



**This Week at St. Brendan's**

<b>Sunday</b>	(3-10)	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
<b>Monday</b>	(3-11)	11:00 a.m. Be a Modern Episcopalian 6:00 p.m. Rite 13 meeting 7:00 p.m. Episcopalian small groups 7:00 p.m. Vestry meeting
<b>Tuesday</b>	(3-12)	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
<b>Wednesday</b>	(3-13)	1:00 a.m. Tutor Talk 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
<b>Thursday</b>	(3-14)	10:00 a.m. Conversation Friends 7:00 p.m. Sticks & Strings
<b>Saturday</b>	(3-16)	9:00 a.m. Sacristans

**Serving Sunday, March 10, 2019**

Celebrant:	The Rev. Regis Smolko
Lay Reader:	8:00 a.m. Charlotte Pierce 10:00 a.m. Michael Donadee
Acolyte:	Acolyte team
Prayers:	Anne Hunt
Chalice Bearers:	Joyce Donadee Michael Donadee
Altar Guild:	Janice Moore Betsy Smith
FISH:	Allison Kline
Godly Play:	Joyce Donadee
Door:	Libby Juel
Nursery:	Stacy Connifey Libby Juel
Ushers:	Mike Wick Bob Smith
Vestry:	Annemarie Malbon Janice Moore
Hospitality:	Larry Toler Bradford Thompson
LEM:	Joyce Donadee

**The Priest's Corner**

**Lenten Practices**

Ash Wednesday evening, the ESL Conversation Group was meeting with Linda and Erin. They wondered where the word "Lent" came from. None of us knew for sure, but one of our technologically accomplished newer Brendanites, Stacey, had the answer for us in a matter of seconds. The word "Lent" means "spring" and is derived from the Anglo-Saxon word "lencten." It's also the word for "March," the month in which the majority of Lent falls.

From its earliest times, the Church seems to have had some kind of Lenten preparation for Easter. There's a letter from St. Irenaeus to Pope Victor I around AD190 discussing the differences between Eastern and Western practices. Irenaeus reports, "Some think that they ought to fast for one day, some for two, others for still more; some make their 'day' last a minimum of 40 hours."

In Eusebius' History of the Church, dated a bit prior to AD324, forty hours changed to "40 days—twenty-four hours a day." The importance of this tidbit is that there was an intentional attempt to suggest that since the time of "our forefathers" (which means "the apostles") a 40-day period of Lenten preparation existed. However, the actual practices and duration of Lent were still not homogenous throughout the Church.

We know definitively that Lent became more regularized after the Council of Nicea in AD325. Finally, Pope St. Leo preached that the faithful must "fulfill with their fasts the apostolic institution of the 40 days," again noting the apostolic origins of Lent. One can safely conclude that by the end of the fourth century, the 40-day period of Easter preparation known as Lent did exist, and that prayer and fasting constituted its primary spiritual exercises.

Of course, the number "40" has always had special spiritual significance regarding preparation. Moses was on Mt. Sinai for 40 days and nights. Elijah walked 40 days and 40 nights to the mountain of the Lord, Mount Horeb. Finally, and most importantly, Jesus fasted and prayed for 40 days and 40 nights in the desert before He began His public ministry.

This brings us to Lent 2019 at St. Brendan's. We heard in the reading from Joel on Ash Wednesday that we are to "return to the Lord our total hearts." One way we can intentionally "heal up our broken hearts" is through acts of focused new behaviors or self-denial. Here are six suggestions for Lent 2019. You might choose one or two:

### Add-ons

1. Participate in Rev. Richard Rohr's daily meditations. (Warning: they can be "heavy" at first. Plow through 6 of them and you will find they get easier.)
2. Come to a few Meager Meals beginning at 5:30 p.m. on Wednesdays and lasting until 7:00 p.m. Eat together and reflect together.
3. Participate in the Wednesday evening Liturgy or Taize Service at 7:00 p.m.
4. Attend Dr. Moni McIntyre's Lenten Sunday Series after the 10:00 a.m. liturgy every Sunday of Lent.
5. Give up single-use plastic shopping bags.
6. When ordering a soft drink in a restaurant ask for no straw.

Remember it's the motivation behind these acts that really makes your Lent meaningful. All such things (not the plastics obviously) have been done for at least 1600 years as people take on "doables" like the above for the purpose of returning to God a total heart. May your Lent create in you a new heart.

Regis +

## Announcements

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**Book Club** is reading "Washington Black" by Esi Edugyan, author of "Black Blood Blues." On many Best of 2018 lists, the book begins in 1830 with the horror of a boy's enslavement on a sugar cane plantation in Barbados and follows his tangled relationship with his mentor and tutor and as he travels as far as the Arctic and London. Join the fun on TONIGHT, March 7, at 7:00 p.m. in the church library for a discussion of the book. For more information, email Pat Carl at [pkarrcarl@gmail.com](mailto:pkarrcarl@gmail.com).

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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.

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**Nursery Supervisor** Stacy Connifey is looking for volunteers for the nursery. She is grateful for the five loyal women who currently rotate from week to week. The more volunteers we have, the less often each is called upon to help. There are no age or ability restrictions. All are welcome!

Want to help but can't commit? Perhaps you'll consider covering for Stacy while she is out of town March 24.

Please contact Stacy at [stacy.connifey@gmail.com](mailto:stacy.connifey@gmail.com) if you can help one Sunday or if you'd like to be added to our weekly rotation. Thank you.

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**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 after 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.

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**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](mailto:rvhorton@gmail.com). Thank you for your support.

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**Help Wanted.** Looking for a way to pitch in at St. Brendan's but not sure how? Here are several places where your help is needed.

- **Hospitality Committee Members.** Would you like to part of a fun-loving group of people who plan, prepare food and help with set-up/clean-up at church-sponsored events? If so, please sign up to join the Hospitality Committee today! The parish is preparing to host Lenten Learning Day 2019, which will take place on Saturday, March 23. This is a diocese-sponsored event and we will rely on our Hospitality Committee to ensure that it is a successful one. If interested, please add your name to the sign-up sheet on the narthex table. Please direct any questions to Mike Newton or send him an email at [michaelnewton2004@yahoo.com](mailto:michaelnewton2004@yahoo.com). Thank you!

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**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!

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**Brendan's Boots**, the parish hiking group, will take its next walk on Thursday, March 21, at Allegheny Cemetery in Pittsburgh's Lawrenceville neighborhood. The historic cemetery holds the remains of notable Pittsburghers including Stephen Foster, Josh Gibson, Stanley Turrentine, Lillian Russell, Thomas Mellon, Harry Thaw and John Neville. Participants will meet at the church at 10 a.m. then carpool to the cemetery. The group will have lunch afterwards. Everyone is welcome; feel free to bring a friend.

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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!**

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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.

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**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 our outreach tithe each month. Each person present has an equal voice and vote. The next meeting will be March 17. All are welcome.

This week we are praying for the work of Homeless Children's Education Fund and Crisis Center North.

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**Winter Coats Drive – now ended:** Leslie Aizenman of Jewish Family & Community Services in Squirrel Hill extended a warm and gracious "Thank You!" to St. Brendan's for its generous donations this winter of outerwear for the immigrants and refugees it serves. She said that our donations kept many people warm this winter. Perhaps it is a time to reflect on how this expression of thanks acknowledges the living out of our mission at St. Brendan's. Many thanks to all who were able to participate in this worthy endeavor.

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**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. Our next week in the rotation is March 18-22. 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.

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**Episcopal Workday** at the Greater Pittsburgh Community Food Bank Again this year the SJO 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 Greater Pittsburgh Community 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 am to 1 pm on Saturday, April 13.

To reserve your volunteer slot contact Jerry Stephenson at JJmestephenson@verizon.net by Wednesday, April 3 at the latest. 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 2 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.

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



# March 2019

## Ministry calendar

Date	Lectors	Altar Guild	Sunday School	Nursery	Usher	Vestry	Hospitality
<b>March 3</b> 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
<b>March 6</b> Wednesday 7:00 pm	Ellen Groves	Ellen Groves	~	~	~	~	~
<b>March 10</b> 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
<b>March 13</b> Wednesday 7:00 pm	Alan Schneider	Linda Schneider	~	~	~	~	~
<b>March 17</b> 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
<b>March 20</b> Wednesday 7:00 pm	Gladys Carlisle	Les Carlisle	~	~	~	~	~
<b>March 24</b> Sunday 8 & 10:00 am	8 Ellen Groves L Dean Peters P Alan Schneider C Janice Moore C Alan Schneider LEV Darrell Johnson	Ellen Groves Anelisa Tarrant	Children's Liturgy	Volunteer needed Mary Haider	Chris Fleissner Eric Helmsen	Tom Waseleski Tim Austin	Peter Sweet Michael Newton
<b>March 27</b> Wednesday 7:00 pm	Sylvia Affleck	Sylvia Affleck	~	~	~	~	~
<b>March 31</b> 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

# 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 Mesko
- 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

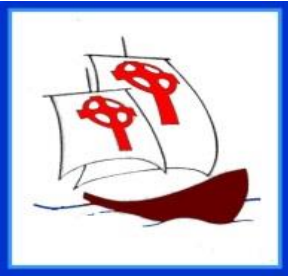
- 7 Stacy Connifey & Mary Haider
- 14 Judy Flick & Marcy Little
- 21 Debbie Wunsche & Jim Gray
- 28 Joan & Paul Klinefelter

## 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](mailto:regisjs@verizon.net)  
Administrative Assistant, Katie Cervone ~ [stbrendans@comcast.net](mailto:stbrendans@comcast.net)  
Music Director, Debbie Wunsche ~ [dwunsche@zoominternet.net](mailto:dwunsche@zoominternet.net)  
Musician, Erica Lin ~ [hylERICA@yahoo.com](mailto:hylERICA@yahoo.com)  
Nursery, Stacy Connifey ~ [stacy.connifey@gmail.com](mailto: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