



## 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, March 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

### The Sign of the Cross

I suspect that most Little Log readers are familiar with the Sign of the Cross. I'm not sure how I learned about it, but the practice has been a staple of my life for all my waking years. I sign myself often with it; I gesture this sign over people several times a day. I trace a small one over people's foreheads when they leave on trips or have special needs (when we're not living in a pandemic with social distance requirements). We are baptized with this sacramental practice as the water splashes over us "In the name of the Father and of the Son and of the Holy Spirit." I've heard it said that it's at this baptismal practice that we're given this sacred gesture to use throughout our lives.

A link to "The Sign of the Cross: Recovering the Power of the Ancient Prayer" by Bert Ghezzi found its way into my FB stream and I downloaded the free digital book. I learned some things I never knew about this practice. For example, the sign of the cross finds its roots in the earliest centuries of Christianity and is used today by millions of Christians worldwide. When people are asked to reflect on it, most cross-signing practitioners inevitably caution they've found it all too easy to make this sign in a routine and superficial way. This results in them failing to recognize its true significance. I can relate—often I find myself performing the gesture by rote without paying close attention to what I'm saying or doing. One of the struggles I've heard many people have with this practice is that they use it simply as an opening and closing of their "real" prayer—sort of like a bookending. I was reminded that the sign of the cross is a prayer in itself and one that bears great spiritual power. Being reintroduced to this thought, I've made it a Lenten Practice this season to pray the sign of the cross by itself—without any other prayer forms attached. I'd like to see where this leads and what insights I might gain.

Here are some gains so far. It gets me reflecting on the Trinity—as complicated as that mystery is, renewing my Baptism, sensing I'm entering into God's presence from time to time, affirming my decision to follow Christ once in a while, saying with intentionality that I'm a disciple of Christ and occasionally uniting with Jesus' suffering, while reminding myself of Christ's victory on the cross and resurrection. Not bad for a couple of days of re-focusing on something important!

Let's conclude this with an interesting story about Aleksandr Solzhenitsyn and the Sign of the Cross. One day he leaned on his shovel and watched the gray clouds that dragged sullenly across the sky. As he was mindlessly working with other prisoners on the archipelago, he felt a merciless wind tear at him through his prison garb. He felt as though it penetrated his soul. Every bone and muscle ached. Hunger gnawed his stomach. Years of hard labor in the Siberian work camp had ruined his health and stripped him of hope.

Solzhenitsyn felt as if he could endure no longer. He dropped his shovel, left the work gang, and sat on a bench nearby. He figured that soon a guard would command him to return to work. When he would ignore the order, the guard would beat him to death,

probably with his own shovel. He had seen it happen to others many times. He thought a quick, bloody death today, would be better than a slow death in a bleak and empty future.

He stared at the ground, waiting for the inevitable. Soon he heard footsteps and braced himself in anticipation of the guard's harsh words. But when he raised his eyes, instead of a guard, he saw a gaunt, elderly prisoner standing before him. The old man said nothing, but knelt in front of Solzhenitsyn. With a stick he scratched the sign of the cross in the dirt and hurried back to work.

Solzhenitsyn looked at the cross and, as he reflected on it, a ray of light penetrated his dark thoughts. In that moment, his perspective changed radically. He realized that he did not have to face the evil of the gulag and the Soviets with his own diminished strength. He got up from the bench and returned to work. Externally, none of Solzhenitsyn's oppressive circumstances changed that day, but internally he had experienced a gentle revolution. The sign of the cross had blessed him with the grace of hope.

Might something significant around the signing of the cross happen for us too? The sign of the cross sums up our Christian life and vocation, and calls us to embrace the will of God and to reject everything that gets in way of that. My sense is that over time crossing ourselves might tap into a powerful divine energy that might strengthen our lives and help us face the challenges that arise every day.

You can get more information about Ghezzi's reflection here: <https://ebook.wordonfire.org/sign-of-the-cross>

May Lent be a practical blessing for 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



I am several days late in wishing you all a **Very Happy St. David's Day**. (That's his flag to the left.) Some of us with Welsh blood in our veins find it sad that the USA makes such a fuss about St. Patrick's Day on March 17 each year while virtually ignoring the commemoration of the life and death of St. David (*Dewy Sant* in Welsh) just two weeks earlier (on March 1). Then again, maybe it's just as well. Hallmark and the brewing industry have co-opted the Irish holiday in ways that my Dublin friends find positively embarrassing. There but for the grace of God ...

St. David was a respected leader of the Christian church in Wales in the middle of the sixth century, being named a Bishop around 550 and presiding over an influential synod to address the growth of certain heretical beliefs within the church. But he was at heart a monk, a teacher and a preacher—and something of an ascetic, believing that monks should till the fields by pulling the plough themselves rather than hitching up a horse.

In the last sermon he preached before his death, St. David characteristically encouraged his congregation to “be joyful, and keep your faith and your creed, and do the little things that you have seen me do and heard about.” Such straightforward advice sounds encouragingly simple and surely echoes Jesus' Gospel teachings. Even young children in Wales understand the stripped-down version of this lesson that takes the form of the popular Welsh saying that it is important to “do the little things in life.” But I find St. David's words surprisingly challenging when I consider how often I fail to clear even a bar that is set as low as this one. This Lent, I plan to work just that little bit harder to pay attention to the little things.

Tim Austin

**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=MGpHMHNlVZGF0Vi9xSjl1dDNmc3hkZz09> **Passcode: Lent**



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>.



We celebrate the **March Birthdays:**

2 Alivia Byrne	6 Ian Aretz	6 Pat Carl	6 Julie Smith	9 Michele Long
9 Tom Waseleski	10 Larry Tarrant	13 Robert Helmsen	14 Abigail Boyd	15 Linda Mesko
22 Tyler Cerra	30 Dale Bertucci	30 Megan Overby	30 Kate Riley	



We celebrate the **March Wedding Anniversaries:**

15 Anne & Jno Hunt	24 Megan Overby & Tim Austin	27 Ida LaQuatra & Ted Dannerth
30 Lauren & Todd Douds		

**VOTING BY MAIL 2022!** Last November, 2.6 MILLION Pennsylvanians cast their ballots by mail, safely and securely from home.



If you applied to vote by mail last year and signed up for the “permanent” vote-by-mail list, and you want to automatically receive ballots for this year's elections, **you must sign up again for 2021, since this list is only on an annual basis.** You can fill out the application that was mailed to you and return it to your county board of elections, [or complete one online here.](#)

It takes just a few minutes to sign up to get both your mail-in ballots for 2021. Your county will keep you updated as your ballots are processed, printed, mailed to you, and returned. If you didn't register for the “permanent” list last year, but are interested in joining, [you can read more here](#) and [sign up using the same online form.](#)

Voters should request their mail-in ballot **before May 11, 2021** to make sure they have time to receive their secure ballot and return it in time. If you're signing up to vote by mail online, just make sure you're registered to vote beforehand and have either your PA driver's license number or social security number handy.

Please make sure your friends and family are aware of this! Thank you for being a voter.

## The Children's Corner



### Spring cleaning

As a girl, my mother used to have us “help” with Spring cleaning about this time every year. It seemed to always fall on my birthday weekend, that we would just have a good, old-fashioned, spring cleaning. One year, she actually wanted us to dust the attic. The attic???? All we had in the attic was storage! So up my sisters and I went, into the attic, to dust.

But we decided we would also snoop. Among the old bride's maid dresses and prom dresses what would we find? What did we have stored there in the attic? Would we find treasures??? Or hidden secrets? Or answers to family mysteries?

In one cedar closet, we found our father's WWII Eisenhower jacket with the “ruptured duck” rank, various badges and hash marks for service. We didn't know what anything on his try it on to see if it would fit. And it did, but we put it back and kept snooping.



insignia on it. It still had his jacket meant, but we did

Then we found our parent's high school yearbooks for the years 1939-1941 (Sophomore, And wow did we laugh at how they were dressed and what our parents looked like, and they were in high school. I kept looking for love letters between our parents – after all if and old clothes, wouldn't they have kept letters? Or money? Or pictures? But no, we didn't find those kinds of treasures.

Junior, and Senior years). what passed for fun when they kept the yearbooks

By the end of the afternoon, we learned some things about our parents we hadn't known before and the attic was dusted – but more like *Amelia Bedelia* dusted it than anyone who knew what they were doing. So, as we returned to the kitchen, we asked Mom why we needed to clean a part of the house hardly anyone ever goes to?

She reminded us, that we keep the main part of the house clean to welcome guests and show them we respect them and want to feel comfortable when they visit. We clean our own rooms, make our beds, pick up toys, and have our rooms neat to show our parents we respect what we have and that we respect ourselves. This way we don't have to look for lost toys or missing shoes, we know where everything is. But Mom, we asked, why dust the attic? No one goes there, no one sees it, guests don't sit in the attic, and we don't often go to the attic, so why dust there?

Mom reminded us that the whole house is our house and if we respect what we have, others will respect it too. That God is everywhere and we should also make our house welcoming to God. So, we need to clean the attic.

In this Sunday's readings, Jesus cleans the Temple and when we hear this story, we can think about any other place that may need to be cleaned too – our rooms, where we leave our toys, our yards, or other places you might see that need to be cleaned. Lent is a good time for us to think about clearing out the cobwebs in our thinking or cleaning our hearts.

Peace,  
Julie+

**CRIS Advocacy. (Christian Response In Emergency Situations)** This week we are supporting the work of two organizations. One is Trinity Walk-in-Ministry and the other is Miryam's Kitchen.

**ELIZABETH STRUTHERS MALBON**  
ON  
**MARK'S GOSPEL: GOOD NEWS FOR ALL**  
*Story, Characters, and Audience* Saturday, March 6  
4:00 - 5:30 PM  
*Echoes and Implications* Saturday, March 13  
4:00 - 5:30 PM

**MARCH 6 & 13 - TWO LECTURES WITH ELIZABETH STRUTHERS MALBON ON MARK'S GOSPEL: GOOD NEWS FOR ALL**

Saturday, March 6 from 4:00 - 5:30 p.m. and Saturday, March 13 from 4:00 - 5:30 p.m. join St. Luke's for two conversations with biblical scholar Elizabeth Struthers Malbon on Mark's Gospel: Good News for All. The March 6 lecture is titled Story, Characters, and Audience while the March 13th is titled Echoes and Implications. There is no fee to attend these presentations via zoom.

Professor Malbon will begin by presenting her presuppositions about the Gospel according to Mark before illustrating from the narrative how the story is "good news" for various groups of people, including fallible followers, women and men, and one's own people and "foreigners." She will also consider what this "good news" could mean for Mark's audience, in both the first-century and the twenty-first. At the conclusion of each presentation, Professor Malbon will welcome questions from her listeners. This Zoom presentation is available by registering at [stlukeseasthampton.org/community-events](http://stlukeseasthampton.org/community-events).

Dr. Elizabeth Struthers Malbon, Professor Emerita in the Department of Religion and Culture at Virginia Tech, has authored five books (four on Mark's Gospel), plus numerous articles and book chapters. She has also edited or co-edited six books, mostly on biblical literary criticism, and is an active member of several professional groups, including the Society of Biblical Literature and the Anglican Association of Biblical Scholars, where she serves as Program Coordinator. She also serves as a Lay Eucharistic Minister and Lector at Christ Episcopal Church, Blacksburg, Virginia.

Click here to register.

<https://www.eventbrite.com/e/scholar-elizabeth-struthers-malbon-on-marks-gospel-good-news-for-all-tickets-136957967969>



**The Haitian project.** The first school bus is waiting for Harrisburg to send back the DOT forms to give the okay to transport the school bus to Miami and then onto Haiti. We are collecting, organizing and counting items for a second bus and still could use donations. As you already know we need summer clothes, shoes, underwear, belts, ties, purses, backpacks, toothpaste and toothbrushes, towels, washcloths, sheets and hats. Thank you for the items that you have donated in the plastic bin outside of St. Brendan's. Keep them coming!!!



**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:

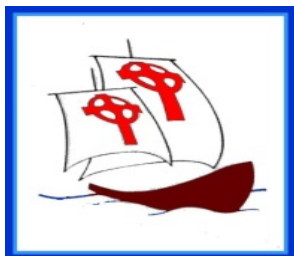
- |                       |                                 |                 |   |                 |
|-----------------------|---------------------------------|-----------------|---|-----------------|
| Kimberly Becker       | Maddie Bell                     | Kate Burnett    | Frank Casey                             | 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.

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### **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)