



## The Priest's Corner

The liturgical season of Lent is a profound journey for the soul, offering a sacred space for personal reflection, repentance, and renewal. This 40-day period, mirroring the time Jesus spent in the wilderness, invites us to step away from the distractions of daily life and to focus inward. Through prayer, fasting, and giving of our time, talent, and treasure, Lent encourages us to confront our shortcomings and seek forgiveness, so that we can spend more time with humility and spiritual growth. By stripping away excess and committing to acts of discipline, we make room for a deeper, more authentic connection with God.

Lent is also a time for transformation, not just in our personal lives, but in our relationships and communities. As we practice self-denial and generosity, we become more attuned to the needs of others and more willing to extend grace and compassion. This season challenges us to break free from the confines of selfishness and to embody the love and mercy that Christ exemplified. In doing so, we not only grow closer to God, but we also strengthen the bonds of community, especially the community we share at St. Brendan's -- creating a ripple effect of kindness and support that extends far beyond the church walls.

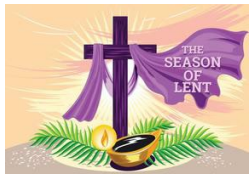
Ultimately, Lent is a journey that leads us to the joyous celebration of Easter, where the resurrection of Christ symbolizes new beginnings and eternal hope. By embracing the penitential practices of Lent, we prepare our hearts to fully experience the triumph of the resurrection. This journey of self-examination and spiritual renewal is a reminder that, even in our imperfection, we are loved and redeemed. The sacrifices and commitments we make during Lent serve to purify our souls and renew our faith, allowing us to emerge from this sacred season with a renewed sense of purpose and a deeper appreciation for the gift of salvation.

I'll have more to say about Holy Week (especially the holy Triduum – Maundy Thursday, Good Friday, and the Easter Vigil) in the coming weeks.

I hope you will join us for Wednesday evenings in Lent beginning March 12 at 5 pm. We will have evening worship followed by a "simple supper" in the fellowship hall.

**Faithfully,  
Mother Robin+**

## Announcements



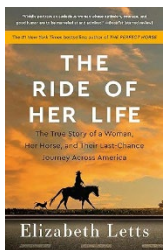
### Lenten Wednesdays:

Lent is a time to help us prepare for Easter through prayer, repentance and charity. St. Brendan's is offering the following to help us in this preparation:

Every Wednesday during Lent, beginning on **March 12**, we will have a simple supper together immediately after the **5 pm** service. The first week consists of soup and bread. If you would like, please feel free to bring a simple dish to share, i.e. tossed salad or fruit. The services and simple dinner will help us remember and keep us focused on the sacredness of this time. If you can't make it to the **5 pm** service, please feel free to still attend the dinner (come around 6pm). Please join us -- all are welcome!



**Food Bank:** St. Brendan's Food Bank Ministry provides a year round opportunity to provide assistance to needy members of our community. Donations may be placed in the shopping cart in the Narthex. Donations are forwarded to the North Hills Food Bank. During March we are requesting donations of **ORANGE, APPLE AND CRANBERRY JUICE (32 OZ. TO 96 OZ.); CEREAL (CORN FLAKES, BRAN FLAKES, SPECIAL K, RICE AND WHEAT CHEX); AND PLAIN OR FLAVORED OATMEAL.** Other non-perishable food or paper products are gladly accepted.



**St. Brendan's Book Club** meets the first Monday of each month at 1 pm in the library. Our next meeting is April 7 for discussion of *The Ride of Her Life: The True Story of A Woman, Her Horse, and Their Last-Chance Journey Across America* by Elizabeth Letts. All are always welcome. Upcoming titles:

- May 5: Hello Beautiful by Ann Napolitano
- June 2: Master Slave Husband Wife by Ilyon Woo
- July 7: The God of the Woods by Liz Moore
- August 4: The Maid by Nita Prose

The club plans to attend the Greater Pittsburgh Festival of Books on May 31 at Carnegie Library in Oakland. Details to follow. Contact Anne Semmler ([annegsemmler@gmail.com](mailto:annegsemmler@gmail.com)) with any questions.



**Daughters of the King!** St. Brendan's will hold the next DOK meeting on Wednesday March 12, 1:00 pm at St. Brendan's. All meetings are held the 2nd Wednesday of each month, at 1:00 pm. If you are interested contact Sandy Nagy [Shelbie1982@icloud.com](mailto:Shelbie1982@icloud.com) or Johanna Rengers [jorengers@gmail.com](mailto:jorengers@gmail.com) or simply show up.



**TAI CHI with Thaddeus.** Tai Chi classes will once again be held at St. Brendan's, beginning on **Tuesday March 11 at 1:00 (time change from 12 Noon)**, and will continue to be held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. They will be led by Thaddeus Popovich, who is certified to teach a gentle, meditative version of Tai Chi.

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, and promote serenity. 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 Thaddeus at [tedpop32@icloud.com](mailto:tedpop32@icloud.com) or Donna Aiello at [donna.aiello@forecastdirect.com](mailto:donna.aiello@forecastdirect.com).

## Children and Youth Ministries (CYM)



### Looking ahead:

- Sunday, March 23**, is the date of the next **Children's Worship Service**. There are no Sunday School classes that day. Children will be involved in various roles in the service. More information will follow.



### Help Make a Difference for the Homeless in our city

We take so many things for granted – our homes, fresh water, lights, clean clothes, the list goes on and on. Some folks do not have these luxuries; they live on the street or in their cars.

The Justice Ministry is once again offering a Lenten project to help the homeless right from our own homes. You will receive a calendar, with a different entry for each day during Lent. If you have access to that item or if you do the daily task, put a small amount of money in the provided container. For instance, donate \$0.50 every time you have a meal today, give \$0.25 if your home

has heat, etc.

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.

All are welcome to participate -- adults and children. You can pick up supplies at church. Please help us help the homeless in Pittsburgh! Thank you.

If you would like to participate in any of these projects or have ideas for other social justice projects, contact Donna Aiello or Marilyn Mulvihill. Thank you!

# Prayer Requests

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**For our beloved members of St. Brendan's especially;** Libby & Richard Juel, John Pease, Dave Miller, Rich Nagy, Frannie, Joan Beatrous, Bill Spoonhoward, Margie Davies, Charlotte Pierce, Ruth Haider, Rosie Wood, Nancy Snyder, Matthew.

**For our parents, especially;** Margaret Nagel, Lenora, Ken McCormack.

**For our family members, especially;** Nathan Schlumpf, Bee Ward, Mike Tourangeau, Steve Getty, Jennifer Cale, Robert Donato, Paula Watson, Margaret & Lawrence Czerpak, Cindy, Marie Hazelton, Guy Estes, Joann, Neil Armor, John, Kayleigh Waters, Frank Nagy, Rosalie & Geoff Wood, Sue Burchill, Pat Schulze, Parker Shebs, Frannie, Christian, Ann & Ben Kirkpatrick, Rich, Reta Caldwell, Tom Payne, Marie Hazelton, Daniella, Carol Schmitz.

**For our friends, especially;** Frank Monakowski, Debbie & Dale Kline, Hannah and Horst Hartmann, Connie Geiger, Bill Pugliese, Charlotte S., Mike & Peter Gosch, Cindy & Bob Getty, Kathleen Suskauer, Susan N., Patty Herrington, Laurie, Mark Hubert, Josh, Terri Hockenberry, Patty Walker, Heidi Sherwin, Mike Colavita, Diane Brackus, Jordon Medlin, Phil & Bernice Bollman, Nancy Baker.

**For those who have died, especially;** Ruth Horton, Chuck Schulze, Debbie Kline and Reta Caldwell.

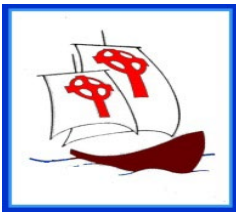
**If you know someone who would like a visit from Mtr. Robin,** please email her at [robin@stbrendans.org](mailto:robin@stbrendans.org).

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# March Ministry Calendar 2024

Date	Lectors	Sunday School	Nursery	Altar Guild	Greeters	Ushers	Stewards	Vestry	Hospitality
March 2 Sunday 8 & 10:00 am	8 Sylvia Affleck 1 <sup>st</sup> Donna Aiello 2 <sup>nd</sup> Mary Bartucci P Tim Austin LEV Ellen Groves Lay Eucharistic Visitor	Lamb: Kayla Tweedle Fish: Allison Kline Doorkeeper: Kathy Miller	Liz MacDonald Evie Mathie	Dottie Antonucci Janice Moore	Kate Heston Susan Shields	John Appeldorn Julia/Mike Wick	Paul Quinn	Frances Harpst	Ken Parsons
March 5 Ash Wednesday 12 & 6 pm	12 John Appeldorn P Donna Aiello  7 Mary Bartucci P Tim Austin	N/A	N/A	TBD	N/A	N/A	N/A	N/A	N/A
March 9 Sunday 8 & 10:00 am	8 Joan Beatrous 1 <sup>st</sup> Paul Quinn 2 <sup>nd</sup> Tony Turo P Aidan McKenna LEV Tim Austin Lay Eucharistic Visitor	Lamb: Saundy Waseleski Fish: Katie Costa Doorkeeper: Susan Shields	Liz MacDonald Pat Carl	Ellen Groves Phoebe Juel	Annmarie Malbon John Appeldorn	Allyson Baierl Kate Heston	Deb/Norm Erb-White	Mike Wick Dan Moore	Janice & Dan Moore
March 16 Sunday 8 & 10:00 am	8 George Snyder 1 <sup>st</sup> Alan Schneider 2 <sup>nd</sup> Kate Heston P Dean Peters LEV Sylvia Affleck Lay Eucharistic Visitor	Lamb: Saundy Waseleski Fish: Kayla Tweedle Doorkeeper: Ellen Groves	Liz MacDonald Annemarie Malbon	Barb Fure Kathy Miller	Saundy & Tom Waseleski	Richard Munsch Donna Aiello	John Appeldorn	Melanie Popovich	TBD
March 23 Sunday 8 & 10:00 am	8 Johanna Rengers 1 <sup>st</sup> Sunday School 2 <sup>nd</sup> Sunday School P Sunday School LEV Melanie Popovich Lay Eucharistic Visitor	Children's Worship Service. No Sunday School Classes.	Liz MacDonald Evie Mathie	Tammy Spoonhoward Annelisa Tarrant	Annie Koch Wesley Bell	Kate Heston Julia/Mike Wick	Dan Moore	Tom Waseleski	TBD
March 30 Sunday 8 & 10	8 Tammy Spoonhoward 1 <sup>st</sup> John Appeldorn 2 <sup>nd</sup> Linda Limberis P Donna Aiello LEV Marilyn Mulvihill Lay Eucharistic Visitor	Lamb: Saundy Waseleski Fish: Katie Costa Doorkeeper: Kathy Miller	Liz MacDonald Evie Mathie	Sylvia Affleck Janice Moore	Sharon Hlawati Donna Aiello	Linda Limberis Tim Austin	Deb/Norm Erb-White	Richard Munsch	Youth Group



## 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

Donna Aiello: Worship  
Frances Harpst: Finance  
Jen & Bob Mankowski: Adult Formation/Technology  
Dan Moore: Junior Warden  
Richard Munsch: Outreach  
Ken Parsons: Hospitality  
Melanie Popovich: Pastoral Care/Clerk/  
New Members  
Tom Waseleski: Senior Warden  
Mike Wick: Inreach/Children & Youth  
  
Treasurer: Kevin Boyd

### OUTREACH MINISTRY LEADERS

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

### WORSHIP MINISTRY LEADERS

Acolyte: Anelisa Tarrant  
Altar Guild: Anelisa Tarrant  
Flower Ministry: Libby Juel & Sylvia Affleck  
Greeter: Toni Passarello  
Lector: Ann Vinski  
Scheduler: Debra Erb-White  
Spirituality: Donna Aiello  
Usher: Tim Austin

### PARISH LIFE MINISTRY LEADERS

Audit: Mary Bertucci  
Book Club: Anne Semmler  
Brendan's Boots: Tom Waseleski  
Bulletin Coordinators: Kate Heston~  
Bulletin Committee: Pat Carl~Carol Meese~Barb Fure  
Dinner Group: Janice Moore  
Facebook: Jen and Bob Mankowski  
Fiber Crafting Club: Sherri Angeletti  
Finance Chair: Frances Harpst  
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, Jen & Bob Mankowski

### 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>  
8:00 am Katie office hours from home till noon then in office from 12:30 till 3  
10:00 am Modern Episcopalian, via zoom

**Tuesday:** 8:00 am Katie office hours from home till noon then in office from 12:30 till 3 pm  
11:00 am Bible Study, via zoom <https://zoom.us/j/4575423762>

**Wednesday:** 8:00 am Katie office hours from home till noon then in office from 12:30 till 3 pm  
1:00 pm Mother Robin office hours till 4:00 pm  
5:00 pm Midweek Eucharist

**Thursday:** 11:00 am Mother Robin office hours till 4:00 pm  
Katie's office hours from home from 8 till 3 pm

**Friday:** 8:00 am Katie office hours from home till noon then in office from 12:30 till 3 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/1By4bzW6dJ2AwwZVlmlqjcQ4WFAynP16D/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)