



This Week at St. Brendan's

Sunday	10:00 am	Worship, via live streaming https://www.youtube.com/channel/UcKCY2BEJXlqMoVc_nXXG7ew
Monday	8:30 am	Daily Morning Prayer Zoom ID # website https://us04web.zoom.us/j/4796201105 No password required
Tuesday	11:00 am	Be a Modern Episcopalian, via zoom
	7:00 am	AA meeting, via zoom Dial in 312-626-6799 Meeting Id: 345 892 252
	8:30 am	Staff meeting, via zoom
	10:30 am	Bible Study, via zoom
Saturday	9:00 am	Sacristans

Sunday, May 10, 2020

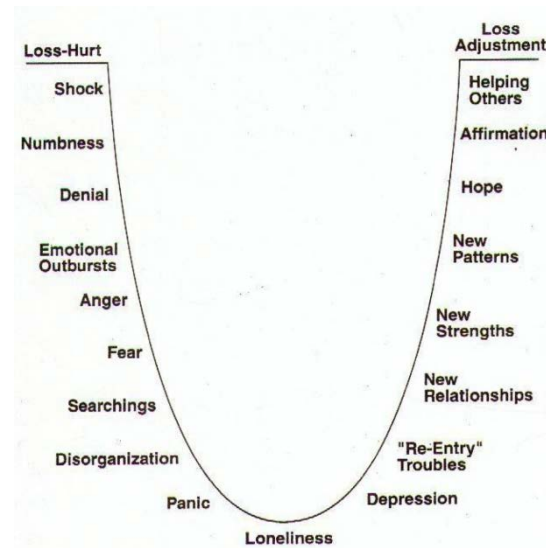
Celebrant: The Rev. Regis Smolko

Participating and representing St. Brendan's in prayer and worship and receiving Holy Eucharist for all members and friends of St. Brendan's

The Priest's Corner

Coronavirus and the Stages of Grief

Very likely you are aware of Kubler-Ross' Stages of Grief as they apply to the death of a loved one, I recently became aware that similar process work has been applied to the grief process that comes along with our current Coronavirus experiences. Here is a diagram of the progression of grief as applied to our current experience of loss due to today's pandemic:



My sense is that we as a church quickly moved through the first 6 "Loss-Hurt" elements. For me they were a blur. It was like day and night. We were once a "hugging, nearly-10-minute-Peace- exchanging church to an overnight, more-than- eager-to-volunteer, social-distancing group of on-board realists. Quickly we were isolating and things would close and that's simply what we had to do. With that determined attitude it's no wonder we were among the first to suspend public worship in the diocese as we just forged forth doing the next wise thing. I heard no objection whatsoever. In fact, every one of the comments and expressions I heard was supportive agreement and often total agreement.

I noticed "fear, searching, disorganization and a bit of panic" when we were early in our nervousness around joining the "live-streaming" and the growing Zoom meetings and conferences that were forming. It was during this uncertainty and the resultant feelings that we would never be able to log on and actively participate in important happenings virtually from home that I noticed the fear, disorganization and occasional panic. It took some of us a few tries, but I'd say in three weeks at most, 90% were confidently moving through this important stage with flying colors. Confidence in self was becoming apparent. Those who just months before swore off most things technical are live streaming and holding zoom meetings and showing others how to log on. We realized we could do it! We have some control in this world of pandemic. We can carve out some control in the midst of all this chaos. Capability shows fear, disorganization and panic who's really the boss.

Right now I'm aware that some of us are experiencing loneliness and depression. There's an awareness, I've noticed, settling down upon us the realization that we have been through and are right now in a new way of life. I believe we are beginning to realize, it is not going to be "back to normal" again. We will never be as we were before—we actually will be more than before because we've been through more than we can imagine. I think we all know deep-down that this is the biggest thing we as a people have ever had to endure. Granted, some of us individually have been through larger "hell-like" experiences that far outweigh what we are going through these last three months—but never have we as a group encountered anything like this.

I'm calling your attention to this because if you are feeling isolated, depressed, angry, hope-challenged, and so on; this is natural and in some ways "to be expected." **JUST DON'T MAKE ANY MAJOR LIFE DECISIONS DURING THIS STATE OF MIND.** This is not the time to "trust your gut" or that "inner voice" and start to spend, move, discontinue, divorce, quit, leave school, switch jobs, end a friendship, give up in church, make expensive purchases, download that casino app and associate your credit card number with it or decide to give that loved one a "piece of your mind." Hold off! Wait a month or two. Examine where you might be on the grief scale above. These (isolation, depression, unrelenting anger, hopelessness, etc.) are signals you're at the bottom of the grief loop. Wait to make major decisions until you're on the other side on the way up.

Look for the "New" outlooks to emerge. They will. You'll start to find new hope; see new opportunities; find new relationships that you never knew were there; new strengths start to be felt; new patterns are observed, and they are no longer "forced acts of the will." Once these start appearing—hope is returning. Now see if the things that once seemed so necessary during your isolation and down-times are as necessary now? If so, take some action after running it by someone you trust and you know loves you.

Give yourself a break. It took us a lot to get to accept this pandemic, and a good while to break through the denial that comes with such events. Good health, healthy new habits, restored hope and all that is new take time as well. Just as death and sadness and fears increased, and now seem to be decreasing step-by-step as well. So too will good news and signs of renewal accumulate. Too much sunlight too quickly can shock us. Let it in as you are able. Know that we are in this together. You have friends and people who really do care for you. Lots of them are very near.

Regis+

Announcements

A BFF donation was given in celebration of Edith Waseleski's 4th birthday, from her grandparents, Saundy and Tom Waseleski.



A donation to the Brendan's Family and Friends (BFF) fund is the perfect way to honor a special day or loved one while supporting unbudgeted building needs of our church. BFF funds have been used to purchase kitchen items such as flatware, microwave, shelving, as well as technology items which make it possible to record our services on Sunday. Thank you for making a difference at St. Brendan's by becoming a BFF donor. Contact Katie if you are interested in making a donation. stbrendanskatie@gmail.com.



Do you speak a second language?

We are looking for readers who speak languages other than English to participate in our virtual Pentecost Sunday service on May 31. It's easy, you will record the short reading in another language from your own home, and it will take only 5-10 minutes of your time. We would love to hear from you if you can help! Just give your name to Katie at St. Brendan's 412-364-5974 or stbrendanskatie@gmail.com. Thank you!



Have some sewing skills and extra fabric? The pastoral care team is sponsoring a project to deliver face masks to essential personnel. If you're interested, this is a link to a video and instructions on how to make them.

<https://www.craftpassion.com/face-mask-sewing-pattern/?pid=1257#picgallery> Once you have made a few, let us know and we'll arrange to pick them up from your home and make sure they go where needed. Contact Ruth Horton at rvhorton@gmail.com with any questions or when you have completed a few.

Dear Friends of St. Brendan's,

St. Brendan's Episcopal Church would like to thank, and request your prayers for, the following parishioners and friends or family of parishioners. Each is a medical professional or an emergency first responder who is helping people cope with the Coronavirus outbreak. They are using their skills and risking their own well-being by tending to those whose health has been threatened.

We are grateful for their selfless dedication and ask that God watch over them, keep them safe and give them both strength and rest. We hope that you will join the church in thanking and praying for:

Kimberly Becker	Maddie Bell	Kate Burnett	Frank Casey	Bob Cerra
Brenna Conroy	Adele Cotter	James Cotter	Laura Dugan Demers	Nicholas Demers
Andrea Dickerson	Franklin Park Police Department		Franklin Park Volunteer Fire Department	
Rebecca Donadee	Amanda Gagnon	Jeff Gagnon	Shelley Gagnon	Betsy Gentile
Lynne Gloor	Ann Hockenberry	Beth Lutz Hoffman	Eric Hood	John Jacobs and staff
Kerri Jensen	Dr. Ken	Luke O'Neill	Kim Pierce	Becca Sands
Warren Sands	Andrew Smith	Justin Zeigler	Cindy	Jennifer
Julie	Lane	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 would like to help with meeting the needs of our community and neighbors. If you have medical equipment, especially **pulse oximeters**, that you might make available, please consider donating. The item would need to be wiped with a disinfecting medium, such as a Clorox wipe, and packaged in a plastic bag. Contact me if you can help with this. Thank you! Regis

Senior Warden's Corner

Each of us has experienced in our own way the gift of community spirit that pervades St. Brendan's. How true it is that "**We** are ... St. Brendan's." And even in this strange twilight pandemic world we inhabit right now, there are opportunities for people with varying talents and interests to work together to keep that community spirit alive and well.

Let me briefly highlight three ways you might be able to help.

In last week's Senior Warden's Corner, I noted that online streaming will likely continue to be a valuable addition to St. Brendan's liturgies for the foreseeable future. For weeks now, we have been relying on the generous leadership and technical expertise of Sean Sweeney. But as we look ahead, we need to train a group of volunteers—I have begun talking about them as "The Stream Team"—who can learn the approach that Sean has developed and then give us some depth off the bench. (NB: Younger Brendanites might be particularly adept at this work!)

Fr. Regis has written on several occasions about the wonderful work that members of the parish are doing in reaching out both to Brendanites living on their own in this very isolating environment and to healthcare professionals in the congregation. Assuredly, one can never have too many volunteers committing to this valuable ministry.

Finally, we are also looking for anyone in the parish who may previously have worked for non-profit organizations on the stewardship side. The Vestry is just beginning to devote some attention to the fall campaign and would welcome creative ideas from whatever quarter. (To be crystal clear, this is not a matter of cold-calling parishioners or folding and mailing letters! St. Brendan's approaches stewardship in the light of the Gospel—which means we interpret it broadly, thoughtfully and prayerfully. In short, it's about so much more than dollars and cents.)

If any of these ideas appeal to you—or indeed if you have any other talents that you feel St. Brendan's might benefit from—do not hesitate to call Katie at the church number, or Fr. Regis or myself. We'll happily put you in touch with the people you should be talking to.

Sr. Warden, Tim Austin

CRIES Advocacy response to Coronavirus Pandemic. April, 2020

1. Greater Pittsburgh Community Food Bank. \$1,000
They anticipate a significant increased need due to the coronavirus. With all the lay-offs, business closures and school closings, many more people need donated food.
2. The Pittsburgh Foundation, *Emergency Action Fund*. \$1,000
They Address immediate and long-term impacts of COVID-19
 - a. To support small and mid-size non-profit organizations serving predominantly low-income households. Funding to assure organizations can meet basic needs of these people.
 - b. To organizations that manage emergency funds providing direct financial assistance to individuals impacted by COVID-19.
 - c. To support community health centers - funding for masks, protective gear and medical supplies.
 - d. To support small art organizations and individuals that have had to cancel productions.
3. Impact Your World - *MedShare* \$1,000
They provide urgently needed medical supplies, including masks and isolation gear, and medical equipment to healthcare professionals, clinics and hospitals for the fight against coronavirus.

Finally, our tithes to Brother's Brother Foundation will be directed to recovery response for the damage caused by the recent tornado in Arkansas and Kentucky.



Do you have a special prayer request? Contact Ruth Horton. 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.



NEW VOTER REFORM LAWS UPDATE. As many of you are aware, the upcoming Pennsylvania primary has been rescheduled for June 2. STOP THE SPREAD AND REGISTER TO VOTE BY MAIL: Anyone can sign up to vote by mail as long as you are already a registered voter – no reason necessary. Just go to VOTESPA.COM, click on “Other Links”, then “Votes PA” and you can register right there. The county must receive your application May 26 at 5 p.m. Deadline to register to vote in PA is May 18. If you are not registered and want to be able to vote, or for more information on the latest improvements, visit VOTESPA.COM. For more information on the candidates, visit VOTE411.ORG starting about three weeks before each election.

We have all seen the long lines of people at food distributions during this pandemic. This crisis has revealed much about our country, including that many people live pay check to pay check and are suffering from food insecurity. Plainly put: **People are going hungry.** We have another opportunity to perform one of the corporal works of mercy, to feed the hungry. Christ Lutheran Church, in Millvale, is in a working class community, where many are going hungry. They have stepped up and are giving out grocery cards to people in need. If you can donate anything to help feed the hungry, please go to www.clcmillvale.com select the fund “COVID 19-Gift Card Donation. You can also mail a check made payable to Christ Lutheran Church Millvale, at,917 Evergreen Ave.,Pgh 15209. Thank you for caring for those in need during this difficult time.

Join our Hallelujah Choir! In our Sunday, April 19, service we featured a video of many folks singing a joyful song called "Halle Hallelujah." We are inviting as many members of St. Brendan's (along with their friends and family) to do an individual video and send it to St. Brendan's. Each new video will be added to the main video each week. Eventually we hope to have over 100 people singing "Halle Hallelujah" together! It should be a fun way to spice up our weekly streaming service. Get more details and download the audio file here. <https://www.stbrendans.org/hallehallelujah>.

Kid's Corner

Buoyed by Faith – Children's Corner

In this Sunday's Gospel, Jesus says, "Do not let your hearts be troubled. Believe in God, believe also in me." Someday, the best way for me to believe in love and in God is to remember my mother. And this Sunday is MOTHER'S DAY!!! So how special is that?!?

When I was a little girl, and really just until just a few years ago, me and all of my brothers and sisters (there are 2 boys and 5 girls in my family), all of us would make something special for my mother. Every year. So she would get 7 cards, and 7 presents, every year for Mother's Day. A few years ago when cleaning out her house, I found, organized by each of our names, all the Mother's Day cards and some of the projects we made for her. This makes me happy to think that she thought each card and gift was so special she wanted to keep them. We all knew she was special, and both she and we knew we were all loved, but this also makes me happy to think that she looked at these cards as part of our love for her.

Jesus also loves us this much. AND MORE. So just like we like to do things for our mothers to show her we love her, when we come to church and do good things for other people, we show Jesus we love him and love God. But Jesus doesn't want us to worry about things too much either. Remember he said "Do not let your hearts be troubled. Believe in God, believe also in me." He said that to remind us that believing in God and believing in Jesus means we can share things that might make us scared, or worried, or frightened. It means Moms too can share things with Jesus.

But Jesus does not want us to just share the things that scare us, he also wants us to share the things that make us happy or joyous. As I'm writing this, the sun is out, there is not a cloud in the sky, the flowers are blooming, butterflies are going from flower to flower, baby birds are singing for their breakfast, and momma birds are feeding their young. All of this makes me happy. I can smell lilacs, one of my favorite flowers, and with that smell I remember my mother and grandmother both liked lilacs too. My peonies are getting ready to blossom, and I shared some peonies with a friend of mine this year and her peonies look like they may blossom too, and that also makes me happy.

I gather my joys and remember what makes me happy because taking care of ourselves and others is what Jesus and God and our Moms want us to do. In this week's gospel, Jesus is also telling his disciples he is "the way, and the truth, and the life." So if we follow Jesus, and do the things Jesus wants us to do, then we are doing what God wants us to do.

Julie+

Monday, Wednesday, Friday between 10 am & 2 pm at North Hills Community Outreach Main office at 1975 Ferguson Road, Allison Park, PA 15101 is collecting donations.

Shopping carts will be placed outside the pantry, located behind the main building down the driveway. Please place the donated items into the shopping carts. Thank you.

Urgently needed items:

Plastic, paper and re-usable grocery bags.

Snacks such as granola bars, nutrigrain bars, and crackers.

Fruit juice

Canned mixed fruit (cocktail), peaches, pears, mandarin oranges

Canned carrots, potatoes, baked beans

Spaghetti Sauce

Side dishes such as; rice-a-roni and instant mashed potatoes
Hamburger/tuna/chicken helper boxes
Oatmeal

Also needed:

Toilet paper Gallon ziplock bags Paper towels

Or you can mail a check to:

North Hills Community Outreach
1975 Ferguson Road
Allison Park, PA 15101



North Hills Food Pantry. During this time when we are unable to take donations into our church, the North Hills Food Bank is still in need of donations. Please consider making a monetary donation by sending a check payable to the North Hills Food Bank to the following address: North Hills Food Bank, 845 Perry Highway, Pittsburgh, PA 15229. Thank you for your support.

Due to the isolation, stress and uncertainty of COVID-19 many seniors (and indeed people of all ages) are self-medicating with alcohol. Off-premise alcohol sales were up 55% in the third week of March this year compared to last year, according to data reported by Nielsen, an international measurement and data analytics company. Additionally, The World Health Organization says alcohol may put people at an increased risk for the coronavirus, weakening the body's immune system and leaving drinkers at risk for other risky behaviors that could increase the likelihood of contracting coronavirus. Click on the link for more information. <https://www.aging.com/alcohol-abuse-amongst-the-elderly-a-complete-guide>.



Special Corona Virus – Resources for People in Need

- BigBurgh.com
 - [United Way 211 COVID-19 Page](#)
 - [Allegheny County COVID-19 Food Resources Map](#)
 - [Allegheny County Health Department COVID-19 Page](#)
 - [City of Pittsburgh COVID-19 Page](#) *VLP Veteran Food Distribution Delivery Request - 412-481-8200*
 - [Financial Empowerment Centers](#)
 - [Pennsylvania Utility Commission Updates](#)
 - [Women's Center & Shelter Resources](#)
 - [Homeless Children's Education Fund: Crowd-sourced Resources Compilation](#)
 - [Pittsburgh Cares Buddy \(Volunteer or Need\) Sign Up](#)
 - [Greater Pittsburgh Community Food Bank COVID-19 Page](#)
 - [Surge Workforce Job Postings, PA CareerLink](#)
 - [Allegheny County Emergency Resources PDF](#)
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Hospitality Hour Hosts/Hostesses

October 2019  September 2020

October 2019

- 6 ~~Melanie & Thaddeus Popovich~~
- 13 ~~Dottie & Carl Antonucci~~
- 20 ~~Kinley & Aretz families~~
- 27 ~~Lauren Chappo and Becca Sands~~

November 2019

- 3 ~~Brenna Conroy & Kristen Bailey~~
- 10 ~~Melinda & Wesley Bell~~
- 17 ~~Sheila Bigelow & Jim Roche~~
- 24 ~~Church sign-up (Appetizers)~~

December 2019

- 1 ~~Choir~~
- 8 ~~Brigid & Jim Christenson~~
- 15 ~~Julie Smith & Colette Satler~~
- 22 ~~Church sign-up (appetizers)~~
- 29 ~~Stacey Coyle and Andrea Dickerson~~

January 2020

- 5 ~~Karen Dennis and Janet Fesq~~
- 12 ~~Mary & Dale Bertucci~~
- 19 ~~Joyce & Michael Donadee~~
- 26 ~~Annual Meeting church sign-up (soup)~~

February 2020

- 2 ~~Donna Aiello & Sharon Hlawati~~
- 9 ~~Chris & Roger Botti~~
- 16 ~~Richard Gordon, Janice & Dan Moore~~
- 23 ~~Anne Semmler and Cameron Gresh~~

March 2020

- 1 ~~Janice & Dan Moore~~
- 8 ~~Amy & Kevin Boyd~~
- 15 ~~Eric Helmsen and Ken Parsons~~
- 22 ~~open~~
- 29 ~~Meghan & Robert Karn~~

April 2020

- 5 ~~Cindy & Pete Larson~~
- 12 ~~Hospitality Committee~~
- 19 ~~Libby and Phoebe Juel~~
- 26 ~~Stephanie Illsley & Justin Ziegler~~

May 2020

- 3 ~~The Bertucci family~~
- 10 ~~Parish Men, Mother's Day~~
- 17 ~~Laureen & Todd Douds~~
- 24 ~~Sharon & Ron Ladick~~
- 31 ~~Linda & Jason Konley~~

June 2020

- 7 ~~Marian & AJ McKenna~~
~~Trish & Neil Galone~~
- 14 ~~Annemarie Malbon and Joe Macklin~~
- 21 ~~Erica & Mark McClure~~
- 28 ~~Parish Picnic~~

July 2020

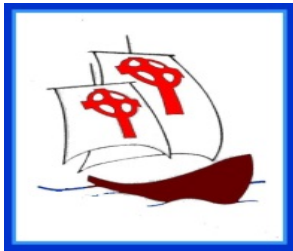
- 5 ~~open, volunteer needed~~
- 12 ~~Kate & Keith Heston~~
- 19 ~~Volunteer needed~~
- 26 ~~Joni Reis and Thaddeus Popovich~~

August 2020

- 2 ~~Lauren & Ashwin Ramakrishna~~
- 9 ~~Arlena & Bill Pugliese~~
- 16 ~~Anne Semmler and Andrew Sprentz~~
- 23 ~~Saundy & Tom Waseleski~~
- 30 ~~AJ Turo, Rob & George Latta~~

September 2020

- 6 ~~Nancy & George Snyder~~
- 13 ~~Emmalynne & Michael Waseleski~~
- 20 ~~Emily & Brad Zupancic~~
- 27 ~~Janet Fesq and Chris Fleissner~~



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.

PARISH LIFE MINISTRY LEADERS

Audit: Kevin Boyd
Book Club: Pat Carl
Brendan's Boots: Tom Waseleski
Dinner Group: Janice Moore
Finance Chair: Eric Helmsen
Green Thumb Gang: Dan Moore
Historian: Ellen Groves
Holiday Arts & Crafts Sale: 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
English as a Second Language: Tim Austin
Joyce Donadee
Linda Schneider
Garden of Hope: Tim Michael
Miryam's: Julia Wick
Rob & George Latta
North Hills Food Bank Ministry: Larry Toler
Social Justice: Clair Grotevant
Marilyn Mulvihill
Under One Roof: Inactive

WORSHIP MINISTRY LEADERS

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

VESTRY MEMBERS

Sr. Warden: Tim Austin
Jr. Warden & Secretary/Clerk: Ruth Horton
Adult Formation: Dean Peters
Audio-Visual Technology: Cameron Grosh
Communication: Annemarie Malbon
Finance: Mary Bertucci
Fundraising: Larry Toler
Inreach & Hospitality: Janice Moore
Newcomers: Dean Peters and Mary Bertucci
Outreach and Social Justice: Donna Aiello
Safety & Security: Tim Austin
Treasurer: Ellen Groves (with Roger Botti)
Worship: Cameron Grosh

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>
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
Youth Education Director, Julie Smith ~ jlsphone1@gmail.com
Parish Administrator, Katie Cervone ~ stbrendans@comcast.net
Music Director, Daniel May ~ bluesub@verizon.net
Nursery Director, Stephanie Illsley ~ st3phy2011@gmail.com