:00 pm	Alan Schneider	Linda Schneider	~	~	~	~	~
April 14 Sunday 8 & 0:00 am	8 Charlotte Pierce L Alan Schneider P Michael Donadee C Joyce Donadee C Michael Donadee LEV Ruth Horton	Terry Dezort Anelisa Tarrant	Palm Sunday	Stacy Connifey Pat Carl	Chris Fleissner Mike Wick	Chris Botti	Michael Newton Peter Sweet
April 17 Wednesday 7:00 pm	Ellen Groves	Ellen Groves	~	~	~	~	~
April 18 Maundy Thursday 7:00 pm	Gladys Carlisle	Janice Moore	~	~	~	~	~
April 19 Good Friday 12:00 pm & 7:00 pm	12 Sylvia Affleck 7 Alan Schneider	~	~	~	~	~	~
April 20 Easter Vigil 8:00 pm	TBD	Anelisa Tarrant	~	~	~	~	~
April 21 Easter Sunday 8 & 10:00 am	8 Joan Beatrous L Nate Boyd P Tim Austin C Tim Austin C Dean Peters LEV Darrell Johnson	Tammy Spoonhoward Janet Fesq	Easter Sunday	Stacy Connifey Julia Wick	Brad Thompson Larry Toler	Larry Toler	Megan Overby Tim Austin
April 24 Wednesday 7:00 pm	Sylvia Affleck	Sylvia Affleck	~	~	~	~	~
April 28 Sunday 8 & 10:00 am Children's Sunday	8 Sylvia Affleck L Children P Children C Darrell Johnson C Janice Moore LEV Stacey Coyle	Sylvia Affleck Brigid Christenson	Children's Liturgy	Stacy Connifey Libby Juel	Bob Smith Eric Helmsen	Janice Moore	Kelli Cerra Ellen Groves

Hospitality Hour Hosts/Hostesses

October 2018  September 2019

October 2018

- 7 Nancy & George Snyder
- 14 Pat Carl & Joan Beatrous
- 21 Animal Blessing
- 28 Gail Gagnon & Karen Dennis

November 2018

- 4 Joyce & Michael Donadee
- 11 Darrell Johnson & Ruth Horton
- 18 Eric Helmsen & Joni Reis
- 25 Nancy & Wilder Bancroft

December 2018

- 2 Saundy & Tom Waseleski
- 9 Chris & Roger Botti
- 16 Anelisa Tarrant & Janet Fesq
- 23 Julia Wick & Ken Parsons
- 30 Rob & George Latta

January 2019

- 6 Kate & Keith Heston
- 13 Anne & Jno Hunt
- 20 Julia & Mike Wick
- 27 Mary & Jim Evanochko

February 2019

- 3 The Fleissner family
- 10 Janice & Dan Moore
- 17 Ken Parsons & Regis Smolke
- 24 Amy & Kevin Boyd

March 2019

- 3 Mary & Dale Bertucci
- 10 Brad Thompson & Larry Toler
- 17 Allison Kline & Linda Meske
- 24 Michael Newton & Peter Sweet
- 31 Betsy & Bob Smith

April 2019

- 7 Karen & Dean Peters
- 14 Sharon Hlawati & Donna Aiello
- 21 Megan Overby & Tim Austin
- 28 Ellen Groves & Kelli Cerra

May 2019

- 5 Karen & Dean Peters
- 12 Mother's Day
- 19 Sharon & Ron Ladick
- 26 Tammy & Bill Spoonhoward

June 2019

- 2 Linda & Alan Schneider
- 9 Susan Shoemaker & Margie Davies
- 16 Annemarie Malbon & Janet Fesq
- 23 Parish Picnic
- 30 Jillian Mooman & Cameron Grosh

July 2019

- 7 Stacy Connifey & Mary Haider
- 14 Judy Flick & Marcy Little
- 21 Debbie Wunsche & Jim Gray
- 28 Joan & Paul Klinefelter

August 2019

- 4 Ruth & Steve Horton
- 11 Angela & Michael Schlumpf
- 18 Allison & Phil Burdette
- 26 Theresa Bryant

September 2019

- 1 Darrell Johnson & Isaac Mondelus
- 8 Laureen & Todd Douds
- 15 The Aretz & Kinley family
- 22 Melanie & Thaddeus Popovich
- 29 Jean Pett-Ridge & Marge Marine



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: Tom Waseleski
Jr. Warden & Education: Ruth Horton
Worship & Safety/Security: Tim Austin
Fundraising & Clerk: Chris Botti
Finance & Technology: Kevin Boyd
Communication: Annemarie Malbon
Inreach/Hospitality/Secretary: Janice Moore
Newcomers: Dean Peters
Invite/Welcome/Connect & Outreach: Larry Toler
Treasurer: Ellen Groves

WORSHIP MINISTRY LEADERS

Acolytes: Anelisa Tarrant
Altar Guild: Tammy Spoonhoward
Flower Ministry: Sylvia Affleck
Libby Juel
Community of Hope: Ruth Horton
Scheduler: Kelli Cerra
Ushers: Eric Helmsen

PARISH LIFE MINISTRY LEADERS

Audit: Kevin Boyd
Book Club: Pat Carl
Brendan's Boots: Tom Waseleski
Dinner Group: Janice Moore
Finance Chair: Eric Helmsen
Green Thumb Gang: Roger Botti
Historian: Ellen Groves
Holiday Arts & Crafts Sale: Anelisa Tarrant
Invite Welcome Connect: Brad Thompson
Memorial Garden: Dan Moore
Merry Meal Makers (M&M's): Saundy Waseleski
Nursery: Stacy Connifey
Parish Profile: Kelli Cerra
Reiki Ministry: Melanie Popovich
Rental: Mark Shoemaker
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 ~ Fax: 412-364-6024
Office hours ~ Monday thru Friday 8:00-2:00
Web Site ~ <http://www.stbrendans.org>
Facebook ~ <https://www.facebook.com/StBrendansEpiscopalChurch/>
Nextdoor ~ <https://franklinparkpittsburgh.nextdoor.com/pages/st-brendans-episcopal-church-sewickley-pa/recommend/>
Priest in Charge, Fr. Regis Smolko ~ regisjs@verizon.net
Administrative Assistant, Katie Cervone ~ stbrendans@comcast.net
Music Director, Debbie Wunsche ~ dwunsche@zoominternet.net
Musician, Erica Lin ~ hylERICA@yahoo.com
Nursery, Stacy Connifey ~ stacy.connifey@gmail.com

OUTREACH MINISTRY LEADERS

Adopt-A-Highway: Tom Waseleski
CRIES Advocacy: Ellen Groves
English as a Second Language: Joyce Donadee
Elizabeth Murphy
Linda Schneider
Invite Welcome Connect: Bradford Thompson
North Hills Food Bank Ministry: Ruth Horton
Garden of Hope: **Open**
Miryam's: Julia Wick
Rob & George Latta
Janice & Dan Moore
Stacy Connifey
Under One Roof: Joyce Donadee
Jim Evanochko