

# THE BREASTPLATE

# The Newsletter of Saint Patricks Episcopal Church

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VBS Road Trip: On the Go with God!



The 4pm
Service will
be on hiatus
until
September
7th

VBS Road Trip: On the Go with God

Join Scout the pup on a road trip with God! Get ready for twists, turns, and excitement as we face new challenges and find strength in God's presence on this unforgettable journey!

We will learn that God is with us whatever we go through: Bible Storytelling, Music, Crafts, Science, Games, Snacks, and more!

# **VBS DONATIONS Request!**

VBS is an amazing week where we get to invite kids into our church to learn about gods love! If you are looking for a way to support VBS, we are asking for supplies from our amazon wish list and cash or gift card Donations. Please use the QR code to purchase supplies directly from amazon or drop your cash/gift card donation in the lockbox at the donation table in the foyer. Preffered Gift cards include: Costco, amazon, Kroger, Giant Eagle, Walmart, etc. Thank you for your gifts!

# Make Breakfast for the VBS crew!

Would you like to help out the VBS Crew [teachers, staff, etc]? They need a good breakfast to be able to lead the young people of St. Patricks in their daily adventures in the faith! This is your oppertunity to sign up to offer breakfast to this group of VIP's! Please use the QR code to offer your assistance. Thank you all for your contined support of VBS at St.Pats's



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7121 Muirfield Drive Dublin, OH 43017 Tel: [614] 766-2664 Fax: [614] 766 4490

Email: church@pats-dublin.org

Website: www.pats-dublin.org

Facebook: St. Patrick's Episcopal Dublin Ohio

Instagram: @stpatricksdublinoh

The Rev. Dr. Jason Emerson, Rector Cell phone: 402-657-0867 rector@pats-dublin.org

Articles and other items for the Breastplate should be submitted by July 15<sup>th</sup> to:

> Jasmin Rubinstein communications@patsdublin.org

**Lucas Weiss** administrator@pats-dublin.org



# Anglican Identity Series, Part 5: Being Nurtured by the Bible in study, Liturgy, and Prayer

Every Sunday, we begin our worship with a prayer called the Collect of the Day. Each one is carefully chosen for that particular Sunday. One of my favorites is for the penultimate Sunday of the church year, the one just before Christ the King. You'll find it on page 236 of the Book of Common Prayer. It begins:

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them... I love that image—inwardly digesting Scripture. It's not about reading for information or memorizing isolated verses, but about letting God's Word nourish and transform us from the inside out.

Episcopalians sometimes get labeled as "non-biblical" because we don't often quote chapter and verse off the cuff. And I'll admit, it's getting harder and harder to find someone in the pews who can locate the book of Malachi without checking the table of contents! But don't let that fool you—we are people of the Bible.

Scripture surrounds our worship: every Sunday, we read from the Old Testament, the Psalms, the Epistles, and the Gospels. Our Book of Common Prayer is woven through with biblical language and imagery. Even our Catechism reminds us that we call the Scriptures the Word of God not just because God inspired them, but because God still speaks through them today. And yet, I want to be honest. Much of my own Bible reading lately has been for sermon preparation. That's important, of course—but it's not quite the same as reading God's Word simply to be nourished by it. I've noticed that when I intentionally engage Scripture outside of work—when I read, mark, learn, and inwardly digest—I feel more grounded, more centered, more connected to God.

So this summer, I'm committing to re-engage the Bible more deeply, just for the sake of my own spiritual life. Inspired by Kim Nelson, I've chosen the book of Romans—dense, beautiful, challenging—and I plan to walk through it slowly, letting it work on me.

Would you consider joining me? Pick a book—any book—and add it to your summer reading list. Maybe a Gospel. Maybe the Psalms. Maybe an epistle you've never quite understood. Don't worry about reading quickly. Just read with a heart open to God's voice.

Let's become a people who don't just hear the Scriptures in church—but who read them, mark them, learn them, and inwardly digest them—so we can live more fully into the hope they proclaim.

God's peace, **Father Jason+**Rector

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# Spiritually Speaking



# **Trust**

A couple of weeks ago, my two-year-old grandson, Wesley, taught me something about trust. He wanted to go outside to play, but when he reached the threshold at the back door, the sun was shining too brightly into his eyes for him to see his way down the steps. He stopped and turned away. "Close your eyes, and I will carry you outside," I said. He quickly closed his eyes and lifted up his arms, trusting me to take him to safety. My heart was moved by his simple, unhesitating trust.

I wondered later how I might have this kind of trust in God at the thresholds of my life. Sometimes it's hard to take the very next faithful step because the path, for whatever reason, is not clear. I pondered a few questions about my trust in God:

Do I close my eyes in prayer, and open my heart to God in times of uncertainty?

What do I need to let go of so that I might open my arms to receive God's loving embrace?

Do I trust and depend on God to guide me?

How can we experience greater trust in God in our walk together as a St. Patrick's community? While I still have more questions than answers, I believe that God longs for us to draw near in prayer, come to God's table and share in the Eucharist, and trust God to lead us into our next faithful steps together.

God's peace, Kim Nelson

**Grief Support** The Grief Support gathering will be Monday, July 21, 2025 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. Please contact Angel Cinco or Becky Stains with questions.

Those of steadfast mind you keep in peace, in peace because they trust in you.

Trust in the LORD forever,
for in the LORD GOD
you have an everlasting rock.

Isaiah 26:3-4

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# **Wellness Words**

Ahhh! "Summer time and the livin' is easy" or so says the song. We're not that sure that summer living is easier than the rest of the year- the lawn needs mowing, the outside chores seem to multiply, and it seems that about a thousand of your best friends are joining you at the airport, or on the highway, or at the beach or the pool, then there's the stress of getting ready for and overbooking vacation. Lissa remembers being at Disney World with her grandchildren (and a thousand of her closest friends) and hearing a mother say to her crying, exhausted child, "This is the happiest place on earth- quit crying!" Being overwhelmed is often what occurs. The temptation to abandon your New Year's Resolution are looming large.

Wait, you already did? Ok, this is a great time to push the reboot button and start again. One thing that often happens when we "reboot" or engage in increased physical activity in the summer is that exercise results in muscle and joint pain from under conditioning. The Mao Clinic has some great Advice that I'll repeat here.

- Stay active with daily exercise, but listen to your body. If it hurts while you are doing it- stop and readjust the intensity or position.
- Get a good nights sleep- 6-8 hours is perfect. Foods that increase tryptophan are really helpful- Almonds, brown rice, pumpkin seeds, bananas, pineapple, tomatoes and cherries can be helpful here.
- work on achieving a healthy weight. Exercise helps.
- Eat better- increase fiber, try Mediterranean diet.
- Find time to RELAX. Space your activities so you have time to rest.
- Evaluate your tasks- look fore more efficient ways to do your daily tasks.
- Extend your good days make sure you have a belly laugh atleast once a day watch a funny movie or read something light and funny.
- Socialize with people who are uplifting and are good conversationalists.
- Make sure you provide yourself with positive affirmations. Write them on sticky note and put them on the mirror.
- Don't spend too much time on your electronic devices.
- Limit your news and political consumption to once a day for no more than an hour.

• Remember to pray and thank God for blessings and for loving you more than you can possibly imagine! Happy Summer! / Lissa and Rose

# St. Patrick's Arts & Crafts Fair Saturday, November 8, 2025

Applications are now being accepted to be a part of the St. Pat's Arts and Crafts Market. We invite all creative people at St. Pats to consider being part of this event that builds community, as well as, supports two very good causes. This year proceeds will support Nursing scholorships and the Episcopal Relief and Development Fund. There are three ways to participate: 1] Vendors rent a table and donate one item for the auction table; [2] Donors sell their items and donate all profits to the charities mentioned; [3] Attend the Arts & Crafts Market and invite your friends as well. We will also have a special preview "meet the artists" evening on Friday, November 7. Another great opportunity to mingle with creative parishioners. To apply, either pick up a paper application from the church office or contact Vendors and donor applications are now being accepted, please contact either Julie Myers \_ juliemyers14@aol.com Or John Mascazine twineducation@yahoo.com

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# Quinn Essex Robert Swift Benjamin Yehsakul Jermaine Carew Kat Brennan Paige Maxcey-Richard Pat Santanello-Shannon Abrielle Dufort Griffen Gates Sally Fullerton Tawnya Lewis Jordan Krull Mariann Price Val Pittsenbarger

# July Birthdays & Anniversaries

Peyton Brunswick
Nancy McCracken
Sarah Immell
Ila Dawson
<b>Charles Bratton</b>
Karen Mason
Charles Horton
Tom Semans
Justin Pearson
Lissa Barker
Zachary Haney
Kojo Carew
Maria Baker
Paige Dunham

John Mascazine
Margaret Robinson
Mark peacock
Tom Ruf
Lindsay Mayo
Lisa Palchick
Marie Mayo
Bill Train
Josie Cline
Kim Nelson
Theo Shannon
Whitby Montgomery
Stu Collins
Tom Deschler

# The Breastplate

Bill & Val Lawrensen
Dan & Kim Hull
Rick & Karen Mason
Ashley & Jordan Krull
Chuck & Kelly Lehman
Charles & Mary Horton
Matt & Tawnya Lewis
Jim & Vicky Bratton



# School is out for the Summer

Please keep the Dublin Food Pantry in mind as you grocery shop this summer because there is a special need. Special thanks to all those parishioners who donate non-perishable food items on a regular basis, but this is a quick note to share with everyone that the summer months present a special challenge for DFP clients: the children are home all day and must be fed. DFP Operations Director Jim Wilson has suggested that we might add a jar of peanut butter and some jelly to our grocery list, along with ramen noodles and quick oatmeal packets. Need convincing? 23% of Dublin Schools students are economically disadvantaged. That's over 3,700 children, and when school is out, so is the free and reduced price lunch program. But they all must eat, so you can see the stress that's put on their parents and the pantry. So, if you are able this summer, add something extra to your grocery list for the kids that are served by the Dublin Food Pantry. Again, thank you for your continuing generosity.





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# C.A.T.C.H-Freedom Ministry

The CATCH-Freedom Ministry is happy to announce that we have received a Grant from the Episcopal Community Ministries of the diocese of Southern Ohio for \$3500. There were 18 Grants awarded. The Committee states that we received the award for "Addressing issues of housing, food security, education and life skills, and justice for victims of sex trafficking".

We included in our Application the monthly lunches we serve to the women of CATCH, the Kroger gift cards given to be included in their Holiday bags, the offer given at our 2 Garage Sales for some pre-sale shopping for Butterflies who are transitioning to independent housing, the Pancake Supper donation which went towards moving expenses, the monetary donation to Freedom a la Cart that goes towards apartment and utility deposits, and the hand knit scarves, gloves, and hats that we donate.

We would like to thank the congregation for their participation in helping supply these gifts, and thus helping us secure this Grant. It gives us great joy to see how hard these women work to overcome their past and work towards freedom and self-sufficiency, transitioning from victim to survivor! Each one is truly a miracle!

















# Vestry Highlights – June 2025

The Vestry of St. Patrick's met on June 11, 2025. Senior Warden Alex Carter led us in prayer and mission reflection. The Rector and Associate Rector's reports were circulated. Highlights of these reports were the hiring of Lucas Weiss as the new Parish Administrator and Jasmin Rubinstein as the temporary Minister of Communications. We were reminded the 4:00 service would take a hiatus during July and August and return in September. A Ministry Fair Team, to help us include more people in our Ministries, and a DeClutter, Use, Evaluation, and Accessibility Team, to evaluate building use, have been formed.

Mother Catherine reported that the Adult Formation calendar for 2025/26 is focused on scripture and faith foundations. The Way of Love dinners will focus on the Parables of Jesus. Additionally, we will have a study of Romans, a "Will you?" Study of our baptismal covenant, and the Season of Creation Offerings. We have launched the Coffee Hour Connections Table to further help new people feel welcome.

The Senior Warden shared the success of our personal care drive for the food pantry, and her upcoming recruitment of volunteers to share in an Oral History project of our early years at St. Patrick's and the building of our Sanctuary. There was further discussion of our SMART goals with consensus reached on their revisions.

The Junior Warden reported that the fire panel and the heat pump for the Sacristry have been installed and are operational. The bid for the Sound Panel is in and installation could be completed by Labor Day.

The Treasurer reported another good month where revenues exceeded the budget and expenses were down. Stacy and Mark continue to work to tidy things up and amend the budget where needed.

There was a lengthy discussion about the timeline for the Associate Priest Search with Mother Catherine moving on in July of 2026. The goal would be to extend a call by Pentecost with the start date being 7/1/2026. This fall position planning would begin with discernment in the winter and a search to begin in the Spring. A discussion of differences, including advantages and disadvantages of associate verses curate, took place.

Father Jason also shared his intent to take a Sabbatical in the fall of 2027. He has formed a team to help him apply for the Lily Grant to help support it.

The meeting was adjourned in prayer. Respectfully submitted, Jan Redman Clerk of the Vestry Page 7 The Breastplate







# Troop 299 News

Troop 299 had a very busy spring and summer is shaping up to be equally active: In March, the troops went backpacking in Tar Hollow State Park. The hike was a 10-mile loop through the rugged terrain of the Appalachian Plateau. The outing was used as a "shakedown" for the troops upcoming trek at Philmont Scout Ranch this summer. With colder than usual weather, the boys were challenged with managing in the elements but everyone had a great time.

The troop welcomed 4 new scouts in April and participated in a "Back-to-Basics" camp out at Falling Rock Scout Camp just North of Newark. The scouts. worked on basic camping skills with the new and younger scouts teaching fire-building, cooking, knottying and other skills.

In May, the scouts travelled to Kelley's Island for a weekend of bike camping. They ferred over to the island Friday night and on saturday, circumnavigated the 12-mile loop by bike finishing with a big dinner at one of the islands pizza restaurants. This is one of the boys favorite outings and it was a smashing success

Several scouts also completed advancement requirements including three boys who achieved the rank of Eagle Scout: Lakshith Disley; Elijah Board; and, Ethan Lowe, who installed the labyrinth on the south lawn. These young men worked very hard to earn this distinction and will be great ambassadors of the Troop and the Parish.

In July, the troops will return to Camp Conestoga in Somerset, PA for a week of Scout Camp where the boys will work on merit badges and other outdoor leadership skills. A crew of 12 boys and adults will also travel to the Sangre de Cristo mountins for a 2 week trek of hiking and adventure at philmont Scout Ranch. If you are interested in learning more about Troop 299, Contact Jim Bratton or visit the troop website: https://www.troop299skc.org/

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# **Treasurer's Trove**

And just like that, Summer is here! First off, Thank You, everyone, for all of your generous pledges and donations these last six months! We are truly blessed! For this month's column, I'd like to discuss Giving, both from a Legacy perspective, as well as some more immediate ways of giving.

As many of you know, John and I travel quite often. And we attend various Episcopal churches during our travels. One Sunday, in particular, has stuck with us recently. During the announcements at that church on that Sunday, we heard a presentation on "Legacy Giving". It got us thinking: what will we leave as a Legacy, and similarly, what will your Legacy be?

St. Patrick's plays a significant role in our lives, spiritually and otherwise. I imagine St. Pat's plays a significant role in your lives, as well. We have a growing, vibrant, inclusive, and truly joyful community. And if you, like us, value the ministry, mission, and community of St Patrick's, I'd invite you to consider leaving a lasting expression of your support through your Living Trust, your Will, or by some other means of planned ["Legacy"] giving. You can choose to leave your bequest to the General Fund, to the Education and Outreach Endowment Fund, or a combination of both. Regardless, a bequest or planned gift as part of your Estate would support God's mission through St. Patrick's for years to come!

Of course, St. Pat's always has more immediate needs as well. Donations can be made at any time to both the Education and Outreach Endowment and to the General Fund. We don't have to wait until our passing to make a difference!

On the subject of donations, I thought I'd spend a few minutes discussing two potentially tax-efficient ways of donating to St Patrick's that might not be as well known to everyone. I should begin by stating up front: I'm not a CPA (and I don't play one on TV either, and if either of these two options discussed below might be of interest, you must consult with your CPA to discuss them further to understand the process and the tax implications. With that disclaimer, the two approaches are as follows:

- 1) Besides donating cash/checks, were you aware that you can donate appreciated stock, mutual funds, and/or ETFs? Directly donating stock that has appreciated can potentially lead to significant tax advantages.
- 2) If you happen to be over 70.5 years old, and have a Traditional IRA or similar, you might also be able to do what's called a Qualified Charitable Distribution (QCD), which is a donation to a charity directly from your IRA. This approach also has potential, significant tax advantages.

If either of these approaches sound like something that might apply to you, you must discuss these approaches with your CPA. These methods can potentially result in tax savings for you and, at the same time, indirectly increase the amount you can donate to God's mission through St. Patrick's.

I'll wrap things up with a simple request: please continue to keep your pledge donations current. Having predictable donations helps greatly with decision-making by the Vestry and the finance team. The offerings you make truly help us spread the Gospel. And, as always, if you have any questions I can answer as your Treasurer, please ask.

Peace, Mark Hanes Treasurer





# St. Patrick's Oral History Project

As we celebrate the 25<sup>th</sup> Anniversary of our sanctuary, we're taking some time to look back on how we got here with an oral history project!

We're looking for participants in two different roles to make this project a success:

- Volunteer Historians Do you like asking questions and talking to people and have basic tech skills? Volunteers will conduct multiple one-on-one interviews with fellow members about their memories of St. Pat's and save digital recordings of each interview on Google Drive.
- Interviewees Were you a member of St. Pat's in the 80's or 90's? Do you have a story to tell? Interviewees will meet with a volunteer historian for a 60-90 minute interview and share their memories of worship, ministry, and more.

If you're interested in participating, please email Alex Carter and let me know if you are interested in being a volunteer historian or an interviewee. Training for volunteer historians will begin in July with interview scheduling to follow.

Alex



# Exciting Update! We are one body: Celebrating 25 Years

Thank you all for your generosity in the needed items drive for the Dublin Food Pantry. What an awesome way to begin celebrating 25 years of worshiping God in the sanctuary and the past, present, and future we are all one Body in Christ. Look at the items collected!

186 sticks of deodorant + 259 bars of soap + 6 bottles of shampoo 1 roll of dental floss + 373 toothbrushes + 156 tubes of toothpaste 1 bottle of mouthwash + 2279 feminine pads + 340 pairs of adult underwear 2023 baby diapers + 726 shopping bags + 1 jug of laundry detergent 25 jars of Vaseline + 2612 baby wipes + 2 bottles of baby wash 18 shaving razors + 16 rolls of toilet paper + 20 emory boards

Total Items = 9,044 [550+ Ibs. of goodness]

Praise God, from whom all blessings flow!

# Calendar for July 2025

# Tuesday, July 1, 2025

• Men's Group 7:00 AM- 8:00 AM Zoom & In-Person

#### Wednesday, July 2, 2025

- Chicken Salad for the soul 12:30PM Parish Hall
- St. Arbuck's

10AM Starbucks on Perimeter loop

- Wednesday Mens group 10AM Starbucks Giant Eagle
- Staff Meeting
- 10:00AM-11:00AM
- Holy Eucharist 12:00PM-12:30PM St. Patrick's Episcopal Church

# Thursday, July 3, 2025

• Later in the day Saints

10:00 AM on Zoom

# Friday, July 4, 2025

• Independence Day

# Sunday, July 6, 2025

- 8AM Coffee Hour
- Holy Eucharist
- 8:00AM-9:00AM & 9:30AM-10:30AM Sanctuary
- Sacred Circle
   11:30AM On Zoom

# Monday, July 7, 2025

- Scikidz Camp (ALL DAY)
- AA Meeting

6:00PM Parish Hall

## Tuesday, July 8, 2025

- SciKidz Camp (ALL DAY)
- Mens Group

7:00AM on Zoom & In-Person

# Wednesday, July 9, 2025

- Scikidz Camp (ALL DAY)
- St. Arbucks

10:00AM Starbucks on Perimeter Loop

- Wednesday Men's Group 10:00AM Starbucks at Giant Eagle
- Holy Eucharist 12:00PM St. Patricks Episcopal Church

# Thursday, July 10, 2025

- SciKidz Camp (ALL DAY)
- Later in the Day Saints 10:00AM on Zoom
- CATCH Court 10:00AM

# Friday, July 11, 2025

SciKidz Camp (ALL DAY)

# Saturday, July 12, 2025

• Kairos Advisory Council S 9:30 AM EFM Room

#### Sunday, July 13, 2025

Holy Eucharist

8:00AM- 9:00AM & 9:30AM-10:30Am Sanctuary

## Monday, July 14, 2025

AA Meeting

6:00PM Parish Hall

## Tuesday, July 15, 2025

Mens Group

7:00AM Zoom & In person

• Sacred Circle 3 1:00PM Library

# Wednesday, July 16, 2025

• St. Arbuck's

10:00AM Starbucks on Perimeter Loop

- Wednesday Men's Group 10:00AM Starbucks at Giant Eagle
- Holy Eucharist 12:00PM St. Patricks Episcopal Church

# **Thursday, July 17, 2025**

- Later In The Day Saints 10:00AM on Zoom
- VBS Training Camp

6:00PM Parish Hall

# Saturday, July 19, 2025

- Eagle Scout carwash
- 9:00AM Parking Lot
- VBS Setup 9:00AM

# Sunday, July 20, 2025

- Holy Eucharist
- 8:00AM-9:00AM & 9:30AM-10:30Am

St.Patricks Episcopal Church

- VBS Decoration Day
- 11:00AM
- Sacred Circle 11:30AM Library

# Monday, July 21,2025

VBS

(ALL DAY)

AA Meeting

6:00PM-8:0PM Parish Hall

# Tuesday July 22, 2025

- VBS
- [ALL DAY]
- Men's Group

7:00AM on Zoom and in person

## Wednesday, July 23, 2025

VBS

(ALL DAY)

ST. Arbucks

10:00AM Starbucks On Perimeter Loop

Wednesday Men's Group

10:00AM Starbucks at Giant Eagle

Holy Eucharist

12:00PM St.Patricks Episcopal Church

# Thursday, July, 24,2025

VBS

(ALL DAY)

• Later in the day saints 10:00AM on Zoom

# Friday, July 25, 2025

VBS

[ALL DAY]

# Sunday, July 27, 2025

Holy Eucharist

8:00AM- 9:00AM & 9:30AM-10:30AM Sanctuary

#### Monday, July 28, 2025

AA Meeting

6:00PM Parish Hall

## Tuesday, July 29, 2025

• Mens Group

7:00AM-8:00AM Zoom and in person

# Wednesday, July 30, 2025

• ST. Arbucks

10:00AM Starbucks On Perimeter Loop

Wednesday Mens Group

10:00AM Starbucks at Giant Eagle

Holy Eucharist

12:00PM St.Patricks Episcopal Church

## **Thursday, July 31, 2025**

• Later in the day Saints

10:00AM onZoom



St. Patrick's Episcopal Church 7121 Muirfield Drive Dublin, OH 43017 Tel: 614-766-2664

Fax: 614-766-4490

# Inside this Issue:

Birthdays and Anniversaries

CA.T.C.H

**VBS Donations** 

Dublin Food Pantry

