



**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>

**1:00 p.m. Bible Study**

**Tuesday: 7:00 a.m. AA meeting, via zoom**  
Dial in: 312-626-6799 Meeting Id:345 892 252

**8:00 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>

**6:00 p.m. Bible Study**

**Saturday: 9:30 a.m. Women's virtual Coffee Hour**  
<https://us02web.zoom.us/j/8944116431>

**Sunday, February 28, 2021**

**Celebrant: 10:00 a.m. 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**

**Sarcoidosis and Retroganathia.**

One of the blessings of parish work is that you get to meet many people who teach you about things you'd never know about without having had the familiarity of these people's experiences. Today I want to share about two uncommon illnesses I never heard of before. Yet, two of our participants suffered from these: one is Sarcoidosis; the other, Retroganathia.

Many of you remember with joy our beloved member, Paul Dickerson. He suffered from the rare disease of Sarcoidosis. This is a condition in which immune system cells cluster together. These cell clusters are called granulomas. The most common areas for granulomas to grow are the lungs, lymph nodes, eyes, and skin, but sarcoidosis can affect any organ or area of the body. Some quickly refer to this illness by calling it a "hardening of certain organs." This condition can be brought on by inhalation of harmful chemicals, like those released in the bombing of a building. Paul worked at the World Trade Center in NYC during the first truck bombing, which injured many and resulted in fumes scattered throughout the tower. Paul was a supervisor and spent hours helping his staff members get to safety that day. He breathed in many dangerous chemicals over the course of hours. It was after that that he got his Sarcoidosis diagnosis. This disease claimed Paul's young life over two years ago.

Before he died, Paul worked tirelessly to shine a light on this disease. He brought a National Sarcoidosis Conference to Pittsburgh and started the first Sarcoidosis Support Group at St. Brendan's only a month before he died. Such support groups continue to bud throughout the country. Here are two upcoming opportunities for support:

Virtual Sarcoidosis Support Group  
Monday, April 19, 2021 and  
Monday, June 21, 2021  
from 2:00 p.m. to 3:00 p.m.

.....  
We have another participant at St. Brendan's who is now teaching us about another illness that few have likely heard about. This one's called Retroganathia. Judith Marie, who's been coming to the church for about two years, has been diagnosed with this disease and recently had surgery to reverse the condition. She recently shared her experience and learning on Social Media. I became aware and offered her the support of the church. Saundy Waseleski picked up on this and will soon be organizing volunteers to prepare a meal each week for Judith and her caregiver-son, Steve. They will have need for the next three months. Perhaps you and your family members can help with this?

Here is Judith's story with this disease. I found it very informative and brave. I'm reprinting Judith's words with her and her son's permission:

Good morning friends,

I've been down for the count since last Wednesday. A quick fact about me .... I have had to struggle to breathe and therefore sleep since I was a child. While others talked about how refreshed they felt after a good night's rest, I could only imagine. I felt terrible every morning. I actually would fall asleep in my classes in elementary school. I began a journey 2 1/2 years ago to find out why. I was diagnosed with "retrognathia." My jaws are tilted back into my face just enough to obstruct my airway if I lay down or doze off. The slightest relaxation sends my body into a "fight or flight" mode. This triggered many physical problems as well as the dependency on a machine to help me breathe when I was in my 40s. I have endured too much time in the dark while the world slept, contemplating. "You're just a light sleeper" is what I heard from roommates in college. Naturally, I would push through whatever responsibilities were at hand. I wanted to keep up with all the sleeping humans. My "insomnia" was helpful as a mother because I was always available to chat with my children no matter what the hour. My problem probably hurt my marriage.

I pushed myself to find answers. I started researching and interviewing doctors here in Pittsburgh and Florida. I read books, joined groups around the world with others who have my condition. There are many of us. There is even a book written about how this condition is on the rise. Last Wednesday I bravely put myself at the mercy of modern medicine and had double jaw surgery to tilt the bones in my face properly so I can breathe. The X-rays of my obstruction were alarming. My surgeon is a talented man named Dr. Richard Bauer. The surgery went very well. I need my friends, my family and my fellow human beings' support right now. I'm scared. This recovery is hard and very complicated. Please pray for me. Please walk with me as I try to get to a place of peaceful sleep. Love, Judith

When you get a request to help with meals, please consider this one of the potential Lenten practices we are invited to. If you do not get an invite to sign-up in the poll, and you'd like to, please let Katie know, and she'll connect Saundy with you for getting a day to prepare a meal for Judith and Steve.

May your Lent be blessed. Please pray for all our beloved Brendanites who are suffering through painful conditions. And please lend a hand where and when you are able.

**God bless you,  
Regis+**

Also, please continue to pray for Trish Galone and Neil. Trish had to be hospitalized at Moffitt due to some complications.



**Help Wanted.** Looking for a way to stay connected at St. Brendan's while Covid is keeping us apart? Here's a place where your help is needed. The Merry Meal Makers is a parish ministry that helps members during a trying time with a delivered meal. The M&M volunteers prepare (or purchase) a meal and take it to a parishioner who has been ill, lost a loved one, delivered a baby or is in a similar situation. You can imagine how much more stressful these events are during the pandemic, when many of us are alone or cut off from each other.

Volunteers are notified when a parishioner's need arises and receive a list of dates from which they can choose to bring a meal to that person. This is a simple but important ministry, and most of the work is done at home. If you'd like to help, please contact Saundy Waseleski at 412-741-8727 or [swaseleski@comcast.net](mailto:swaseleski@comcast.net).

---

## Senior Warden's Corner

---

**When I was a boy,** I got a huge kick out of an irreverent book by W. C. Sellar and R. J. Yeatman called **1066 and All That**. Wikipedia calls it "a tongue-in-cheek reworking of the history of England," which is fair. But it is more accurately a parody of every boring, indigestible, fact-packed history textbook that a British grade school student ever had to endure. One of its most endearing characteristics is that, with absolute confidence, it categorizes each historical event as either a Good Thing or a Bad Thing. (The capital letters are critical, by the way, because they signal the authors' unassailable assurance that they do have the authority to make these pronouncements.)

This Friday (God and the Pfizer Corporation willing), I should get my second COVID shot up at Butler Memorial Hospital. This, surely, is a Good Thing. But if we have learned one lesson in the past twelve months, it is that real life seldom sends us events that are unalloyedly good or bad. Like so many people, therefore, I'm pleased and relieved about my imminent inoculation but at the same time very much aware that the vaccine is not 100% effective and that nobody yet knows whether I could still serve as an asymptomatic carrier of the virus. So I certainly won't be tossing out my face masks anytime soon.

As you know, I hope, St. Brendan's has a Reopening Committee that is keeping a careful eye on the COVID landscape around us. They are wise enough, individually and as a group, to know that the situation we find ourselves in as a worshiping community is neither a Good Situation nor a Bad One but a perplexing mix of promising signs and continuing reasons to be cautious. No decision we make will be either all right or all wrong, any more than those that we have taken in the past year can be described in such upper-case terms. But with careful analysis and assessment and with a lot of prayer, the Committee and the Vestry will continue to try to figure out when and how we can adjust our ministries and our life as a parish to go where the Holy Spirit is leading. Please include the Reopening Committee and the Vestry in your prayers from time to time--that at least will be a Very Good Thing Indeed.

**Tim Austin**

---

---

**Fr. Regis is seeking help with this unique issue:** Does anyone know how one room in an apartment can be soundproofed or “noise-cancelling additives” can be installed so that the occupant can have a quiet place to sleep and restore in?

The individuals are not in a position whereby they can simply move. Much of the noise comes from above, and significant attempts to encourage the solution have been made, but to no avail. (This is one case where the “eviction moratorium” is causing extreme distress for many.) Any tips will be very welcomed. Please contact Fr. Regis with suggestions [regissmolko@icloud.com](mailto:regissmolko@icloud.com).

---



St. Brendan's Women's Get Together - All St. Brendan's women are welcome to "drop in" to chat on Saturday mornings at 9:30 am. The link is <https://us02web.zoom.us/j/8944116431>.

---

## The Children's Corner

---

**In the summers,** I like to look at the sky and night and try to pick out the stars I know by name. Did you know that every star has a name? In this week's Old Testament reading, God and Abraham are talking. Abraham is an old man by this time and I mean OLD. He's 99 years old but he and his wife Sarah have never had any children. Abraham is rather sad and God tells him not to worry. I promise you, that someday, you will have as many children and grand-children and great-grand-children as there are stars in the heaven. That your family will be kings. I promise this and you know, I'm God and I always keep my promise.

So when I look in the sky at night I think about all of Abraham's children. Then I remember in science, my science teacher taught me, when we look at the sky we are looking at history. That the same stars I am looking at, Abraham may have looked at with God. That night when God made Abraham that promise.

And you know what? David, who wrote many of the Psalms we read each week, is a child of Abraham. And so was Joseph and so was Jesus. And David, Joseph, and Jesus may have seen some of the same stars Abraham and you and I see in the sky. Image that. God not only keeps promises, but just like the rainbow in last week's reading, God lets you and me in on the promises and the secrets. We know where to look to see the reminders that God keeps promises.

We make promises in church – the first promises for us made at Baptism promise some pretty big stuff. The really big stuff, opening our hearts to God's grace and filling us with God's holy and life-giving Spirit, are a bit out of our hands, but keeping us together as a church, loving others, and going into the world to witness to God's love.

We can help others like our parents around the house or our neighbors with chores, or we can make cards showing we care for each other, and we can smile when we see someone who needs our smile. When we keep these promises we are living into the promises we made at our Baptism to be members of the church.

But just like there are millions and billions of stars in the sky, there are millions and billions of children of Abraham. I am one and so are you are.

**Peace,  
Julie+**

---

**During this 2021 Lenten season,** Bishop McConnell invites us all to participate in **Five-Minute Lent** on Monday through Saturday evenings from 7:00-7:05 PM via Zoom. Five-Minute Lent begins on Thursday, February 18, and will run through Wednesday, March 31 (the day before Maundy Thursday). The series is called **Expecting Life** and will follow John 12 verse by verse, which is the chapter just prior to Jesus' passion, crucifixion, death... and resurrection. **The Zoom link is:**

<https://us02web.zoom.us/j/82717703921?pwd=MGpHMHNZGF0Vi9xSjl1dDNmc3hkZz09> **Passcode: Lent**

---



**February is Black History Month!** In honor of Black History Month, the Unitarian Universalist Church of the North Hills is holding an event relating to Black history every Friday night in February at 8:30-9:30pm. The group will watch a short Ted talk followed by a discussion of the video. It should be a lively and thoughtful discussion, and best of all, no reading involved!

**If you missed the event last Friday, no matter! Each lesson is independent of the others. So, please join the Unitarians along with other Brendanites at 8:30 p.m. on Friday, February 26.**

This is an opportunity to meet our Unitarian neighbors right down the street from us. If you would like to attend, please send your name and email address to [scregistration@uucnh.org](mailto:scregistration@uucnh.org).

---



**The Haitian project.** The two school buses destined for Haiti are being moved to Smith Campground near Butler to allow space to load them with bags of summer clothing, shoes, sewing equipment, medical equipment, etc. You can leave your donations at the "Haitian" container outside St. Brendan's entrance.

---

**CRIES Advocacy. (Christian Response In Emergency Situations)** This week we are supporting the work of two organizations. One is Brother's Brother Foundation, who respond to natural disasters. The other is Episcopal Relief & Development, who also respond to natural disasters. Both organizations receive the tithe from CRIES Advocacy every month.

---



**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.

**News from Diocesan Council:** The ECW (Episcopal Church Women) will be making grants to support hand-on ministries that help children, adults and families in need of assistance with food, nutrition, health care, housing, education and counselor. For more information contact Joyce Donadee.



**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.

**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.

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

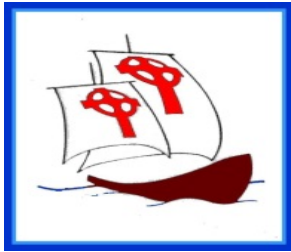
St. Brendan's Episcopal Church would like to thank, and request your prayers for, the following parishioners and friends or family of parishioners. Each is a medical professional or an emergency first responder who is helping people cope with the Coronavirus outbreak. They are using their skills and 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.



### **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: Cameron Grosh  
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  
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: 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: 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)