



Sunday, July 11, 2021

Celebrant: 10:00 am The Rev. Regis Smolko

Participating and representing St. Brendan's in prayer and worship and receiving Holy Eucharist for all members and friends.

Weekly at St. Brendan's

- Sunday** 8:00 am Worship, in person
 10:00 am Worship, in person, and
 10:00 am Worship, via live streaming https://www.youtube.com/channel/UCkCY2BEJXlqMoVc_nXXG7ew
- Monday** 8:15 am Daily Morning Prayer, via zoom
<https://us02web.zoom.us/j/4796201105?pwd=bXM5OHJ2UEh4TXhQT1RkZnVrQWNVdz09>
 Meeting ID: 479 620 1105 Passcode: 092720
 11:00 am Be a Modern Episcopalian, via zoom <https://zoom.us/j/4575423762>
 1:00 pm Bible-Lite Group
- Tuesday** 7:00 am AA meeting, via zoom Dial in: 312-626-6799 Meeting Id:345 892 252
 8:00 am Staff meeting, via zoom <https://zoom.us/j/4575423762>
 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>
 6:00 pm Bible Study
- Wednesday** 7:00 pm Evening Service

The Priest's Corner

The Older I Get, the Better I Am with Inconsistency

Perhaps I should call this reflection today, "Inconsistency is Inevitable When Inclusivity and Diversity Are Your Goals"—instead of what I entitled it. I could also call it, "It Takes Hard Work to be Inclusive and Diverse." This pandemic has taught us so many things and provided us with "stretches" that perhaps were meant to break us only to end up helping us gain insights we never would have gained any other way. I learned there seems to be an impossible expectation of (better—demand for) consistency for those who opt for these two sought-after virtues—no wonder why so many give up trying to be inclusive and diverse at the same time. It is, as our nephew Micah would say, "dangit hard."

Then add being Episcopalian to the mix, and it's near impossible, or possible only when you let go of crippling perfectionism. You might be thinking, "What's Regis up to here—what's going on?" Simply put: in trying to be inclusive and diverse with opening up to full, in-person worship, we are experiencing how you can't really plan for every demand that inclusivity and diversity will request from you. For example, we knew that in order for parents to be best positioned to decide whether or not their unvaccinated kids return to in-person worship at St. Brendan's, we ought to give them reasonable, universal guarantees. Thus we determined that mask-wearing should be universal at all our services as well as up-to-date social distancing protocol guarantees. We expected some pushback. In fact, going into last Sunday, one piece of advice I received was, "Be ready— you're going to get resistance." Well you know what your sabotaging egoic, lower self does with all this foreboding, right!?!? You play out these epic dramas in your wide-awake mind but still sleeping body when you wake up in the middle of the night. It goes something like this: "She will say this...To which I will say...Then...He breaks out in tears...I resigned and they leave the parish....your alarm rings...real time arrives...yet that dog-gone heart of yours is still beating out of your chest....and for a moment you're glad you're alone!" Tell me you don't know what I'm talking about? I call this "skin in the game."

So you get to church and everyone's masked and doing what you asked them to do. And you say in your heart, "Of course, this is St. Brendan's!" So you let people know how grateful you are and this too will end, and even if you can't see the vision...it's there and all this inconvenience too will pass. So I then get the insight there's one more inconsistency I want to take care of. All our readings and prayers will be done masked because even if you can't hear them as well due to the reader's mask, you have the bulletin or insert to follow. There's supportive tools along the way to make sure you hear the words.

Now: Enter perfectionism. "The only place then where you might be disadvantaged if mask-wearing is demanded everywhere is at sermon time. I know I sound muffled and there's no script to follow. So, you might experience an inconsistency and I want to give you a choice here. I can preach from behind the altar at the 8 and be maskless so you can hear, or we could go sermonless during the 8 o'clock because it will be live streamed any way...." Before I could finish, shouts of, "No! Of course not! Sermon at 8...YOU WILL PREACH!" "Holy cow! What church does this?" St. Brendan's, of course! This is why it's going to be so hard for me to retire.

So we're a bit inconsistent. By the way, at 10, we're preaching maskless too; except in the big church, we're preaching from the pulpit. Oh how I don't want to do that, but I gotta have skin in the game too.

So after all this consistency/inconsistency work, I thought we had it together with the exceptions and learned to let perfectionism go a bit while welcoming the world of mere "high standards." No sooner was the sermon done, a frail-sounding voice fearfully was heard, "I can't breathe." "Oh my goodness...take off her mask. Help her. Get some air." St. Brendan's intuitively knew what to do and all became well.

Later that day, it dawned on me how God seemed to punctuate the sentence one degree clearer, making the point perfectly enough; so that we all got the message. A little inconsistency is important, yinz all!" It won't tarnish your great plans or virtue attempts—it simply adds a bit of diversity to it, so you can really opt to be inclusive.

All good,
Regis+

Are you struggling with any of these symptoms?



- Feelings of sadness, hopelessness, and helplessness.
- Feeling removed from family or friends.
- A lost interest in what used to be fun.
- Troubling shifts in sleep patterns, appetite, and/or weight.
- Irritability.
- Physically and emotionally drained.
- Any thoughts of hurting yourself or those you are caring for.
- Becoming sick and withdrawn more than usual.

You might have Care-Giver Burnout. The Transitional Care Team at St. Brendan's is here to offer you support and guidance. You can reach Eddie Wise, our Pastoral Counseling intern at 724-825-3594.

Caregiver Burnout. 2021. <https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>

Hospitality Hour Volunteers Needed! Effective immediately, St. Brendan's is re-instituting Hospitality Hour! Ta-daa!! We are therefore looking for individuals, couples or families who plan to be at church for the 10:00 Sunday Eucharist in the coming weeks and would be willing to host. This is not a big deal. Numbers are modest at the moment (perhaps 25 people) and we urge you to keep the refreshments simple (coffee or lemonade, doughnuts or cookies). You can set up outdoors if the weather is nice or in the Social Hall if it is not. To volunteer, please contact Katie (stbrendanskatie@gmail.com).



St Brendan's Men's Breakfast, Monday, July 12th. Gentlemen, please join us at the Eat'n'Park, 2650 Brandt School Rd in Wexford at **9:00 am** for breakfast and coffee. Sign-up not necessary, but you may contact Steve Horton at stephenshorton@gmail.com for additional information.

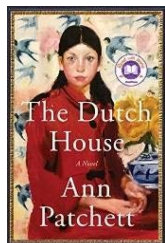


HOLD THE DATE: What is the Independent Police Review Board of Allegheny County? Why do we need it? How does my community join? Liv Bennet, chair of Allegheny County Public Safety Committee and a community activist, will explain it to us! Join us via Zoom on **Thursday, July 15 at 7:00 pm**. Please rsvp to this important and informative event by sending an email to scregistration@uucnh.org. This Forum is sponsored in conjunction with the Universal Universalists of the North Hills.



We thank you all for taking the time to respond to the Survey Monkey requesting **Ministry Volunteers**. We fell a little short and still need more. As the short list can get quite burnt out if they are called upon every month or in some situations multiple times per month. We ask you to contact Katie StBrendans@gmail.com and re-consider volunteering for the following positions:

- **Lector (Live, Recorded or Both)**
- **Prayers of the People**
- **Ushers**



Book Club is Back! In-person Book Club meetings have resumed! Please join us for fun, fellowship and lively book discussions on the first Thursday of each month. Our next meeting will be held at the church on **Thursday, August 5th at 7 pm**. We will be discussing, "The Dutch House", a work of contemporary fiction by award-winning author Ann Patchett. Published in 2019, the novel tells the story of what happens to siblings Danny and Maeve Conroy when their stepmother expels them from their sumptuous childhood home after the death of their father. Set in the Dutch House—located in the outskirts of Philadelphia—and New York, the novel is literary fiction with fairy-tale elements. For more info, feel free to contact Chris Botti at shadypatch@msn.com or 412 952-3180. All are welcome! Please join us!

Parish Administrator, **Katie Cervone**, will be on vacation next week. If you have an issue that cannot wait until she returns July 20th, please contact Sr. Warden, Tim Austin.

Childrens Corner



What is better than **Vacation Bible School**? It is a chance to get together with our church friends, have fun, and learn something about God, the Bible, Church, and each other. Last year, because of COVID we couldn't have Vacation Bible School, but this year we can.

When I was little, we had VBS all day, everyday, for a week. Then on Friday night we would have a VBS celebration. It seemed like every kid in the entire town was there and it was almost like school – only more fun. More play. More movement.

This year, as we slowly move back to church, VBS will be on Saturday afternoons. It will still have all the fun, spread out over more days. And on

each Saturday evening, at the end of each day of VBS, we'll have a church service. Yep, we will celebrate the Eucharist for all who would like to attend.

And if you already have vacation plans, you can still participate, email Pastor Julie at jlsphone1@gmail.com for more information.

To get ready, I'm taking a few weeks off – so no Children's Corner for two weeks. But when I'm back, we'll take off with VBS.

Peace & Blessings,
Julie+



Come join us for quiet, peaceful **Evening Prayer in the chapel** on **Wednesday at 7:00 pm**. The service follows the Prayer Book closely and includes the Prayers of the People from the previous Sunday. This is a perfect way to continue our intentional prayer for our blessed Brendanites during the week.

CRIS Advocacy (Christian Response In Emergency Situations), donates 10% of our pledged income. This week we are supporting Miryam's Kitchen. We are not preparing meals yet, so we continue to donate monthly.

The next CRIS Advocacy meeting will be **Sunday, September 19, 2021** in the Library following the 10:00 service.

Senior Warden's Corner

Tell-Tale Signs.

- ❖ **First sign:** This weekend will see the first "routine" rental of our Social Hall. Appropriately enough, the occasion will be a joyous one: a baby shower! Meanwhile, negotiations continue towards an ongoing and more lucrative rental arrangement with an organization that will use downstairs office space as well as the Social Hall on weekdays to assist adults facing mental health challenges.
- ❖ **Second sign:** On my way into the building to help clean up the kitchen for this weekend's renters, I found that children from the parish had used sidewalk chalk to add colorful decorations to the floor in the porch just outside the main doors. It was wonderful to see familiar names scribbled in bright colors against the drawings. What will the kids all look like when we see them again?
- ❖ **Third sign:** A small committee has begun work in earnest on the initial steps towards our world-famous (OK, maybe just locally famous) Holiday Happening Craft Fair and Cookie Walk, to be held in-person (God willing) on Saturday, November 20. Mark your calendars now. Those who are new to our community should understand that this is a day you definitely do not want to miss!

So, slowly—too slowly for some, I recognize—life returns to "the way we were." Let us savor these tell-tale signs for the gift that they are, for once the familiar routines resume, we will probably forget their power to move us.

Tim Austin

The Ministry Calendar is back! Please scroll towards the bottom of the Little Log where it will remain every week.

Episcopal Diocese of Pittsburgh Chooses a New Bishop-Elect

On June 26, 2021, Reverend Dr. Ketlen Solak was selected as Bishop-elect for the Episcopal Diocese of Pittsburgh. Two of St. Brendan's deputies who took part in the election process offered these remarks on the occasion:



"Rev. Dr. Ketlen Solak was voted by the lay deputies and clergy to be the 9th bishop of the Episcopal Diocese of Pittsburgh. From what I have seen, she is humble, loves God, and has a variety of experiences with parishes. She appears to be someone who will collaborate with people and will listen to what people are experiencing. She has a spark and a beautiful singing voice that may have developed from her Haitian roots and as a music major in college. At our meet-and-greet session at Christ Church North Hills, it surprised everyone in the room that when asked to say a prayer, she chose instead to sing the prayer with a call-and-response interaction with all of us singing with her. She is very spiritual, and I am looking forward to her installation as our next Bishop." - Joyce Donadee



"The Nominating Committee of the diocese put forth a slate of well-considered and highly qualified candidates and there was a great deal of information presented on each one. We appreciated and considered all the feedback and comments from our fellow parishioners at St. Brendan's. Thank you all! Now that a new bishop has been elected, there is much to celebrate about Reverend Dr. Ketlen Solak and what she can bring to the diocese." - Megan Overby

The diocese's Transition Committee says a farewell party for current Bishop Dorsey McConnell and his partner, Betsy, will be held on Saturday, August 28. Then, on Saturday, November 13, the diocese will celebrate the consecration (ordination) of Ketlen+ as our next bishop with a service at Calvary Episcopal Church. Details about both of these events will get posted at <https://episcopalpgh.org/>.

Upcoming Events from our Neighbors

July 26-29: Diversity Forum 2021 -- Dismantling Oppressive Systems; Building Just Communities, sponsored by the University of Pittsburgh's Office for Equity Diversity and Inclusion. To register, go to https://pitt.co1.qualtrics.com/jfe/form/SV_6Exvz11cevgmNIY. Free to participants.

Haiti's President, Jovenel Moïse was assassinated in his private residence Wednesday. His wife, First Lady Martine Moïse, has also been injured and is undergoing treatment. She was airlifted to South Florida Wednesday afternoon to receive treatment for gunshot wounds sustained during the attack at the couple's home. She is stable but in critical condition.

The country has been through more than any nation should have to endure and they are hurting. To support the community, there will be a free virtual support group this Saturday at 6:00 pm. The support group will be in Haitian Creole.

As you pray, meditate, practice what helps you heal, please keep the people of Haiti in your thoughts and prayers.

When: Saturday, July 10th at 6:00 pm

Where: Zoom - Meeting ID # 959 1698 9168 Phone: 646-558-8656

For more information: www.serenityforyouthandfamilies.com www.serenityyouthpublishing.us or contact Ginny Volponi.

Requested Prayers:

For the members of St. Brendan's, especially Janice Moore, Matthew, Joyce Donadee, Rosie and Rodge Wood, Larry Tarrant, John Jacobs, Larry Toler, Mark Shoemaker, Dr. Ken Judson and Mark Kinley.

For our parents, especially; Sandy Martin, Ray Militzer, Naomi Getty and Lenora.

For our family members, especially; Chris Sensenich, Linda Ahlbrand, Steve Parsons, Lane, David, Marie Hazelton, Patrick Schantz, Tom Groves, Nathan Schlumpf, David Pingree and Robert Donato.

And for our friends, especially; Becky Horton, Dave Frazier, Jane Young, Sherri Hilbert, Joan Gonzales, Heather and Dan Houle.

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.



July 2021 Ministry Calander

Date	Lectors	Altar Guild	Sunday School	Nursery	Usher	Vestry	Hospitality
July 4 Sunday 8 & 10:00 am	8 Sylvia Affleck 1 st Sean Sweeney 2 nd Karen Dennis P Cameron Grosh	Ellen Groves Janice Moore	n/a	n/a	Cameron Grosh Sean Sweeney	~	Ken Parsons Katie Cervone
July 7 Wednesday 7:00 pm	~	~	~	~	~	~	~
July 11 Sunday 8 & 10:00 am	8 Tammy Spoonhoward 1 st John Appledorn 2 nd Kate Heston P Linda Limberis	Sylvia Affleck Phoebe Juel	n/a	n/a	Allyson Baierl	Tim Austin	Megan Overby Tim Austin
July 14 Wednesday 7:00 pm	~	~	~	~	~	~	~
July 18 Sunday 8 & 10:00 am	8 George Snyder 1 st Linda Limberis 2 nd Annemarie Malbon P Tony Turo	Joan Klinefelter Anelisa Tarrant	n/a	n/a	Ginny Volponi Michael Donadee	Janice Moore	Need volunteer
July 21 Wednesday 7:00 pm	~	~	~	~	~	~	~
July 25 Sunday 8 & 10:00 am Children's Sunday, 4 th	8 Joan Beatrous 1 st 2 nd P	Tammy Spoonhoward Kathy Miller	~	~	Kate Heston Eric Helmsen	Mary Bertucci Donna Aiello	Need volunteer
July 28 Wednesday 7:00 pm	~	~	~	~	~	~	~



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: Lauren Ramakrishna
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
Worship: Cameron Grosh
Treasurer: Ellen Groves
Assistant Treasurer: Roger Botti

WORSHIP MINISTRY LEADERS

Acolytes: Anelisa Tarrant
Altar Guild: Anelisa Tarrant
Flower Ministry: Libby Juel
Sylvia Affleck
Scheduler: Kelli Cerra
Ushers: Eric Helmsen

PARISH LIFE MINISTRY LEADERS

Audit: Kevin Boyd
Book Club: Chris Botti
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: Open
Justice Ministry: Ginny Volponi
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 8:00-3:00

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

Youth Education Director, Julie Smith ~ jlsphone1@gmail.com

Parish Administrator, Katie Cervone ~ StBrendansKatie@gmail.com

Music Director, Daniel May ~ bluesub@verizon.net

Nursery Director, Meghan Thompson ~ meghanthompson328@gmail.com