



**Weekly at St. Brendan's**

- Sunday: 10:00 a.m. Worship, via live streaming**  
[https://www.youtube.com/channel/UcKCY2BEJXlqMoVc\\_nXXG7ew](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>
- 1:00 p.m. Bible Study**
- 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>
- 6:00 p.m. Bible Study**
- Saturday: 9:30 a.m. Women's virtual Coffee Hour**  
<https://us02web.zoom.us/j/8944116431>

**Sunday, February 21, 2021**

**Celebrant: 10:00 a.m. The Rev. Dr. Julie Smith**  
 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**

**To Give Something Up or Do Something More? And a Possible Nuance to Regis' Retirement.**

Every Lent since I heard about the possibility of "doing something more for Lent" instead of "giving something up for Lent," I've spent abundant time "chewing over" which one to do. Frankly, this added another layer of "busy work" for me—I did, however, generally end up on the side of doing more rather than giving stuff up.

I talked to a friend about this, and he shared having the same dilemma. He also "lented" on the side of adding more; his rationale for landing there was that during his lifetime he made some significant progress on some bad habits and addictions. Yet, he noted that what became noticeable was that once he got one bad habit under some control—some other *lesser* bad habit became apparent. He quit smoking cigarettes almost 30 years ago, but chocolate found favor with him. "Guess what?" he excitedly pointed out a few conversations later, "One Lent I actually had to give up feeling guilty about chocolate." Once he did that, he found his chocolate usage improved; but more importantly he felt he learned the real purpose why we even do any of this giving up or adding more during Lent.

His "Eureka" moment came when he realized the lesson of the Ash Wednesday Gospel from Matthew that we heard last night—the one Darrell so pointedly preached on during that Liturgy. Basically that Gospel tells us to sacrifice, but not to do so publicly. As Darrell emphasized, when you do your pious acts in secret, "not showy," your Father "who sees in secret will reward you." And one of the rewards is deeper self-awareness and in turn relationship with a Power Greater than Ourselves. The awareness gained is that we are always steadily polishing ourselves and ridding our egos of jagged edges. This is the result of death to self—and Lent is here to help us get to that purging one little step at a time. Without the distraction of being noticed by eyes other than those of our Father, we can absorb this purging growth. Distraction by the attention of others is not helpful.

So "give up something" or "do more of something"? Either/or can work, but you're likely to find yourself ending up doing both/and. It doesn't matter—just make sure it's not glaring and noticeable. You will learn a lot about yourself when you do it The Gospel Way.

**A LITTLE NUANCE ON THE TIMING/DATES OF REGIS' RETIREMENT**

First, I want to thank all of you who dropped a message about my announcement that retirement is within sight. Your love and sentiments touched Ken and me very deeply. For those of you who may not have had the chance to participate in Live Streaming this past Sunday yet, I announced my retirement plans for July-August, 2021.

Here's the Wrinkle: We learned yesterday that I may need to work a little longer so that I'm fully vested in the Church Pension Plan. It might require my employment be until January 1, 2022—this would be an additional four months than planned. Our Diocesan Canon-Treasurer is attempting to get clarification for us. Stay tuned.

All good to you,  
Regis+



**Help Wanted.** Looking for a way to stay connected at St. Brendan's while Covid is keeping us apart? Here's a place where your help is needed. The Merry Meal Makers is a parish ministry that helps members during a trying time with a delivered meal. The M&M volunteers prepare (or purchase) a meal and take it to a parishioner who has been ill, lost a loved one, delivered a baby or is in a similar situation. You can imagine how much more stressful these events are during the pandemic, when many of us are alone or cut off from each other.

Volunteers are notified when a parishioner's need arises and receive a list of dates from which they can choose to bring a meal to that person. This is a simple but important ministry, and most of the work is done at home. If you'd like to help, please contact Saundy Waseleski at 412-741-8727 or [swaseleski@comcast.net](mailto:swaseleski@comcast.net).

## Senior Warden's Corner

A break in a pattern always attracts our attention. As valuable as it can be to have structure and routine in one's life (Heaven knows!), it is often when that structure is interrupted that our antennae begin to twitch with anticipation.



Sometimes the effect of such a disruption is joyful: take for example the moment when I glanced out the window this morning ("this" being Wednesday) and saw bright sunlight—for the first time in what seemed like an endless series of days marked by clouds and snow squalls. Sometimes the effect is solemn, as when military aircraft conducting a flyover at a memorial event include one empty space in their formation to represent the person lost. And on some occasions, the pattern that is broken can be the weekly routine at church. Although I was taught always to bow towards the altar when leaving church, for example, I do not do so on Maundy Thursday—because symbolically Christ has left the

building at the end of that service, headed with his disciples for the Garden of Gethsemane. Ignoring my general habit makes the solemnity of that service all the more concrete for me.

I am hoping to experience some moments of surprise and maybe even insight during our Lent services this year, as we draw on the nuances of the liturgical language employed by our sister churches in the worldwide Anglican Communion. As I worked with Ruth Horton and Karen Peters to sample some of those prayers, I was struck by the care that was evident in how each was crafted (as too in writing our own Book of Common Prayer service, of course). I hope that you too will find something worthwhile in hearing familiar petitions and thanksgivings phrased in new and unfamiliar ways.

Tim Austin

**Fr. Regis is seeking help with this unique issue:** Does anyone know how one room in an apartment can be soundproofed or "noise-cancelling additives" can be installed so that the occupant can have a quiet place to sleep and restore in?

The individuals are not in a position whereby they can simply move. Much of the noise comes from above, and significant attempts to encourage the solution have been made, but to no avail. (This is one case where the "eviction moratorium" is causing extreme distress for many.) Any tips will be very welcomed. Please contact Fr. Regis with suggestions [regissmolko@icloud.com](mailto:regissmolko@icloud.com).



St. Brendan's Women's Get Together - All St. Brendan's women are welcome to "drop in" to chat on Saturday mornings at 9:30 am. The link is <https://us02web.zoom.us/j/8944116431>.

## The Children's Corner



Do you keep your promises? When you make a promise, do you follow through and do what you promised you would do?

When I make a promise, I know I hope to keep it. I know I mean to keep it. But sometimes I forget to keep it. So I need reminders. As I get older, I keep finding new ways to help me remember to making a note in my cell help me remember I made keep my promises. Like wearing a rubber band to remind me I made a promise. Or my phone. Or, my old reliable, tying a piece of string around my finger. Each of these was at our Baptism.



The first promise we make in church is when we might be too little to remember. It was at our Baptism. Others made promises to help us grow in our faith, to follow the right path, and to be children of God. This is a public promise, made by others, for us, to help us. And the people who saw it, and everyone in church that day, said they would help too.

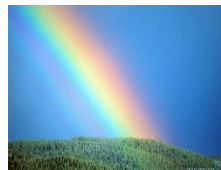
As we get older, we make promises, for ourselves and by ourselves, in church. We make promises at our confirmation, at our weddings, when we join various ministries, if we are ordained – at all of these events, we make promises. We promise to be honest, to be loyal and faithful, and to do what is best for others. We promise to try to not be selfish and to be forgiving.

Sometimes we help other people keep their promises and sometimes promises are private and we don't tell anyone. These ones may be harder to keep because we keep them by ourselves. These are the ones I have to remind myself to remember. You remember, this is when I tie a string around my finger not to forget to do something.

We make promises outside of church too, like when we promise our parents we'll clean up our toys after we play. Promises are important, but sometimes we don't keep them – maybe because we forgot and didn't have a reminder.

God makes promises too. And God always keeps his promises. Our Bible lesson today is about a promise God made to Noah. Maybe you have heard about Noah and the ark?

After the flood went away, God made a promise to Noah. God promised Noah to whole earth with a flood. Then God said, I'll make a sign, a rainbow in the sky to promise. So even God needs a reminder. Because then God said to Noah, "I have clouds, and it will be a sign of the promise between Me and all life on the earth." sees a rainbow, it is a reminder of that promise to not destroy the earth with a flood.



never again destroy the remind me of this set my rainbow in the And every time God



God's rainbow was in the sky and a reminder that God always keeps His promises. Next time you see a rainbow, remember the promise God made to Noah, and remember that God included you in that promise too.

Peace,  
Julie+

---

**During this 2021 Lenten season,** Bishop McConnell invites us all to participate in **Five-Minute Lent** on Monday through Saturday evenings from 7:00-7:05 PM via Zoom. Five-Minute Lent begins on Thursday, February 18, and will run through Wednesday, March 31 (the day before Maundy Thursday). The series is called **Expecting Life** and will follow John 12 verse by verse, which is the chapter just prior to Jesus' passion, crucifixion, death... and resurrection. **The Zoom link is:**

<https://us02web.zoom.us/j/82717703921?pwd=MGpHMHNvZGF0Vi9xSjl1dDNmc3hkZz09> **Passcode: Lent**



**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 Ted talk followed by a discussion of the video. It should be a lively and thoughtful discussion, and best of all, no reading involved!

**If you missed the event last Friday, no matter! Each lesson is independent of the others. So, please join the Unitarians along with other Brendanites at 8:30 p.m. on Friday, February 19.**

This is an opportunity to meet our Unitarian neighbors right down the street from us. If you would like to attend, please send your name and email address to [scregistration@uucnh.org](mailto:scregistration@uucnh.org).



**The Haitian project.** The two school buses destined for Haiti are being moved to Smith Campground near Butler to allow space to load them with bags of summer clothing, shoes, sewing equipment, medical equipment, etc. You can leave your donations at the "Haitian" container outside St. Brendan's entrance.



**Do you have a special prayer request?** Contact Ruth Horton [rvhorton@gmail.com](mailto:rvhorton@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.

---

**News from Diocesan Council:** The ECW (Episcopal Church Women) will be making grants to support hand-on ministries that help children, adults and families in need of assistance with food, nutrition, health care, housing, education and counselor. For more information contact Joyce Donadee.



**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	Maddie Bell	Kate Burnett	Frank Casey	Bob Cerra
Brenna Conroy	Adele Cotter	James Cotter	Laura Dugan Demers	Nicholas Demers
Andrea Dickerson	Franklin Park Police Department		Franklin Park Volunteer Fire Department	
Rebecca Donadee	Chris Fleissner	Amanda Gagnon	Jeff Gagnon	Shelley Gagnon
Betsy Gentile	Lynne Gloor	Ann Hockenberry	Beth Lutz Hoffman	Eric Hood
John Jacobs and staff	Kerri Jensen	Dr. Ken Judson	Luke O'Neill	Kim Pierce
Becca Sands	Warren Sands	Andrew Smith	Justin Zeigler	Cindy
Jennifer	Julie	Mike	Patrick	



**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: Janice Moore  
Adult Formation: Ron Ladick  
Audio-Visual Technology: Sean Sweeney  
Communication: Cameron Grosh  
Finance: Mary Bertucci  
Fundraising: Larry Toler  
Inreach & Hospitality: Tim Austin  
Newcomers: Tim Austin  
Outreach: Donna Aiello  
Safety & Security: Ron Ladick  
Secretary/Clerk: Lauren Ramakrishna  
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

### **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

### **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

### **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](mailto:regisjs@verizon.net)

Youth Education Director, Julie Smith ~ [jlsphone1@gmail.com](mailto:jlsphone1@gmail.com)

Parish Administrator, Katie Cervone ~ [StBrendansKatie@gmail.com](mailto:StBrendansKatie@gmail.com)

Music Director, Daniel May ~ [bluesub@verizon.net](mailto:bluesub@verizon.net)

Nursery Director, Meghan Thompson ~ [meghanthompson328@gmail.com](mailto:meghanthompson328@gmail.com)