



**Weekly at St. Brendan's**

- Sunday 10:00 a.m. Worship, via live streaming**  
[https://www.youtube.com/channel/UCkCY2BEJXlqMoVc\\_nXXG7ew](https://www.youtube.com/channel/UCkCY2BEJXlqMoVc_nXXG7ew)
- Monday 8:15 a.m. Daily Morning Prayer, via zoom**  
<https://us02web.zoom.us/j/4796201105?pwd=bXM5OHJ2UEh4TXhQT1RkZnVrQWNVdz09>  
 Meeting ID: 479 620 1105 Passcode: 092720
- 11:00 a.m. Be a Modern Episcopalian, via zoom**  
 Zoom Meeting <https://zoom.us/j/4575423762>
- Tuesday 7:00 a.m. AA meeting, via zoom**  
 Dial in: 312-626-6799 Meeting Id:345 892 252
- 9:00 a.m. Staff meeting, via zoom**  
 Zoom Meeting <https://zoom.us/j/4575423762>
- 11:00 a.m. Bible Study, via zoom**  
 Zoom Meeting <https://zoom.us/j/4575423762>
- 4:30 p.m. Book Club discussion, via zoom**  
 Zoom Meeting <https://us02web.zoom.us/j/81484853481>

**Sunday, November 22, 2020**

**Celebrant: The Rev. Regis Smolko**  
 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**

**The Last Eight Months Needs a "Grief Process."**

Usually we easily recognize when we obviously need to apply a grief process to a clear life loss. For example, someone we love dies; we lose the use of a once functioning organ or limb; we move to a new city or change our lifestyle and the list of similar examples goes on.

These losses are easy to spot because they are so "in your face." Other more gradually accumulating losses are not so easy to spot because these occur drip by drip and drop by drop over time. For example, the forming feeling of social/spiritual isolation and aloneness developing from week after week drip/drop of yet another event of no in-person worship is one such loss experience that might need grieved. Another might be the constant assaults to our democracy as the drip/drop of the current president's accusations of "fake news" and claims of fraud against our free and fair elections gets pronounced and amplified over and over. Another is the growing loss of our security feeling as more and more of us have people in our circles or relatives who are being diagnosed with COVID 19. In the past four days Ken's brother was diagnosed as were three nieces and one nephew with the virus. What once was something to fear seems more likely loss now. Our strategies for fear seem to be outdated now as we likely would be better off applying grief strategies instead to so much of our current suffering.

To let ourselves wholly grieve our losses is how we surrender to life and recovery today. So how do we grieve? Awkwardly. Imperfectly. Usually with a great deal of resistance. Often with anger and attempts to negotiate. Ultimately, by surrendering to the pain.

The grief process, says Elisabeth Kubler Ross, is a five stage process: denial, anger, bargaining, sadness, and, finally, acceptance. That's how we grieve; that's how we accept; that's how we forgive; that's how we respond to the many changes life throws our way.

Although this five-step process looks tidy on paper, it is not tidy in life. We do not move through it in a compartmentalized manner. We usually flounder through, kicking and screaming, with much back and forth movement - until we reach that peaceful state called acceptance.

When we seriously embark on this process, most of us experience getting stuck somewhere in the grief movement. The place where we become stuck is called denial. This can be obviated by intellectualizing the problems, blaming various people and happenings for the problems or subtly diverting from the problems. Passing through denial is the first and most dangerous stage of the grieving, but it is also the first step toward acceptance. Talking truthfully about the situation is key to recovering from it.

We can learn to understand the grief process and how it applies to our loss recovery. Even good changes in recovery can bring more feelings of loss and, consequently, grief. We can learn to help others and ourselves by understanding and becoming familiar with this process. We can learn to fully grieve our losses, feel our pain, accept, and forgive, so we can feel joy and love.

**PRAYER:** Today, God, help me open myself to the process of grieving my losses. Help me allow myself to flow through the grief process, accepting all the stages so I might achieve peace and acceptance in my life. Help me learn to be gentle with others and myself while we go through this very human process of healing.

**All good to you,  
Regis+**

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**The Drive-Up Cookie Walk is this Saturday, November 21.**

Contact Katie, [StBrendansKatie@gmail.com](mailto:StBrendansKatie@gmail.com) or text 412-708-7903 if you have any questions.

**The church will be open tonight, Thursday evening from 6–7:00 for cookie delivery. If you have a front door key to the church, please deliver your cookies by 7:00 p.m. tonight.**

Above all, thank you for your help in pulling off this COVID-year version of our fabled Cookie Walk. Next year, we look forward to being able to return the event to its former glory!



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## Senior Warden's Corner

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**After I moved to the USA in 1973**, it took me several years to get comfortable with Thanksgiving. I had no childhood memories of the holiday to look back on; the traditional menu seemed calculated to steal the thunder from Christmas Day (when Brits usually feast on turkey); and as a harvest festival, it came later in the year than one might expect. But I have come to appreciate Thanksgiving more with each passing year, especially as our children (and now grandchildren) have helped us develop memories and family traditions of our own.

What I like best about Thanksgiving is its inclusiveness. I am all too well aware, of course, that many of my neighbors lack the resources that we have to put a generous meal on the table and a warm fire in the grate—especially this year, as the economic fallout of the pandemic continues to spread. I recognize too that those who have lost a loved one will naturally grieve over the empty seat at the Thanksgiving table. But the central focus on family and friends and on acknowledging the gifts that one does have, however large or small, leaves room for everyone and depends on no particular creed or culture.

As we approach the reflective season of Advent and look towards the greatest of all God's gifts in the birth of God's own son, Thanksgiving can surely brighten our often overcast days and warm our hearts. May we all find time to reflect this week on our many, many blessings—including those that we receive at and through St. Brendan's.

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*Gifts of Joy and Wonder  
November 19.*



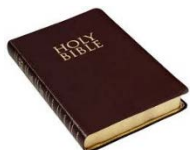
### **Pledge Update!**

This was an exciting and encouraging week for pledges! You can see the number of fresh green leaves that have sprung to life on our tree! They represent many commitments from households that have pledged before but also some from newcomers to our community. As we prepare to celebrate Thanksgiving (albeit in a COVID-19-ish way!), what better time to acknowledge all the gifts of joy and wonder that God continues to pour on us at and through St. Brendan's?

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### **Relaxing, No-Threat Bible Study**

St. Brendan's is thinking about forming a study group for folks who are interested in the basics of the Bible. This would be a different kind of study starting at the beginning of the New Testament and examining the sequence of the New Testament, from Matthew through Acts and Paul's Letters and ending with Revelation.



We will start by talking about the life of Jesus through the lenses of the four Gospel writers. We will read the Word, use films, share when and if comfortable, have discussions, tell stories, etc. We'll have no pressure and simply learn and reflect together. It will not be academic and scholarly. It will be user-friendly, safe, hopefully fun and at times inspiring.

So, if your only experience with the Bible is what you hear at church through the readings and sermon, maybe this is for you. We are working out the times and dates based on interest. Leave a message with Katie [StBrendansKatie@gmail.com](mailto:StBrendansKatie@gmail.com) if you want to be included. Once we have a group of five, we will start; the group will decide the time and day. We will meet weekly by zoom. Attend as you can; we will likely record the meetings for those who cannot make a scheduled session.

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**Looking for a graphic designer.** The Justice Ministry is looking for someone who has some graphic design background to help design a "St Brendan's Believes Black Lives Matter" logo. If you have any experience designing logos, even better. Please contact Donna Aiello at [donna.aiello@forecastdirect.com](mailto:donna.aiello@forecastdirect.com) if you think you may be able to help and want to discuss. Thank you!



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**CRIES Advocacy.** (Christian Response In Emergency Situations). This week we are supporting the work of **Light of Life Rescue Mission**, a mission on the North Side that feeds and ministers to the homeless and those struggling with addiction and mental illness.

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We continue to offer the **opportunity to receive communion on Mondays and Fridays** by appointment only. If you are interested, email Katie at [StBrendansKatie@gmail.com](mailto:StBrendansKatie@gmail.com) your availability Monday/Friday and morning/afternoon. You'll come to the portico in front of the church with a mask on and approach the reception area in a socially distanced way. Regis or Julie will meet you for a brief service with Eucharist available for you to receive. We can catch up for a few minutes then depart. Those who have already received in this way once are very welcome to request an additional opportunity to receive.

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**You can help.** We have tubs outside to the right of the front doors for any food donations. Or, if you wish, checks can be sent to St. Brendan's and we will convert them into grocery gift cards. **We have now discovered a new mission. There are halfway houses in lower income areas who share any donations to them with their neighbors, and we will be supporting them with some of our food donations. This gives those residents a sense of meaningful purpose, being the ones to share rather than the ones in need.** We will continue distributing food to the North Hills Food Bank and the Community Outreach.

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**Need food?** We can help. If you or someone you know has a food shortage, contact the church and we will be happy to help.

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## Children's Corner

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**Once upon a time, not too far from here, in a tiny little town, lived a family named Smith.** The Smith family had 7 children and a mom and a dad and with all of their cousins and aunts, uncles, and grand- parents, there were about 75 family members. They owned a diner in a small town surrounded by dairy farms. The town also had a small high school with about 200 students, a gas station, a dry-goods store, a grocery store, a furniture store, and nearby a racetrack. This town was not too far away from a big city, and was the main truck route for many semi drivers.

The mom of this family, let's call her Mrs. Smith or Mom, ran the diner with the help of the whole family. Mom worked long hours and she had few rules that were closely followed, and the one big rule was when the diner was closed, it was family only. The diner closed all day on Thanksgiving Day, Christmas Day, and New Year's. The rest of the year, all of the other 362 days, the diner remained open. Because the Smith's owned the diner, and there was plenty of seating and big ovens, the extended families decided to have holiday dinners at the diner.

One year, while they were waiting for the extended family to arrive for dinner, as they were laughing and preparing for the family, they noticed it was snowing really hard and the wind was howling. There was a blizzard. The family was happy because they were together. Then Mom said, what about Uncle Charley, and Grandma Ina and Grandpa John, Stub and all the other people in town who had no family near, lived alone, and may not be able to have dinner? Technically, Uncle Charley, Grandma Ina, and Grandpa John weren't relatives but older people who lived alone near the diner. So the kids bundled up, took all of the "lost and found" coats and ran over Uncle Charley's, Stub's, John & Ina's and all of the people living alone or were older and weren't cooking their own dinner, to invite them to have holiday dinner with us. If they didn't have coats, the kids had those extra coats so everyone could get to the diner. And just as the kids returned from checking the last house, a truck driver knocked on the door and said he couldn't see the road, and his truck slid off the road, and could he get a cup of coffee?

Mom said, "sure thing, but we were waiting for more people to come and have plenty of food, join us." Then new family to town knocked and said their house had no electricity so they couldn't cook could they buy a meal for their family. Mom again said but we were waiting for you so we could say grace and start our meal, you must have forgot we invited you too.

Now the little ones were surprised, wasn't the rule no one but family on holidays? And they started to ask questions, really loud, about asking friends to dinner. Mom didn't quiet the question, she said, this was only family. Everyone is our family and we are all invited to the family dinner.

In the gospel this week, Jesus says, "When I was hungry, you fed me. And when I was thirsty, you gave me a drink of water. You welcomed me when I did not know anyone. When I needed clothing, you gave me some." But the people said, "But we never saw you." And Jesus replied, "Yes, you did. I am telling you, when you helped the very least of my people, you helped me."

**Peace,  
Julie+**

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**The Haitian project.** There are now two school buses in Pittsburgh that are being packed up to go to Miami and then on a boat to Haiti. Thank you for all of the donations that came from Brendanites and people in the community. Some of the clothing, shoes, and other items are still being counted and sorted. Donations are still being accepted to help to fill the second bus. Keep them coming!!!

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**MONDAY MORNING MODERN EPISCOPALIAN GROUP**, heeding the suggestion of Vestry, invite all to join us on the four Monday Mornings during Advent (beginning November 30 at 11:00am) in a Zoom Meeting to learn all about the 39 Articles of Religion. These are the best beliefs/practices of the Roman Catholic Church and the Protestant Church (the best of both religious worlds) that formed the development of the Episcopal Church. You will be amazed! Look for an interesting tidbit-weekly to lure you to join in. The Thirty-nine Articles of Religion, tucked away in the back of The Book of Common Prayer, is an historical document of the Episcopal Church and of the worldwide Anglican Communion. The Articles were adopted during the reign of Queen Elizabeth I in the 16th century. Anglicanism is generally not viewed as a confessional denomination and the Articles of Religion are not binding on Episcopalians. The Articles did, however, play a significant role in shaping the identity of the Church of England and Anglicanism. Join us as we look at this historical document and discuss its relevance, if any, for today.



**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.

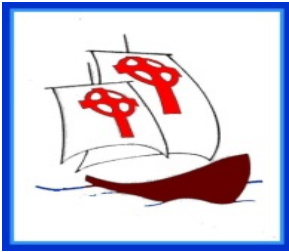
**Dear Friends of St. Brendan's,**

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	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	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.



### **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 & 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: Mary Bertucci  
Dean Peters  
Outreach: Donna Aiello  
Safety & Security: Tim Austin  
Stewardship: Larry Toler  
Treasurer: Ellen Groves  
Assistant Treasurer: Roger Botti  
Worship: Cameron Grosh

### **WORSHIP MINISTRY LEADERS**

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

### **PARISH LIFE MINISTRY LEADERS**

Audit: Kevin Boyd  
Book Club: Pat Carl  
Book Discussion Club: Julie Smith  
Brendan's Boots: Tom Waseleski  
Dinner Group: Janice Moore  
Finance Chair: Eric Helmsen  
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: Tim Michael  
Justice Ministry: Donna Aiello  
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 8:00-2:00

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](mailto:regisjs@verizon.net)

Youth Education Director, Julie Smith ~ [jlsphone1@gmail.com](mailto:jlsphone1@gmail.com)

Parish Administrator, Katie Cervone ~ [StBrendansKatie@gmail.com](mailto:StBrendansKatie@gmail.com)

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

Nursery Director, Meghan Thompson ~ [meghanthompson328@gmail.com](mailto:meghanthompson328@gmail.com)