



## This Week at St. Brendan's

<b>Sunday</b>	<b>10:00 a.m.</b>	Worship, via live streaming
<b>Monday</b>	<b>8:30 a.m.</b>	Daily Morning Prayer
	Zoom ID # website	<a href="https://us04web.zoom.us/j/4796201105">https://us04web.zoom.us/j/4796201105</a>
		No password required
	<b>11:00 a.m.</b>	Be a Modern Episcopalian, via zoom
<b>Tuesday</b>	<b>7:00 a.m.</b>	AA meeting, via zoom
		Dial in 312-626-6799
		Meeting Id: 345 892 252
	<b>8:30 a.m.</b>	Staff meeting, via zoom
	<b>10:30 a.m.</b>	Bible Study, via zoom
<b>Thursday</b>	<b>7:00 p.m.</b>	Interdenominational discussion
<b>Saturday</b>	<b>9:00 a.m.</b>	Sacristans

## Sunday, April 5, 2020

### **Celebrant: The Rev. 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

### Some Thoughts About Biting the Bullet as Month 2 of the COVID-19 Virus Starts

As we now find ourselves in the middle of Week 4 of the coronavirus crisis, we are hearing that the next four weeks are going to be very difficult weeks ahead. How do you prepare yourself for difficult times ahead? In the cowboy/girl days there was a practice called "biting the bullet." This is a useful phrase, and it means "to endure a painful or otherwise unpleasant situation that is seen as unavoidable." The phrase was first recorded by Rudyard Kipling in his 1891 novel *The Light that Failed*. His character Dick Helder is a painter who must endure going blind. His doctor says, "Steady, Dickie, steady! ... Brace up and bite the bullet. I'm afraid I've bad news for you."

There's no one right way for us to do this, but there are some helpful practices. The first thing I'm doing to combat my fears is to recall situations that were very scary to me and what worked in dealing with them and what didn't. Here are some of the things that helped me.

1. Haven't we all lived through some very rough situations and now find ourselves on the other side of them? These are the situations where we had no idea what to do next. Now's the time to remember these and share them with others, AND TO REALIZE YOU MADE IT THROUGH THE DARKNESS AND FEAR OF THAT PAST AWFUL SITUATION. Hear yourself describe your helplessness and yet celebrate having made it through. You survived it! How did you survive it? What are some things you did? What are some things you said, "No!" to?
2. I'm thinking about the times I flew through turbulence. I've experienced both sudden turbulence and prepared-for turbulence situations. Once I was flying across the country when the plane dropped what felt like several thousand feet, when in reality it was far less a drop than 100 feet. The sound was a huge blast, and people were thrown about as overhead compartments opened and items flew. It was profound, but it sure helped when I forced myself to think about facts.

For example, I knew a fact from a trusted pilot friend of mine. He had told me that in heavy turbulence it can feel like the airplane is going up and down long distances, when in reality it is only a few feet. This fact was helpful at the moment of the actual turbulence. The pilot had continued, "Humans notice the rate of change (how fast you are going up or down) more than the magnitude of the excursion." Turbulence very rarely causes a change of a few hundred feet, because most times it is less than 100 feet.

Another helpful thing to do in times like these is to do intentional behaviors that aid us in getting our arms around the magnitude of the situation. Things always feel bigger when you can't call them by name or know important elements about them. So listen to the right people: in our case today, listen to the doctors and medical professionals for the facts and put one plus one together for yourselves and others. Listen to how many survive the virus. Do not listen to the politicians who are undermining or lying about the issues. By the same token, pay little attention to those who are trying to hold mega church gatherings, and don't allow those who make irresponsible decisions about keeping beaches open take up too much space in your mind and heart. (There will be time for this down the road.) For now, guard your energy and use it for gaining insights that really matter. You may well be in a position to offer a piece of life-saving advice to another person if you gain helpful, factual information. Call a friend or a parishioner instead of answering a stupid Facebook rant.)

Look for the helpers and become a helper. Ruth, Saundy, Donna, Joe, Carrie and others are calling and keeping connected to our shut-ins, elderly and health care-providers. Julie and I are trying our best to call or communicate in other ways with

all of our parishioners. I try calling three people a day. The reality I'm finding is that I'm spending close to 3-4 hours on the phone with only those three. People have lots to talk about. We can use help with this.

It helps to get through a crisis by focusing on others. We have several volunteers "at the ready" to run small errands for people, get food to them and other sorts of assistance that is safe to do and in compliance with our social distancing needs. We could use a person to coordinate and match these people with needs with the potential suppliers.

3. Here are some other needs: We'd like someone with the ability to create an old-fashion phone tree to complement our email-blasting efforts. We still have people falling through the cracks because for some reason they are not getting the blasts—likely they are going into their spam files, but who knows for sure.

Another need: we'd like a few volunteers who have knowledge of Zoom or Teams to coordinate an effort to help people who are not as comfortable with these collaborative tools. Help these folks get a working knowledge of how to use these tools. We have people who want to participate in Modern Episcopal and Bible Study Groups who can't get into the virtual gathering places.

Some churches are doing a "virtual coffee hour" for interested parties. Anyone want to get this up and running? How about getting the Book Club going virtual? Another idea: I'm hearing there are ways of playing games like Charades, Family Feud and others. Anyone want to get us rolling with some fun?

Of course, there's another tool, perhaps the most important one of them all, that works more than we can imagine, and it is prayer. I can't tell you how many times I've used this tool during turbulent times. I remember when Ken and I were in a steady rumbling of turbulence while crossing the Pacific Ocean to Australia. (I was going to work in Brisbane; Ken was lovingly taking advantage of our airline miles.) The rocking was really bad, and the idea that only water was below us was far from comforting. We held hands, since that was still possible, and prayed so that only we could hear each other. He asked that "Angels surround our plane and keep us safe." At the very moment he finished those whispered words, a child at the back of the plane blurted out, "Mommy, what's an angel look like?" We both instantly knew we'd be taken care of. Listen for those sweet voices around you that will assure you that you and those you love and all of us will be taken care of right now and for the next many days.

God is with us!

**Regis+**

## Announcements



**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.

**Please visit our website:**

<http://www.stbrendans.org>

**Join us on Facebook:**

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

**Recommend us on Nextdoor:**

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



**North Hills Food Pantry.** During this time when we are unable to take donations into our church, the North Hills Food Bank is still in need of donations. Please consider making a monetary donation by sending a check payable to the North Hills Food Bank to the following address: North Hills Food Bank, 845 Perry Highway, Pittsburgh, PA 15229. Thank you for your support.



**NEW VOTER REFORM LAWS UPDATE.** As many of you are aware, the upcoming Pennsylvania primary has been rescheduled for June 2. STOP THE SPREAD AND REGISTER TO VOTE BY MAIL: Anyone can sign up to vote by mail as long as you are already a registered voter – no reason necessary. Just go to [VOTESPA.COM](http://VOTESPA.COM), click on "Other Links", then "Votes PA" and you can register right there. The county must receive your application May 26 by 5 p.m. Deadline to register to vote in PA is May 18. If you are not registered and want to be able to vote, or for more information on the latest improvements, visit [VOTESPA.COM](http://VOTESPA.COM). For more information on the candidates, visit [VOTE411.ORG](http://VOTE411.ORG) starting about three weeks before each election.



**Earth Day**, which is **April 22**, will now be virtual because of the health crisis. Stay tuned for more information coming soon. Contact Donna Aiello if you have any questions. 412-759-1521 or [donna.aiello@forecastdirect.com](mailto:donna.aiello@forecastdirect.com).

## Kids' Corner

### Buoyed by Faith

Hello all,

Do you know the hymn – "Prepare Ye the Way of the Lord"? Hum it and keep it in mind while you read this . . .

Just imagine if we were going to be visited by the most important person you can think of – more important than the president, more important than the bishop, and more important than your parents.

What would you do? Would you want to have a parade and let everyone know this important person is coming to see you? And wouldn't you want that person to see you!

Well – this is kind of like what happened when Jesus came to Jerusalem in the reading for this Sunday. So, people rushed out of their houses because it was a great celebration. The readings tell us that Jesus was coming to visit. He rode into town on a donkey with palm branches on the road to make the way smooth and not dusty.

Of course, if this was happening to us, we would also want to let people know. But we are separated from each other for this time, so what can we do to let everyone know that someone really important is with us?

So (and stay with me Mom, Dad, or whoever is reading this to our young ones), this Sunday I think we should use what we have – the same way people in Jerusalem in Jesus' day used what they had – cloaks (coats), palms, and this being Pittsburgh maybe even a Terrible Towel to welcome Jesus! Because we also want to welcome him and make the way smooth and not dusty for him to be with us.

On Sunday, during the church service, I want you think about being part of that crowd

- wave what you can – pictures of palm branches or your Terrible Towel
- lay down cloaks or towels
- and remember to listen for these shouts during the readings -
  - "Hosanna to the Son of David!"
  - "Blessed is the one who comes in the name of the Lord!"
  - "Hosanna in the highest heaven!"

This Sunday is Palm Sunday. It is the day we celebrate the entry of King Jesus into Jerusalem. It is a day that marks the beginning of an incredible week. A week that starts with cheering and endings with weeping. That will take us to a Hugh CELEBRATION – EASTER!!!

Julie+



Several weeks ago, we at St. Brendan's, started **exploring email tools to help us keep in touch** with our parish, and friends. We planned to implement those changes slowly.

Now we find ourselves needing to stay in constant touch, so we're using those new email addresses more and more, and we need your help to be sure we're reaching you.

First, please keep an eye on your spam folders! There's a link at the bottom of this announcement with some instructions if you need them. You may see emails from St. Brendan's coming from Gmail addresses, or from [admin@stbrendans.org](mailto:admin@stbrendans.org), among others. Please add these emails to your contacts.

Feel free to respond to these emails, but please understand that you are not responding directly to Katie in every instance.

Here's how to check your spam folders:

<https://webscom.zendesk.com/hc/en-us/articles/222205127-How-to-Check-your-Spam-Filter-and-Whitelist-Emails>.

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## Senior Warden's Corner

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Many, many moons ago, when I was still living in the UK, there was a popular program on TV called **Jim'll Fix It!** Anglophile Brendanites will know that, sadly, the show's creator and on-air host turned out to be a very unsavory character. But the concept was both simple and compelling. Viewers—especially but not exclusively children, and often individuals with serious illnesses or handicaps—were encouraged to write in with their requests for extraordinary opportunities or experiences that would bring some light into their otherwise challenging lives. Then the BBC would go to work to make those dreams come true.

There were predictable items on the list of wishes: the chance to fly in a jet fighter, back-stage passes to sold-out concerts, trips to the Magic Kingdom or to go skiing in Switzerland. The fulfilment of *these* requests provided much of the TV drama. But more touching in some ways were the relatively modest asks. A glance at Wikipedia reminded me that "a young girl wrote to ask if she could 'accidentally' drop and smash a seemingly valuable vase on an edition of *Antiques Roadshow*." And I recall a boy on life support whose fondest wish was to visit his homebound grandmother in her walk-up apartment—which, of course, was arranged with the help of a small army of generous health professionals, firefighters and building contractors.

**At this challenging time for us all, it is important to understand that there is no such thing as an inappropriate request to make of St. Brendan's.** We don't have the BBC's resources and we can't work miracles all the time (only occasionally!). But often it's not a miracle that is needed—just a helping hand. Running errands, calling for a daily chat on the phone, walking a dog, helping sort out the technology that we all depend on nowadays ... these are things that we will do our best to handle for you. It can be hard for many of us to concede that we need help, but the reality is that we will all depend on others at some point in our lives. This may be the time for you. Call the church office at 412 364-5974 or me at 508 688-9554. Maybe in your case, **St. Brendans'll Fix It.**

Sr. Warden, **Tim Austin**

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# Hospitality Hour Hosts/Hostesses

October 2019  September 2020

## October 2019

- 6 ~~Melanie & Thaddeus Popovich~~
- 13 ~~Dottie & Carl Antonucci~~
- 20 ~~Kinley & Aretz families~~
- 27 ~~Lauren Chappo and Becca Sands~~

## November 2019

- 3 ~~Brenna Conroy & Kristen Bailey~~
- 10 ~~Melinda & Wesley Bell~~
- 17 ~~Sheila Bigelow & Jim Roche~~
- 24 ~~Church sign-up (Appetizers)~~

## December 2019

- 1 ~~Choir~~
- 8 ~~Brigid & Jim Christenson~~
- 15 ~~Julie Smith & Colette Satler~~
- 22 ~~Church sign-up (appetizers)~~
- 29 ~~Stacey Coyle and Andrea Dickerson~~

## January 2020

- 5 ~~Karen Dennis and Janet Fesq~~
- 12 ~~Mary & Dale Bertucci~~
- 19 ~~Joyce & Michael Donadee~~
- 26 ~~Annual Meeting church sign-up (soup)~~

## February 2020

- 2 ~~Donna Aiello & Sharon Hlawati~~
- 9 ~~Chris & Roger Betti~~
- 16 ~~Richard Gordon, Janice & Dan Moore~~
- 23 ~~Anne Semmler and Cameron Gresh~~

## March 2020

- 1 ~~Janice & Dan Moore~~
- 8 ~~Amy & Kevin Boyd~~
- 15 ~~Eric Helmsen and Ken Parsons~~
- 22 ~~open~~
- 29 ~~Meghan & Robert Karn~~

## April 2020

- 5 ~~Cindy & Pete Larson~~
- 12 ~~Hospitality Committee~~
- 19 ~~Libby and Phoebe Juel~~
- 26 ~~Stephanie Illsley & Justin Ziegler~~

## May 2020

- 3 ~~The Bertucci family~~
- 10 ~~Parish Men~~
- 17 ~~Laureen & Todd Douds~~
- 24 ~~Sharon & Ron Ladick~~
- 31 ~~Linda & Jason Konley~~

## June 2020

- 7 ~~Marian & AJ McKenna~~  
~~Trish & Neil Galone~~
- 14 ~~Annemarie Malbon and Joe Macklin~~
- 21 ~~Erica & Mark McClure~~
- 28 ~~Parish Picnic~~

## July 2020

- 5 ~~open, volunteer needed~~
- 12 ~~Kate & Keith Heston~~
- 19 ~~Volunteer needed~~
- 26 ~~Joni Reis and Thaddeus Popovich~~

## August 2020

- 2 ~~Lauren & Ashwin Ramakrishna~~
- 9 ~~Arlena & Bill Pugliese~~
- 16 ~~Anne Semmler and Andrew Sprentz~~
- 23 ~~Saundy & Tom Waseleski~~
- 30 ~~AJ Turo, Rob & George Latta~~

## September 2020

- 6 ~~Nancy & George Snyder~~
- 13 ~~Emmalynne & Michael Waseleski~~
- 20 ~~Emily & Brad Zupancic~~
- 27 ~~Janet Fesq and Chris Fleissner~~



### **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.

### **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: Dan Moore  
Historian: Ellen Groves  
Holiday Arts & Crafts Sale: 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  
English as a Second Language: Tim Austin  
Joyce Donadee  
Linda Schneider  
Garden of Hope: Tim Michael  
Miryam's: Julia Wick  
Rob & George Latta  
North Hills Food Bank Ministry: Larry Toler  
Social Justice: Clair Grotevant  
Marilyn Mulvihill  
Under One Roof: Inactive

### **WORSHIP MINISTRY LEADERS**

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

### **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: Dean Peters and Mary Bertucci  
Outreach and Social Justice: Donna Aiello  
Safety & Security: Tim Austin  
Treasurer: Ellen Groves (with Roger Botti)  
Worship: Cameron Grosh

### **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>  
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 Coordinator, Katie Cervone ~ [stbrendans@comcast.net](mailto:stbrendans@comcast.net)  
Music Director, Daniel May ~ [bluesub@verizon.net](mailto:bluesub@verizon.net)  
Nursery Director, Stephanie Illsley ~ [st3phy2011@gmail.com](mailto:st3phy2011@gmail.com)