



## Deacon's Corner

In the **Ash Wednesday** service after the sermon, the celebrant invites the congregation to a holy observance of the Lenten season. Embedded in that invocation are references to the Lenten practices of “*self-examination and repentance; by prayer, fasting, and self-denial*”. It is from these ancient words that so many of our Lenten practices have evolved. Most of us try to do something in response. Many of us give up something (alcohol, candy, certain foods, meat on Fridays, etc.) as a form of fasting. Some of us make time during the week for additional prayer or worship that we don't normally do (such as attending the weekly Wednesday evening Eucharist). Another option is to take advantage of the sacramental rite in the Prayer Book that we call *The Reconciliation of a Penitent* (p. 447), sometimes referred to as Confession. While *Reconciliation* has never been obligatory as in the Roman Church, it has always been a recommended practice for those who seek healing for an unresolved issue in their lives. Is there something that troubles you from which you need relief? Is there a conflict that has not been resolved? Are you out of synch with someone who is important to you? *Reconciliation* allows you to experience God's abundant forgiveness; it is a path forward toward peace and wholeness. If you have never experienced this sacramental rite, perhaps Lent is the right time for you. Review the two optional forms in the Prayer Book (p. 447 and p. 449) to familiarize yourself with the rite. Then contact Mother Robin or I to arrange a convenient time to meet. It's as simple as that!

**Deacon, Darrell Johnson**



A donation was made to the **Brendan's Friends and Family Fund (BFF)** in celebration of the baptism of Elowen Marie Struthers Thompson from Allison Kline.

A donation to the BFF fund is the perfect way to honor that special person or event. BFF funds are earmarked for unbudgeted building needs. Thank you for making a difference at St. Brendan's by becoming a BFF donor.



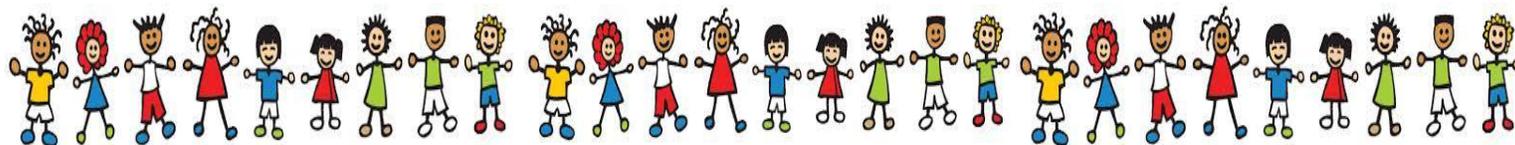
We are starting another year of the **Supper Club**. We will meet twice a year mixing the people so you hopefully you will meet different people at each supper. You can join as a couple or just one person. You can also request not to host at your home. We have also had two people host at one house. The important part is you join. Please either sign up at the church or contact Janice Moore at [naperville@yahoo.com](mailto:naperville@yahoo.com). Make subject line Supper Club. Hope to see you there.

**February Food Drive:** Jesus told us to “love your neighbor as yourself” (Mark 12:31). It is our duty as Christians to put that love into action. In that spirit, the children and youth of St. Brendan's are holding a food drive for the North Hills Food Bank on **Sunday, February 25<sup>th</sup>**. Please help by bringing your donations on these dates (or any date before February 25<sup>th</sup>).

- **Items accepted:** non-perishable food items; cleaning supplies; paper products; toiletries.
- **Items not accepted:** items in glass jars; items beyond their expiration date; clothing.
- **Some special needs this month include:** cereal; crackers; canned soups (not chicken); canned stews; 1 lb. or 2 lb. flour; salad dressing; small bottles of cooking oil; granola bars; pudding, fruit and applesauce cups; ground coffee (11 oz. size).
- **A complete list** of donation suggestions will appear on the flyer given out at church.

Thank you for your support!

## Children and Youth



• **Sunday, February 25: Children's Worship service.** There will be no Sunday School classes that day. The children will participate in various ways in the service. More information will follow.

**Nursery Volunteers:** Thank you to all who have signed up to volunteer on various Sundays. Your help is greatly appreciated! Anyone who already has their necessary clearances and is willing and able to help out with our little ones during the 10 am. worship service, please reach out to me, Liz MacDonald, via text/call at 412-865-6486 or email [Liz702988@gmail.com](mailto:Liz702988@gmail.com).



**Brendan's Boots.** The parish walking group will return to the banks of the Allegheny River on **Monday, Feb. 26**, leaving from the church at **9 am**. Carpools will park at Washington's Landing in Pittsburgh, trek along the Three Rivers Heritage Trail, cross the David McCullough Bridge, then continue along the river trail in the Strip District. Walkers will have time to browse and have lunch in the Strip before heading back to their cars. Everyone is welcome; feel free to bring a friend. For more info, please contact Tom Waseleski, [twaseleski@comcast.net](mailto:twaseleski@comcast.net).

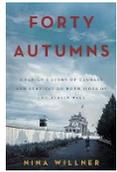


**Next Tai Chi Class, Tuesday February 27, Noon**, at St. Brendan's, once again led by Thaddeus Popovich.

Tai Chi for Arthritis and Fall Prevention is easy to learn, effective and safe. It increases flexibility, muscle strength, mental activity and heart/lung capacity while it aligns posture and improves balance. Studies show this class is safe and effective for people with arthritis, and is an excellent fall prevention program. It's also a good way to decrease stress and anxiety, promote serenity and help you meditate. Plus it's fun and relaxing.

Everyone is welcome; no experience necessary. A donation of \$5 per class is voluntary, and Thaddeus will give all donations back to St. Brendan's as he is offering this class as a special gift to St. Brendan's.

Please add your name to the sign-up sheet in the Narthex if you would like to attend. Questions? Contact Donna Aiello at [donna.aiello@forecastdirect.com](mailto:donna.aiello@forecastdirect.com).



**St. Brendan's Book Club** is meeting on **Monday, March 4 at 1 pm** in the church library to discuss *Forty Autumns* by Nina Willner, a memoir of a family split by the Berlin wall. All are welcome--please join us!

Upcoming titles:

**April 8:** Remarkably Bright Creatures by Shelby van Pelt

**May 6:** My Life in France by Julia Child

Any questions? Contact Pat Carl, [pkarrcarl@gmail.com](mailto:pkarrcarl@gmail.com).



We celebrate the **March Wedding Anniversaries** of:

15 Anne & Jno Hunt

16 Martha & Richard Munsch

24 Megan Overby & Tim Austin



We celebrate the **March Birthdays** of:

3 Allyson Baierl

6 Pat Carl

9 Tom Waseleski

10 Larry Tarrant

14 Abigail Boyd

15 Linda Mesko

18 Maddie Angeletti

22 Tyler Cerra

22 TJ Tweedle

30 Dale Bertucci

30 Megan Overby

## Justice Ministry Events



**Remember to look at your "Help the Homeless" calendars every day!**

For those of you who have your Lenten kits to help the homeless, thank you! Please remember to check your calendar each day.

For those of you who do not have kits and would like to get one, there are still some left in the Lobby. Help yourself. It's not too late to get involved and help us help the homeless in Allegheny County – right from your own home!

At the end of Lent, bring the carton of money to church, and the funds will be given to Outreached Arms, a non-profit for the homeless. The money will be distributed through First Presbyterian Church of Pittsburgh.



**We can all agree that clean air is a basic need. Now our future is at stake!**

Unfortunately, our region continues to rank poorly in air quality assessments, a key factor to a livable future. Matt Mehalik, Executive Director of the Breathe Project, will help us learn what we can do to assure a future with clean air.

**Please join us: Sunday, March 3, 11:30 pm (right after the 10 service in the Parish Hall)**

### **A little about Matt:**

Besides working as Executive Director of the Breathe Project, Matt teaches environmental policy and community resiliency courses at Heinz College and Carnegie Mellon University. He also served as Program Director of Sustainable Pittsburgh for 10 years. Matt has a Ph.D. in Systems Engineering, is published and serves as the chair of the board of trustees of Phipps Conservatory.

**You won't want to miss this important presentation!**

If you would like to participate in the Justice Ministry or have ideas for social justice projects, please contact Donna Aiello at [donna.aiello@forecastdirect.com](mailto:donna.aiello@forecastdirect.com) or Marilyn Mulvihill at [mimi15143@yahoo.com](mailto:mimi15143@yahoo.com).

# Prayer Requests

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**We pray for our beloved members of St. Brendan's**, especially: Janet Fesq, Anne Semmler, Joan Beatrous, Nancy Bancroft, Dave Miller, Matthew, Jim Gray, Linda Schneider, Kelli Cerra, Charlotte Pierce, Larry Tarrant, Rosie Wood, Bill Spoonhoward, Mark Shoemaker, Nancy Snyder, Ruth Haider, Sherri Angeletti, Alice Butterworth, Judy McKarnin, Margie Davies, Joyce Donadee.

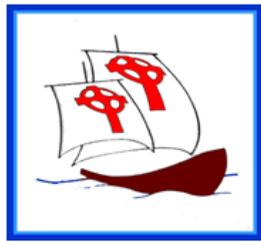
**For our parents**, especially: Ken McCormack, Margaret Nagel, Ray Militzer, Lenora, Diane Davis.

**For our family members**, especially: Conor Taylor, Neil Amor, Carol and Guy Estes, Pat Schulze, John, Rich Mankowski, Joann, Bee Ward, Margaret and Lawrence Czerpak, Frank Nagy, Sierra Reckley, Paula Watson, Pat Shields, Ann & Ben Kirkpatrick, Christian, Ray Spoonhoward, Sue Burchill, Jay & A, Robert Donato, Rosalie & Geoff Wood, Carol Schmitz, Tom Groves, Rich, Marie Hazelton, David Pingree, A-C, Nathan Schlumpf, Laurie Brooks, Bob Kiehl.

**For our friends**, especially: Mike Colavita, Terri Hockenberry, The Silveira family, Ellen Kuntz, Jordon Medlin, Fran Gargotta, Connie Geiger, Vivian, Cindy & Bob Getty, Ron Neurohr, Patty Herrington, Jim Noel, Josh, Juliana Moses, Pat Reiner, Johan Smith, Maggie Cervone, Nancy Baker, Phil & Bernice Bollman.

**If you know someone who would like a visit from Mtr. Robin**, please email her at [robin@stbrendans.org](mailto:robin@stbrendans.org).

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# February Ministry Calendar 2024

Date	Lectors	Sunday School	Nursery	Altar Guild	Greeters	Ushers	Steward	Vestry	Hospitality
February 4 Sunday 8 & 10:00 am	8 Tammy Spoonhoward 1 <sup>st</sup> Ann Vinski 2 <sup>nd</sup> Tony Turo P Donna Aiello	Lambs Saundy Waseleski FISH Allison Kline Door keeper TBD	Liz MacDonald Susan Shields Annemarie Malbon	Sylvia Affleck Phoebe Juel	Saundy Waseleski Tom Waseleski	Tim Austin Linda Limberis	John Appeldorn	Sandy Nagy	TBD
February 11 Sunday 8 & 10:00 am The Last Sunday after Epiphany	8 Sylvia Affleck 1 <sup>st</sup> Sandy Nagy 2 <sup>nd</sup> Paul Quinn P Tony Turo	Lambs Saundy Waseleski FISH Saundy Waseleski Door keeper Tom Waseleski	Liz MacDonald Dawn Day-Quinn	Joan Klinefelter Anelisa Tarrant	Sharon Hlawati Donna Aiello	Julia & Mike Wick	Tim Austin	Dan Moore Richard Munsch	TBD
February 18 Sunday 8 & 10:00 am The First Sunday in Lent	8 Johanna Rengers 1 <sup>st</sup> Cindy Koszarek 2 <sup>nd</sup> Dean Peters P Mary Bertucci	Lambs Kayla Tweedle FISH Allison Kline Door keeper Ellen Groves	Liz MacDonald Susan Shields	Tammy Spoonhoward Barb Fure	Annemarie Malbon Annie Koch	Donna Aiello Dan Moore	Tim Austin	John Appeldorn Frances Harpst	TBD
February 25 Sunday 8 & 10:00 am	8 Ellen Groves 1 <sup>st</sup> Children 2 <sup>nd</sup> Children P John Appeldorn	Children's Service	Liz MacDonald Molly Kirk	Ellen Groves Janice Moore	Susan Shields Kate Heston	Donna Aiello Allyson Baierl	Linda Limberis	Kate Heston Melanie Popovich	TBD



## 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: Dan Moore  
 Adult Formation: John Appeldorn  
 Communication/Technology: Sandy Nagy  
 Children & Youth: John Appeldorn  
 Finance: Frances Harpst  
 Fundraising: Frances Harpst  
 Inreach & Hospitality: Kate Heston  
 Membership: Melanie Popovich  
 Pastoral Care: Melanie Popovich  
 Outreach: Richard Munsch  
 Secretary/Clerk: Kate Heston  
 Worship: Neil Galone  
 Treasurer: Kevin Boyd

### WORSHIP MINISTRY LEADERS

Acolyte: Anelisa Tarrant  
 Altar Guild: Anelisa Tarrant  
 Flower Ministry: Libby Juel & Sylvia Affleck  
 Greeter: Donna Aiello  
 Lector: Ann Vinski  
 Scheduler: Kelli Cerra  
 Spirituality: Donna Aiello

### PARISH LIFE MINISTRY LEADERS

Audit: TBD  
 Book Club: Anne Semmler  
 Brendan's Boots: Tom Waseleski  
 Bulletin Coordinators: Pat Carl & Carol Meese  
 Dinner Group: Janice Moore  
 Fiber Crafting Club: Sherri Angeletti  
 Finance Chair: Lauren Ramakrishna  
 Green Thumb Gang: Dan Moore  
 Historian: Ellen Groves  
 Holiday Happenings/Cookie Walk: Donna Aiello  
 Memorial Garden: John Appeldorn  
 Merry Meal Makers (M&M's): Saundy Waseleski  
 Reiki Ministry: Melanie Popovich  
 Rental: Marilyn Mulvihill  
 Scholarship: Allison Kline~Ann Vinski~Mike Wick  
 Web Site: Kelli Cerra

### OUTREACH MINISTRY LEADERS

Adopt-A-Highway: Tom Waseleski  
 CRIES Advocacy: Ellen Groves  
 ESL: Tim Austin  
 Joyce Donadee  
 Garden of Hope: Annemarie Malbon  
 Justice Ministry: Marilyn Mulvihill & Donna Aiello  
 Miryam's: Julia Wick  
 North Hills Food Banks: Ruth Horton

### WEEKLY AT ST. BRENDAN'S

Sunday: 8:00 am Worship, in person  
 10:00 am Worship, in person and live streaming  
[https://www.youtube.com/channel/UCkCY2BEJXlqMoVc\\_nXXG7ew](https://www.youtube.com/channel/UCkCY2BEJXlqMoVc_nXXG7ew)  
 Monday: 8:00 am Daily Morning Prayer, via zoom, Monday thru Friday  
<https://us02web.zoom.us/j/83591825912?pwd=a3BGcCswanE1OFFXaVBWbDBYRGM1UT09>  
 9:00 am Katie office hours till 1:00 pm  
 10:00 am Modern Episcopalian, via zoom  
 Tuesday: 9:00 am Katie office hours till 1:00 pm  
 11:00 am Bible Study, via zoom <https://zoom.us/j/4575423762>  
 4:30 pm Book Club discussion, via zoom <https://us02web.zoom.us/j/81484853481>  
 Wednesday: 9:00 am Katie office hours till 1:00 pm  
 1:00 pm Mother Robin office hours till 5:00 pm  
 6:00 pm Midweek Eucharist  
 Thursday: 9:00 am Katie office hours till 1:00 pm  
 11:00 am Mother Robin office hours till 4:00 pm

### ST. BRENDAN'S EPISCOPAL CHURCH

2365 McAleer Road, Sewickley, PA 15143

Phone ~ 412-364-5974

Web Site ~ <http://www.stbrendans.org>

Online Parish Calendar ~ <https://www.stbrendans.org/calendar>

Online Parish Directory ~ <https://drive.google.com/file/d/1By4bzW6dJ2AwwZVlmlgicQ4WFAynP16D/view?usp=sharing> (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-in-Charge, Mother Robin Jarrell ~ [Robin@stbrendans.org](mailto:Robin@stbrendans.org)

Parish Administrator, Katie Cervone ~ [Katie@stbrendans.org](mailto:Katie@stbrendans.org)

Deacon, Rev. Darrell Johnson ~ [darrell@stbrendans.org](mailto:darrell@stbrendans.org)

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

Nursery Director, Liz MacDonald ~ [Liz702988@gmail.com](mailto:Liz702988@gmail.com)

Vestry ~ [Vestry@stbrendans.org](mailto:Vestry@stbrendans.org)