

# THE BREASTPLATE

## The Newsletter of Saint Patricks Episcopal Church

### Inside this issue:

Wellness Words.....	2
Rector's Desk.....	3
Shrove Tuesday.....	4
Spiritually Speaking.....	5
Lenten School.....	6
VBS Save the Date.....	7
Birthday's & Annies....	7
Grief Support.....	7
Vestry Highlights.....	8
Ash Wednesday.....	9
President's Day.....	10
Meal Ministry.....	10
Lenten Book Study.....	10
Kids Sewing Group....	10
Calendar.....	11



**YOUTH GROUP**  
**'SOUPER' BOWL SUNDAY**  
**SOUP SALE**

THE YOUTH GROUP WILL HAVE HOMEMADE SOUP AVAILABLE FOR SALE ON 'SOUPER' BOWL SUNDAY, FEBRUARY 8TH AFTER EACH SERVICE UNTIL SOLD OUT. THERE WILL NOT BE A PRE ORDER THIS YEAR. ROASTED VEGETABLE (V,GF), LOADED POTATO (GF), TEX-MEX CHICKEN CORN CHOWDER (GF) AND ROASTED PEPPER AND SAUSAGE (GF) WILL BE AVAILABLE FOR PINTS \$7 AND QUARTS \$12. AS ALWAYS, DONATIONS ARE ALSO ACCEPTED.

### Annual Meeting & Chili Cook-Off

**8 February 2026, 11:00AM**

Join us Sunday, February 8 after 9:30 AM Service for our Annual Meeting where we review the past year and vote on vestry members and convention delegates. If you are unable to attend, there are absentee ballots available in the narthex. Please follow the instructions on the clipboard alongside the ballots.

We will once again have a Chili Cook-Off during the annual meeting on February 8<sup>th</sup>. The categories will be:

- Best Tasting
- Best Name
- Spiciest

Julie Righter is organizing the cook-off and is looking for a small team to help. Please email her if you're interested in assisting with setup or logistics.

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7121 Muirfield Drive  
Dublin, OH 43017  
Tel: (614) 766-2664  
Fax: (614) 766 4490

Email:  
[church@pats-dublin.org](mailto:church@pats-dublin.org)

Website:  
[www.pats-dublin.org](http://www.pats-dublin.org)

Facebook: St. Patrick's Episcopal  
Dublin Ohio

Instagram: [@stpatricksdublinoh](https://www.instagram.com/@stpatricksdublinoh)

**The Rev. Dr. Jason Emerson,**  
Rector  
Cell phone: 402-657-0867  
[rector@pats-dublin.org](mailto:rector@pats-dublin.org)

**Articles and other items for the Breastplate should be submitted to:**

**Kati Glover**  
[communications@pats-dublin.org](mailto:communications@pats-dublin.org)

**Lucas Weiss**  
[administrator@pats-dublin.org](mailto:administrator@pats-dublin.org)

## Wellness Words

February is an interesting month. The “holidays” are over, and many people looked forward to the decrease in stress that the holidays seem to bring on. (How’s that going for you?) It’s still dark early, but there is a sense that the dark is coming later in the day. People like Lissa still have lights on the house to make the darkness less dense at 7:00 PM in the evening, though. The commercials have moved to hyping expensive “love gifts”. Depression seems to continue to lurk especially for those who don’t find themselves in emotionally satisfying relationships.

## The Breastplate

In a recent survey by the National Council on Aging, 90% of the respondents indicated that having close relationships was vital for a meaningful aging process (yes, we are all in the aging process, it doesn’t mean you are old). Health research has demonstrated that relationships influence your blood pressure, your cholesterol and your immune system response. In a study conducted in California (before the fires) with 7,000 people, it was demonstrated that those lacking social connections were 2 to 3 times as likely to die at an early age. A review of literature that pinpoints social support and cardiovascular disease indicated that people who don’t have adequate social support have worse recovery rates from heart attacks, are less motivated to following rehabilitation prescriptions and resume unhealthy habits like smoking (anything), eating poorly, and not exercising at all. Further, those people had lower immunity to colds and viral infections. Even more, people with good social support have reduced anxiety, slower mental decline and engage in timely health care treatments.

So, what IS social support? It is a construct developed by social scientists to explain the effect of connections with other people. It involves a sense of feeling loved and important, having meaningful social exchanges, sensing support from others, a sense of belonging, and having a variety of social interactions. Excellent social support produces resilience, optimism and better emotional and physical health.

Social Support can be enhanced at any time of life. Feelings of loneliness (an epidemic according to the Surgeon General) can be turned around. Here are some suggestions:

Make relationships a priority and recognize the value of give and take  
Respect others’ boundaries and don’t compete to be the “BFF”  
Avoid relentless complaining and blaming others  
Practice laughter (a belly laugh once a day is therapeutic)  
Avoid groups that are oppressive, rigid or emotionally unhealthy  
Be vigilant about saying NO to overcommitment  
Embrace optimism  
Focus on Positive Self Talk  
Practice the WAY OF LOVE

Let’s use the spirit of Valentine’s Day and the optimism of being a Christian to live longer and more productive lives. And keep those lights up until the equinox 😊

**Lissa and Rose**



**A Message from Our Neighbors in Minnesota**

As we all watch in horror the conflict in Minnesota, I wanted to pass along an update from Rt. Rev. Craig Loya, the Bishop of Minnesota. Lent is around the corner and I invite praying for Bishop Loya and everyone in Minnesota part of your Lenten discipline. Here's his update:

Fellow Americans,

Things are impossibly hard in Minnesota right now. We are a state that feels under siege, and the people of this place are doing everything possible to resist. The campaign of reckless brutality being waged by the federal government has been well documented, including today's killing of a citizen who was restrained and immobilized. The clear evidence of what's happening exposes cartoonish lies from federal agencies that echo the most cynical propaganda machines in human history. The images are clear, and we are told, don't believe what you see.

But there is also something much more powerful, and not as widely reported, happening. We are mobilizing for revolutionary love. Vast networks of care, compassion, and solidarity, organized by churches to deliver food and supplies to those who cannot leave their homes. People are documenting the violence being used against us in a way that puts their own lives at risk. People are standing guard outside schools and daycares, and at bus stops to protect our children from real risks of harm. Others are taking turns watching each others' kids stuck in online learning because some schools aren't safe. Health care workers are bravely caring for people in hospitals that also are no longer safe, and risking being targets of arrest and detention for protecting the patients. A rich web of underground care and hidden love is taking deep root, and it's amazing to think what fruit that might bear when this occupation ends.

Minnesotans cannot do more than we are doing. Here are a few ways you can help.

- 1) Please flood your US senators with appeals to not to further fund ICE, by rejecting a bill the US House has already passed. Please flood all your members of congress with calls for deescalation in Minnesota; for ICE, Customs and Border Patrol, and other federal agents to leave Minnesota now; and to write and pass legislation that requires proper and extensive training for all those working for the federal government in our states and local communities.
- 2) Organize peaceful demonstrations in your cities and communities. We live in a very big country, and it's possible what's happening in Minnesota feels removed. What is happening to us here is happening to all of America, and it is eroding the last remaining threads of our democracy. Minneapolis and Minnesota have been a model for the entire country over these past two weeks, with tens of thousands standing together in deep cold to peacefully protest the violence being used against us.
- 3) You can help nurture the Diocese of Minnesota's primary engine of underground care and subversive love by donating to Casa Maria, which is providing much-needed food, supplies, and community to those rightfully afraid to go about their daily lives amidst the violence. Some of Casa Maria's leaders are also working with a diocesan team to help families locate and access members who have been taken by ICE. Donations do real and immediate work to help people in Minnesota that are in real need of help.

The greatest danger we face right now is not the very real threat to our safety. It's not even the erosion of democracy. The greatest threat we face as a nation is the assault being waged on hope. We must not give in to despair. We must not be consumed by the very justified anger we feel. The only way hatred can be effectively resisted is doubling down on love. The only way darkness can be defeated is light. The only way the forces of death can be overcome is by embracing, every moment of every day, God's unstoppable life. ~Rt. Rev. +Craig Loya, Bishop of Minnesota

**Grace and peace,**

**Father Jason+**

Rector

# SHROVE TUESDAY

FEB. 17TH

6-7:30 PM

THE MEN OF ST PATRICK'S WILL ONCE AGAIN COOK OFF ALL THE FATS AND OILS IN THE KITCHEN JUST BEFORE WE START THE LENTEN SEASON. PLEASE PLAN ON HAVING A PANCAKE DINNER AT ST PATRICKS ON THE EVENING OF FEB 17TH STARTING AT 6:00 PM.

ANY MEN OF THE CHURCH THAT WANT TO PARTICIPATE ARE WELCOME. WE WILL BEGIN SETTING UP AT 4:00 AND CLEAN-UP USUALLY GOES UNTIL 8:00. ANY TIME YOU CAN HELP IS APPRECIATED.

## menu

**PANCAKES WAFFLES  
SAUSAGE SCRAMBLED EGGS  
POTATO CASSEROLE FRESH  
FRUIT GLUTEN FRIENDLY  
PANCAKES**

**\$12 FOR ADULTS  
\$6 FOR KIDS**

# *Spiritually Speaking*

## **Remembering**

### **Absalom Jones**

**Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God.** (1 John 4:7)



As we enter into Lent, perhaps one of our spiritual practices can be to read and pray with the stories of the people commemorated on the Episcopal Church calendar. Absalom Jones, America's first black priest, is on the February calendar. Born into slavery on February 8, 1746, in Delaware, he worked the fields alongside his mother until his owner moved him to the household, where he taught himself to read. At sixteen, he was separated from his mother and six siblings when they were sold away. Absalom's owner sold him and his new owner moved him to Philadelphia, where at age 20 he married Mary Thomas, whose freedom Absalom purchased after working extra jobs for years. Absalom went to the Anglican church as often as he was allowed (his owner was Anglican), and to a night school for slaves run by Quakers. He was finally granted his freedom at the age of 38.

Absalom then served as lay minister for the black membership at St. George's Methodist Episcopal Church with his friend, Richard Allen, and they created an organization to help emancipate slaves, and support widows, orphans, and the poor. Absalom and Richard were good evangelists, and grew the black membership at St. George's. But in 1791, angry white members of the church decided to segregate the black congregants into the upstairs seats, and ushers and vestry members tried to forcibly move them there. The entire group of black congregants left the church.

Jones and Allen went on to establish the First African Church in Philadelphia in 1792, with help from the Quakers and Episcopalians. The Episcopal diocese of Pennsylvania accepted the church, and renamed it to the African Episcopal Church of St. Thomas. Absalom was finally ordained a priest at the age of 56 in 1802. He led the establishment of a school for black children because they weren't allowed to attend public school, two other societies, and in 1800 called upon Congress to abolish the slave trade. He died in 1818. Absalom Jones' resilience, faith, leadership, love, and service is an enduring legacy.

Here is our prayer for February 13th, the day we remember him:

Set us free, heavenly Father, from every bond of prejudice and fear; that, honoring the steadfast courage of your servant Absalom Jones, we may show forth in our lives the reconciling love and true freedom of the children of God, which you have given us in our Saviour Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

May you receive all the blessings and graces of a holy Lent,

**Kim Nelson**

Sources:

The book "Absalom Jones: America's First Black Priest", by the Rev. Mark Bozzuti-Jones.

Absalom Jones and the Center for Racial Healing: <https://centerforracialhealing.org/absalomjones/>

The February calendar that shows all the commemorations: <http://www.satucket.com/lectionary/February26.html>



# Lenten School 2026

## The Glory of God is a Human Person Fully Alive

Monday Evenings

February 23 - March 23

7:00 PM - 8:30 PM

A free offering taking place at

St. John's, Worthington (700 High Street).

This Lent, join us for a series of five presentations that follow Jesus through cycles of death and rebirth. Every evening we will have one plenary session followed by small group discussion and prayer. The presenters for this year's Lenten School are:

February 23 - Stephen Smith presenting on the Raising of Lazarus and revelations of future hope. Stephen is a retired priest in the Diocese after 35 years of parish ministry, who strives to teach in a way that opens the Bible to live-giving interpretations.

March 2 - John Florian presenting on Jesus's Laments and the question of how we accept the end of things and learn to let go. John is a hospice chaplain and a musician who will be presenting through the lens of both hospice stories and songs.

March 9 - Sr. Janice Bachman presenting on the Temptations in the Wilderness and how to talk to God when we're discerning. Janice Bachman, a Dominican Sister of Peace, is a spiritual director and Jungian Analyst who will lead us in an experiential process on how we talk to God when we are discerning.

March 16 - Aaron Rogers presenting on John the Baptist and the question of who is calling us out of our assumptions about how life should be. Aaron is the Missioner for Black Ministries for the diocese and a powerful preacher and presenter.

March 23 - Joseph Kovitch presenting on Healing and how individuals and communities adjust to new ways of being after healing takes place. Joe will guide our conversation on healing through the lens of his work as a pediatric chaplain and someone who lives with a disability.

Use this QR Code to register:





## VBS 2026

July 13-17, 2026

St. Patrick's Episcopal Church  
- Dublin, OH -

Registration opens Easter Week! Check [pats-dublin.org](http://pats-dublin.org) for details.

As you start to fill  
your 2026 calendar,  
don't forget to  
pencil in Vacation  
Bible School!

## February Birthdays

Roy Barker	Ben Fox	Charlotte Jones	Dennis McIntosh	Jenny Smith
Tim Carty	David Freas	Annie LaMonica	Kate Oliveti	Jane Switzer
Terrie Clark	Ron Gleason	Joe Leach	Amy O'Neill	Laura Thomson
Preston Dineen	Courage Gorski	Brian Magee	Cory Richard	Lon Vickers
Tom Doan	Stan Gorski	Claire McCarthy	Joe Ross	Marke Vickers
Randy Edwards	Kathleen Graff	Nancy McDowell	Louise Rucker	Elyse Yehsakul
Jane Eigenmann	Dan Hull	Deby McGinnis	Ann Semans	Erin Zelinski-Righter



## February Anniversaries

Chris & Lisa Emory  
Dick & Sharon Moser



## Grief Support

Grief Support gathering will be Monday, February 16<sup>th</sup> at 6:30PM in St. Patricks library, facilitated by Angel Cinco and Becky Stains. Please consider joining us if you have lost your spouse or another significant member of your family for love, support, and understanding as we travel together this road called grief. We Have added a zoom link and will use the OWL if you wish to join us by zoom. Please let Becky know you want to zoom and she will send the link. Also contact Becky if you would like transportation to our gathering. If Dublin schools are closed because of weather or if there is 4 inches of snow or more, we will not meet. Please contact Angel Cinco or Becky Stains with questions.

## THE RECTOR, VESTRY & WARDENS OF ST. PATRICK'S EPISCOPAL CHURCH

The Rev. Jason Emerson Rector	Leif Carlson	Kim Nelson
Alex Carter, Senior Warden	Angel Cinco	Jan Redman
Blair McGinnis, Junior Warden	Randy Edwards	Kelsey Sicker
Vicky Bratton	Nick Machesky	Ben Trotter

### Summary of Vestry of St. Patrick's Meeting - January 14, 2026

**Opening:** Blair McGinnis led us in prayer and a discussion of the last two chapters of the book *Wearing God* by Lauren Winner

**Celebration and thanks:** to outgoing members Vicky Bratton, Leif Carson, and Ben Trotter. Vestry retreat with new members will be on March 7th.

**Family Space in Smith Hall:** An initial \$1,500 will be allocated to make this space more comfortable for young children and their families. A rug will be bound from the leftover Sanctuary carpet, and possibly some furniture will be purchased.

**Fish Fry:** Leif and Father Jason will hold a meeting with the previous fish fry team to determine interest in continuing or pausing the fish fries this year.

**2026 Budget:** Mark presented the 2026 budget with \$553,000 in commitments for this year, with possibly more pledges to come. Mark shared he created four new lines this year for the Associate Rector search, Creation Care Ministry, Street Church and Miscellaneous Hospitality needs. There was a lot of discussion, many feeling comfortable with this budget, but somewhat pensive about the 2027 and beyond budgets, as revenue isn't keeping up with inflation. We will want to continue to grow our pledges. The Vestry sincerely thanked Mark and all the members of the Stewardship Team for their hard work and dedication. The 2026 budget was passed by the Vestry.

**Reports:** Father Jason highlighted the year in his Rector report and the numerous ministry accomplishments. There was no Associate Rector report this month. Alex highlighted the return of the 4:00 service with gospel music in Epiphany and the transition to Holden Evening prayer during Lent. She introduced the CCD model of "Gather, Transform, Send" to help Ministry leaders make sure they are still being fed by their ministry. Blair shared a quiet month in his report. He added that one estimate for a new roof has come in, and he will be gathering more. The Vestry continues to explore ways to finance a new roof.

**Treasurer's Report:** Mark shared that we were below expenses for the year, and that some garage sale money was used to cover the fire system upgrade. The December report will be voted on in February when the final draft is in, but instead of the budgeted deficit for 2025, we are very close to breaking even.

**Minutes from December:** The minutes were accepted with no changes.

**Future Discussion items:** Is there support for a blood drive at St. Patrick's? Should we have a safety/security assessment in light of all the difficulties going on in our world? Is there a desire/way to continue our support of Habitat for Humanity if the Fish Fries are paused?

**The meeting ended in prayer.**

Respectfully submitted,

**Jan Redman,**

Clerk of the Vestry



# *Ash Wednesday* **SERVICES**

**February 18, 2023**

**7 a.m.**

**12 Noon**

**7 p.m.**



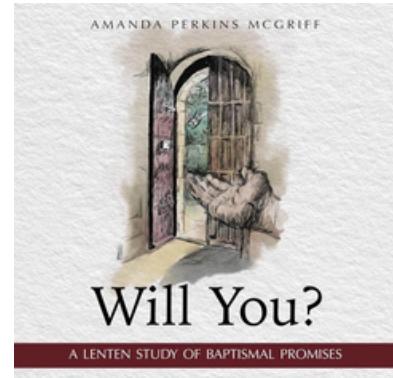
## MEAL MINISTRY



St.Patrick's is renewing our Meal Ministry (casseroles, soups, etc.), and we need your help. Containers, complete with directions, are in the Narthex. Pick up one or two, fill with your favorite dishes or soups, write your recipe, ingredients, directions, and date on the enclosed note card and return to the kitchen freezer. We thank you in advance for supporting this ministry and sharing God's love to those who need it. Feel free to share this ministry with those facing illness, surgery, food security or special circumstances. Any questions? Contact Val Pittsenbarger, Jan Redman, Ann Semans, Rosemary Deschler or Mother Catherine.

## Lenten Book Series

You are invited to join Mo. Catherine Duffy and Kim Nelson to explore *Will You? A Lenten Study of Baptismal Promises*, written by Episcopal priest and chaplain Amanda Perkins McGriff. McGriff leads us through a five-week Lenten study that offers daily reflections, examples of evangelism in action, and an invitation to think in new ways about the promises we make to God, to each other, and to ourselves in baptism. We will meet on the five Sundays of Lent, from February 22<sup>nd</sup> through March 22<sup>nd</sup> in the EFM Room, following the 9:30 service. We encourage participants to attend all five sessions. Books are provided and space is limited to 16 participants. Please [click here](#) for sign-up or contact Mo. Catherine+.



Here are our young sewists with their cross body bags. They did a fantastic job learning to do some quilting and put in a zipper.



# February Calendar

## Sunday, February 1<sup>st</sup>

8AM Holy Eucharist  
8:30AM Coffee Hour  
9:30AM Holy Eucharist  
11:30AM Sacred Circle 2  
4PM Connections Service  
5PM Youth Group

## Monday, February 2<sup>nd</sup>

9:30AM EfM Extension  
6PM AA Meeting  
7PM EfM Survivors

## Tuesday, February 3<sup>rd</sup>

7AM Men's Group at Fresh Start  
1PM Newcomers Team Meeting  
7PM Boy Scouts Troop 299

## Wednesday, February 4<sup>th</sup>

10AM St. Arbuck's  
10AM Staff Meeting  
10AM Men's Group  
10:30AM Spiritual Direction  
12PM Holy Eucharist & Sacrament of Healing  
12:30PM Chicken Soup For the Soul  
6:30PM Way of Love Dinner

## Thursday, February 5<sup>th</sup>

10AM LITDS  
10AM Purls of Wisdom  
6:30PM Handbell Practice  
7:30PM Choir Practice

## Sunday, February 8<sup>th</sup>

8AM Holy Eucharist  
9:30AM Holy Eucharist  
11AM Annual Meeting  
4PM Holy Eucharist

## Monday, February 9<sup>th</sup>

9:30AM EfM Extension  
6PM AA Meeting

## Tuesday, February 10<sup>th</sup>

7AM Men's Group  
7PM Boy Scouts Troop 299  
7:30PM Sacred Circle

## Wednesday, February 11<sup>th</sup>

10AM St. Arbuck's  
10AM Staff Meeting  
10AM Men's Group  
10:30AM Spiritual Direction  
12PM Holy Eucharist  
7PM Vestry Meeting

## Thursday, February 12<sup>th</sup>

10AM C.A.T.C.H. Court  
10AM LITDS  
10AM Purls of Wisdom  
11AM Joan Hankins Funeral  
6:30PM Handbell Practice  
7:30PM Choir Practice

## Sunday, February 15<sup>th</sup>

8AM Holy Eucharist  
9:30AM Holy Eucharist  
11AM Stephen Ministry  
11:30AM Sacred Circle  
4PM Holy Eucharist  
5PM Youth Group

## Monday, February 16<sup>th</sup>

**Office Closed**  
9:30AM EFM Extension  
6PM AA Meeting  
6:30PM Grief Support

## Tuesday, February 17<sup>th</sup>

7AM Men's Group  
1PM Sacred Circle  
6PM Shrove Tuesday Pancake Supper  
7PM Boy Scouts Troop 299

## Wednesday, February 18<sup>th</sup>

### Ash Wednesday

7AM Eucharist & Imposition of Ashes  
10AM St. Arbuck's  
10AM Staff Meeting  
10AM Men's Group  
10:30AM Spiritual Direction  
12PM Eucharist & Imposition of Ashes  
7PM Eucharist & Imposition of Ashes  
8PM Choir Practice

## Thursday, February 19<sup>th</sup>

10AM LITDS  
10AM Purls of Wisdom  
3:30PM Friends of the Homeless  
6:30PM Handbell Practice

## Sunday, February 22<sup>nd</sup>

8AM Holy Eucharist  
9:30AM Holy Eucharist  
10:30AM Lenten Book Study  
4PM Holy Eucharist  
5PM Youth Group

## Monday, February 23<sup>rd</sup>

9:30AM EFM Extension  
6PM AA Meeting

## Tuesday, February 24<sup>th</sup>

7AM Men's Group  
1PM Sacred Circle  
7PM Boy Scouts Troop 299

## Wednesday, February 25<sup>th</sup>

10AM St. Arbuck's  
10AM Staff Meeting  
10AM Men's Group  
10:30AM Spiritual Direction  
12PM Holy Eucharist

## Thursday, February 26<sup>th</sup>

10AM LITDS  
10AM Purls of Wisdom  
6:30PM Handbell Practice  
7:30PM Choir Practice

