



THE BREASTPLATE

The Newsletter of Saint Patricks Episcopal Church

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CHRIST WITHIN YOGA FOR A LIVING FAITH

In this exploratory class, which follows the liturgical church year, we will explore Christian teaching through ancient yoga practices; breath work, movement, meditation, and chant so that we may live more fully and robustly in our faith.

- **Tuesday May 26th 5:00-6:30 pm**
(subsequent classes continue weekly on Tuesdays)
- **Smith Hall, St. Patrick Episcopal Church,
Dublin OH**
- **Please wear comfortable clothes, bring a yoga mat and water if you can, and be prepared to remove shoes, if your ability allows.**

Lisa Emory is a certified yoga teachers for all abilities.

She has spent her young adulthood traveling and studying many traditions and practices. She is also a national award-winning spiritual poet. Most importantly, Lisa is a mother.



Lisa welcomes conversations and questions before the first class, should you feel inclined.

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Breastplate should be submitted to:

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CATCH-Freedom Ministry

A lot has been happening in our Ministry! We have just been awarded a Grant of 3500.00 by the Episcopal Community Ministries (ECM) of the Dioceses of Southern Ohio! Our Grant application asks a lot of questions, one of which is how much support do we have from the congregation. We thank all of you for your prayers and other types of continued support for our ministry to sexually trafficked women, helping them become self-sufficient survivors! The Grant is used to support our monthly lunches at Court, housing and utility deposits, and our annual Kroger gift cards to the Holiday Gift Bags.

Last month we were able to give \$800 to Freedom a la Cart to be used for U-Haul and moving expenses for women who have reached a level of being able to move to independent housing. This included a donation from the proceeds from the Pancake Supper. Last month also we were able to donate \$1000 to Sanctuary Night to be used for a gas grill for their newly fenced side yard. Sanctuary Night is a drop in house on Sullivant Avenue that provides female sex workers a warm meal, clothing, hygiene items and a safe place to hangout, creating a pathway out of sexual exploitation, by accepting them for who they are.

In ministering to both the righteous and the sinners, Jesus shows us something about the nature of God. His love is given equally to everyone, no matter what they have done. We give thanks for your joining us in our efforts to support these women.



The church office will be closed Monday, May 25th
for the observation of Memorial Day.



Grief Support

Grief Support gathering will be Monday, May 18th at 6:30PM in St. Patrick's 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. Please contact Angel Cinco or Becky Stains with questions.

The Holy Spirit is up to Something

Y'all have heard me say many, many times that I believe the Holy Spirit is up to something in and through the St. Patrick's faith community. I have meant it every single time — though right now the Spirit seems particularly active. So, I want to quickly update you all on some ongoing Spirit-filled projects.

Roof Replacement

The insurance company has approved a total roof replacement, and we have received the first payment. Once work is completed, we will receive the remainder of the funds. The vestry solicited bids from three roofing companies and, after due diligence and prayerful discussion, decided to contract with Shift Roofing for the replacement. Prayerfully we hope for the replacement to be completed this month.

Solar Panels

We continue to explore the possibility of solar panels. We have contracted with the consulting firm Energility — who assist non-profits with alternative energy solutions — to provide both technical guidance and help with seeking funding. The vestry has formed an exploratory team consisting of Junior Warden Blair McGinnis, vestry member and creation care team leader Randy Edwards, and me to assess the feasibility of this project.

Antiochian Orthodox Community of Columbus

About a month ago, an Antiochian Orthodox Christian house church reached out to me looking for a place to worship. After meeting with them and learning about their hopes of one day planting a church in the Dublin area, I felt the Spirit's strong nudge to support them. They are primarily Syrian immigrants and descendants who had been driving all the way to Sunbury to worship. After receiving permission from our Bishop, they held their first Vespers service here on Friday, April 17th. They will continue to hold a service here once a month as they work to grow their community.

Supporting this emerging faith community is not only in line with our mission to welcome and include all people on the journey of faith, but also with our social justice commitment to supporting immigrants. And as Senior Warden Alex Carter pointed out, this is a full-circle moment: St. Patrick's began in the basement of Dublin Community Church, and without their early hospitality and support, we wouldn't be here today.

Mtr. Catherine's Going-Away Party

Mother Catherine will complete her curacy here at St. Patrick's next month. Her last Sunday will be June 7th, and we will celebrate her ministry and wish her Godspeed at Coffee Hour that day. Please contact Jan Redman if you would like to contribute a dessert or help with setup and cleanup.

This, of course, means we are searching for an Associate Rector. That search has been open since January, and we have some very intriguing applicants. I have formed an advisory team that is assisting with Zoom interviews. We are currently on track to have at least one in-person interview in May, and remain prayerfully hopeful to extend a call in early June with a July 1st start date. That is the plan, at least — but please remember my recent sermon about plans going off without a hitch, and know that all these dates are subject to change.

God's Peace,

Father Jason Emerson+

Rector

As I write this message, the buzz around the church is beginning for this spring's Garage Sale. By the time most of you read these words, the sale will be in full swing. People from across Dublin and beyond will come to St. Patrick's to purchase pre-loved items to benefit the building fund of the church.

The Garage Sale is an event that unites us as a congregation—many hands work to make the event a success, season after season. However, the sale has theological implications beyond what may be initially apparent.

The Garage Sale is the first (and sometimes only) way members of the wider community enter our space. It's a way to show people the way that we "do hospitality" as Jesus instructs at many points in scripture, showing them the warmth of our community. People come to buy, but also to chat, and to connect or reconnect with the congregation. Hospitality isn't just something we do on Sunday mornings but part of St. Patrick's charism that has an opportunity to shine in all aspects of ministry.

Jesus encourages us to see that our resources belong to God and are entrusted to us. Giving away items that we no longer need so that they can be shared with others, as well as the giving of time and energy to make the sale happen, are concrete acts of stewardship. We honor God's gifts by using them well, passing on our abundance, and maintaining our shared place of worship. Our common life together is supported by shared generosity.

Regrettably, our culture is a throwaway one; often items are tossed into the trash when their usefulness has run out. Theologically, repurposing items given and taken from the sale echo the gospel's pattern of redemption—what was once discarded has been made new again, resurrected to another iteration of life. Even the unsold items that are donated to the Volunteers of America continue this cycle, extending even further the reach of the sale and its embodied resurrection.

The life and work of Jesus was at times grand and majestic, and often consisted of acts of humble service—the washing of feet, the feeding hungry people, the time he spent with people of humble station. The acts of setting up, sorting, tagging, serving as cashiers, cleaning up and every other act of service, big or small, mirrors the way Jesus would have us serve one another and the world.

Nothing we do as a church lacks the opportunity to embody Jesus. As you get ready for the sale, prepare and organize items, greet shoppers and hunt for bargains yourself, take a moment to remember Jesus. Remember the ways this event both reflects what and who he means for us to be and also the ways we can more fully live as he would wish in every moment, and especially in this one that is so meaningful for St. Patrick's.

Faithfully,

Mo. Catherine+

GARAGE
SALE



Belonging to Christ

You did not choose me, but I chose you. And I appointed you to go and bear fruit, fruit that will last. John 15:16a

We are still in the Easter season, celebrating life with the Risen Christ. The Gospel passage above is from Friday in the fifth week of Easter, and is part of Jesus's farewell discourse with his disciples. Here's an excerpt from a reflection on this passage, written by the Rev. Scott Gunn:

It's remarkable, isn't it? Jesus is telling his disciples that they belong to him because he has chosen them first. It is the very definition of grace. That same grace applies to you and me. We belong to Christ because he chose us. Amazing grace, indeed.

How might we fully receive this grace? What would that change in us, and how would that be manifested in the fruit that we bear in our daily lives? Is there anything that gets in the way of fully receiving the grace of belonging to Christ? Since Jesus is talking with his disciples in this passage, in our own prayers with this Scripture we might want to talk to Jesus, speaking and listening to him from our hearts as the Spirit moves us. May we all receive the grace of belonging to Christ and go and bear the fruit that will last, this Easter season, and always.

Kim Nelson

*Gunn, Scott. *Easter Triumph, Easter Joy: Meditations for the Fifty Days of Eastertide* (p. 96). (Function). Kindle Edition. The Rev. Scott Gunn is a priest serving at Christ Church Glendale, and Executive Director of Forward Movement.

STREET CHURCH**Join Us in Making a Difference**

On March 17th St Pat's will be providing the meal for St John's Franklinton Street Church, There will be a short service with communion that starts at 1:00 pm and is followed by us serving the meal from 1:15 pm to 2:00 pm. My needs for assistance are 8 volunteers to help serve the food. I also need a 2 or 3 people to come to St John's around 12:30 to help carry the food up the stairs and get it loaded into my car to take to the parking lot where we serve. Help with cooking on Friday evening and Saturday is always welcome. Others are welcome and encouraged to join in the service and to take communion and interact with those that we are serving. We usually serve between 100 and 120 people. The menu for this is as follows: Sloppy Joes, macaroni and cheese, green beans, hard boiled eggs, fresh soft fruits (this can be bananas, sliced watermelon, oranges, etc...), and cookies for dessert.

The location has moved slightly. There is a Tim Hortons right next to the for PNC Bank Bldg and we are in the parking lot just to the right of the Tim Hortons bldg.

If you have any questions or would like to help in any way, please contact

Ginny Engel

Phone: 501-794-8771

Email: vmengel57@gmail.com

Over the past several months, it seems that we have had little good news (except for the spectacular success of Artemis II) and lots of news that evokes anger, dismay and feelings of “how did we ever get in this?” Phrases like “that just makes my blood boil” or “that really raised my blood pressure” or “I got so mad I saw spots” seem to be more frequent. All that can cause stress responses that, over time, can cause some health problems. Stress related conditions are very common. So, how does one stay healthy in this challenging environment?

There are lots of techniques that can help, like intentional breathing patterns, providing space between the stressor and the response. Regular exercise really helps. So does a centering prayer to go along with the deep breaths. One thing that many professionals in the healthcare field recommend is monitoring one’s blood pressure. Here are some important tips about home blood pressure monitoring:

1. Start with the right equipment- make sure you are using an upper-arm monitor. The wrist and finger ones aren’t reliably accurate. Your smart watch isn’t so smart when it comes to BP monitoring. You can visit ValidateBP.org to find devices that are validated for accuracy. Avoid the monitors in the grocery store or pharmacy.
2. Be sure you use the correct size cuff. If the cuff is too small it will give a reading that’s inappropriately high, If the cuff is too large the reading will be falsely low. The cuff should cover about 2/3 of your upper arm and not be too tight or too loose when it is fastened. Most cuffs have a measurement printed on them and your arm should fit within those ranges.
3. Make sure you are in the right position. You should be sitting with your back supported, feet on the floor, not having your legs crossed. The cuff should be at heart level. If it’s too high, the reading will be falsely low. If the arm is too low, your reading will be falsely high. Don’t stretch your arm out- keep it close to your body.
4. Rest quietly for about 5 minutes before taking your reading. Avoid smoking or having a full bladder before taking the reading. Also, it’s a good idea to wait about 30 minutes after exercise to monitor your blood pressure. Take the readings twice a day- morning and evening. Blood pressures change during the day and it’s best to establish a pattern of blood pressure readings rather than just a one-time measurement.

Maintaining awareness of how your body responds to stress or recognizing that you have a condition that requires therapy (like exercise, weight management and medication) is an important way to maintain wellness.

Happy May! /Lissa and Rose



healthy
• BODY •
healthy
• LIFE •

ST. PATRICK'S 2026 GRADUATES



Evelina O'Neill

Evelina Rose O'Neill

Dublin Jerome High School

High School Diploma

Evelina will be attending Savannah College of Art & Design to study Production Design

Evelina is the daughter of Peter and Amy O'Neill

Evelina is a National Honor Society Member, was Color Guard in the Marching Band, and a member of the Thespian Society for her work on tech in the Drama Club.

Claire Addison McCarthy

Dublin Jerome High School

High School Diploma

Claire will attend The Ohio State University and major in Materials Science & Engineering with a minor in Business.

Claire is the daughter of Graham and Shannon McCarthy

Claire is graduating valedictorian of her class.



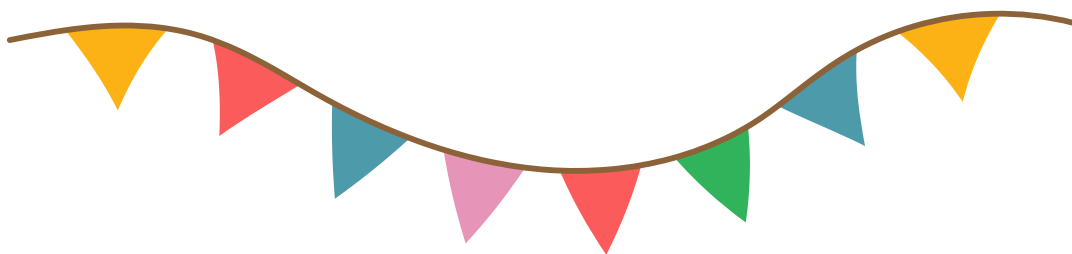
Claire McCarthy

May Birthdays

Laurie Allen	Evelyn Emerson	Steve Keeran	Kaitlyn Rogowski
Barb Altenburg	Isaac Emerson	Daniel Kennedy	Charlotte Rubinstein
Esther Azizyan	Jodie Emerson	Mike Kennedy	Janine Rubinstein
Danny Barnhouse	Paisley Espenschied	John Kindelin	Kelsey Sicker
Graham Bethune	Bill Fairweather	Ashley Krull	JoAnn Smith
Brielle Brunswick	Roger Faulkenberry	Victoria Lewis	Weslee Starns
Angel Cinco	Kenyra Glasgow	Bryarly Magee	Matthew Stottmann
David Cline	Tara Gleason	Jack Magee	Wesley Tiemstra
Sharilynne Cline	Jamie Greenfield	Maria Mygrant	John Wells
Chris Cofer	Erin Huffman-Richard	Kellie Nadalin	John Wood
Jill Collins	Erin Johnsen	Evelina O'Neill	Barbie Yehsakul
Gayle Crume	Molly Johnsen	Miles Randolph	Jo Yuhas
Catherine Duffy	Jordan Jones	Victoria Raymond	

May Anniversaries

- Tim & Molly Carty
- Randy & Mary Edwards
- Don Ritchey & Ann King
- Dave & Kerry Kopelcheck
- G.W. & Shannon McCarthy
- Kate & Christopher Oliveti
- Cory Richard & Erin Huffman-Richard
- John & Louise Rucker
- Neal & Quinn Seaborn



Planning Ahead for Fall Arts & Crafts Market

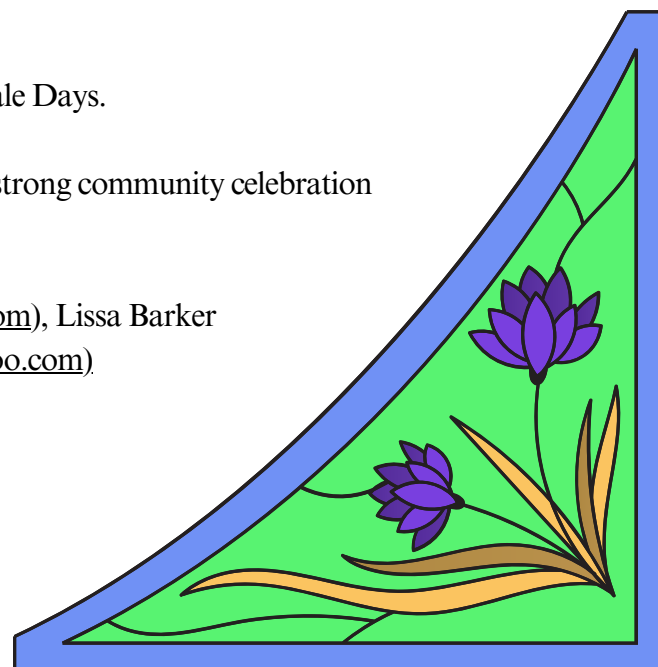
Fall Arts & Crafts Market at St. Patrick's Church is scheduled for Friday and Saturday, November 20 & 21, 2026. Please mark that on your calendars / planners, and tell your family and friends. All profits will benefit two selected charities.

We also invite you to be part of:

- Planning Team
- A Donor who makes items and donates them.
- A Vendor who rents space, donates one item, and sells items.
- A Volunteer who helps out during Friday preview or Saturday Sale Days.

We would like all the help and participation we can to make this a strong community celebration of our creativity.

For further information, contact: Julie Myers (juliemyers14@aol.com), Lissa Barker (erbarker1117@gmail.com), John Mascazine(twineducation@yahoo.com)



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

The Rev. Jason Emerson Rector	Randy Edwards	Kim Nelson
Alex Carter, Senior Warden	Tom Jones	Jan Redman
Blair McGinnis, Junior Warden	Eryn Kindelin	Kelsey Sicker
Angel Cinco	Nick Machesky	Caroline Wagner

Vestry Highlights – April 16, 2026

The Vestry met on April 16 at 7:00 p.m., opening and closing the meeting in prayer led by Father Jason Emerson.

Farewell for Mother Catherine

Plans are underway to honor Mother Catherine as she prepares to depart in June. The Vestry discussed several options, including a financial collection, a personal gift, or a donation in her honor. Opportunities for parishioners to contribute will be shared at the May meeting.

Roof Replacement Approved

After reviewing three bids for the church's roof replacement—fully covered by insurance—the Vestry unanimously approved hiring Shift Roofing. Particular attention was given to each contractor's experience, proposal detail, and ability to coordinate with a potential future solar installation.

Solar Project Moving Forward

The Vestry continued its conversation about installing solar panels as part of the church's commitment to creation care. While the estimated cost is approximately \$250,000, potential funding sources such as grants, tax credits, and fundraising opportunities are being explored. Next steps include engaging Energility for further evaluation, applying for a diocesan grant (due May 20), obtaining additional bids, and developing a communication plan. A full review is expected at the next vestry meeting.

Accessibility Improvements

To improve building accessibility, the Vestry discussed installing automatic door openers. The projected cost is under \$10,000, and additional estimates will be gathered.

Financial Update

The church's financial position remains strong. Revenue is on track and slightly ahead for the year, while expenses are modestly over budget due to seasonal costs like snow removal and utilities. Cash reserves remain healthy at approximately 3.3 months. The insurance payment for the roof project has been received.

Additional Business

The Vestry approved the financial report, as well as the minutes from the previous meeting. The meeting concluded at 8:45 p.m.

Respectfully submitted,

Caroline Wagner

Temporary Clerk of the Vestry



VBS Registration Open!

When: July 13 – 17, 2026
9:00 am – 12:00 pm

Where: St. Patrick's

Ages: 4 years – rising 5th graders

Cost: \$50

Register:



"I can do all things through Him who strengthens me." Philippians 4:13



📣 CALLING ALL ADULTS AND YOUTH 📣

Vacation Bible School is still in need of both Adult and Youth Crew members! If you're a veteran VBS leader or someone who's brand new, we'd love to have you!

St. Patrick's VBS will be the week of July 13 - 17th, from 8:30am to 12:15pm. Not sure if

VBS is for you? Contact Eryn Kindelin (eryn.kindelin@gmail.com) to learn more.

[CLICK HERE TO SIGN UP!](#)





May Calendar



May 1st

8AM Garage Sale

May 2nd

8:30AM Garage Sale

Sunday, May 3rd

8AM Holy Eucharist
8AM Coffee Hour
9:30AM Holy Eucharist
4PM Holy Eucharist
5PM Youth Group

Monday, May 4th

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

Tuesday, May 5th

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

Wednesday, May 6th

10AM St. Arbuck's
10AM Staff Meeting
10AM Men's Group
10:30AM Spiritual Direction
12PM Holy Eucharist
12:30PM Chicken Salad for the Soul

Thursday, May 7th

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

Sunday, May 10th

8AM Holy Eucharist
9:30AM Holy Eucharist
4PM Holy Eucharist
5PM Youth Group

Monday, May 11th

9:30AM EFM Extension
6PM AA Meeting

Tuesday, May 12th

7AM Men's Group
7PM Boy Scouts Troop 299
7:30PM Sacred Circle 1

Wednesday, May 13th

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

Thursday, May 14th

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

Friday, May 15th

6PM Antiochian Orthodox
Community of Columbus

Sunday, May 17th

8AM Holy Eucharist
9:30AM Holy Eucharist
11AM Stephen Ministry
12:45PM Street Church
4PM Holy Eucharist
5PM Youth Group

Monday, May 18th

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

Tuesday, May 19th

7AM Men's Group
1PM Sacred Circle 3
7PM Boy Scouts Troop 299

Wednesday, May 20th

10AM St. Arbuck's
10AM Staff Meeting
10AM Men's Group
10:30AM Spiritual Direction
12PM Holy Eucharist
6:30PM Social Justice Team Meeting

Thursday, May 21st

10AM LITDS
10AM Purls of Wisdom
3:30PM Friends of the Homeless
6:30PM Handbell Practice
7:30PM Choir Practice

Sunday, May 24th

8AM Holy Eucharist
9:30AM Holy Eucharist
4PM Holy Eucharist
5PM Youth Group

Monday, May 25th

Office Closed
Memorial Day
6PM AA Meeting

Tuesday, May 26th

7AM Men's Group
1PM Sacred Circle 4
5PM Yoga
7PM Boy Scouts Troop 299

Wednesday, May 27th

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

Thursday, May 28th

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

Sunday, May 31st

8AM Holy Eucharist
9:30AM Holy Eucharist
4PM Holy Eucharist
5PM Youth Group



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