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1: Rev. Gabriel's last Sunday. 2: Demonstrating "baptism" with a stuffy. 3: Casserole crew baking for guests at a warming shelter. 4: C.A.S.T. members rehearsing the spring play. 5 & rows 3-4: Highlights from the Installation of the Rev'd T.J. Freeman. 6: Presenting T.J. with a new Bible at his installation reception. 7: Commissioning of new 2026 Vestry members. 8: Thanking the outgoing Youth Delegate for her service.

# A Letter from the Rector

## Thank you!

The last weekend in January has my heart filled to bursting with joy and gratitude. Joy for all the love and support shown to me and my family. Gratitude for the beautiful rose stole from Watts & Co, and for the dedication of the Gospel book on the occasion of my installation as the 17th Rector of Saint Paul's. Thank you to the Staff, Wardens, Vestry, and Volunteers who provided an incredible reception to our parish and friends from across the Diocese and the country.

Thank you to the hardy souls who braved the weather for our patronal feast, the Conversion of Saint Paul, on Sunday, January 25. The video recording of my Annual Address and the text are available on the website, and the recording of the Annual Meeting is available as well.

I am writing this as I prepare to spend a few days at Saint Gregory's Abbey in Three Rivers, Michigan—a wonderful Episcopal Benedictine Monastery. Thank you for being with me these first six months of ministry. As of January 24, we are knit together, and for that I am exceedingly grateful. Be assured of my prayers for you, for our parish, and for our world.

Pax et bonum,



The Rev'd T.J. Freeman *SMMS*  
Seventeenth Rector, Saint Paul's Episcopal Church



**Bottom left:** Susan Quill gifting T.J. with snacks for his road trip to Michigan. **Others:** Highlights of the Installation of the Rev'd T.J. Freeman.

# Please Note

## Church Closure

**Monday, February 16** | Parish office and church building are closed on Presidents' Day.

*If you need pastoral care when the church office is closed, call the Pastoral Care Line: (216) 238-4001.*

# Worship

## Scout Sunday

Sunday, February 1, at the 9 a.m. service



We will recognize Scout Sunday to honor all current and former scouts of St. Paul's, including our parish-sponsored Troop 22. All scouts are invited to wear their uniforms and be recognized. Troop 22 will provide some special treats during coffee hour and be available for any questions in the Foyer after the service.

## Feast of the Presentation

Monday, February 2, 6 p.m., *Chapel of the Cross*



Please join us as we mark the Feast of the Presentation on February 2 at 6 p.m. This festal Eucharist will take place in the Chapel of the Cross. The Rector will preside and preach.

## Feast of Saint Matthias the Apostle

Tuesday, February 24, 6 p.m.  
*St. Martin's Chapel*



Please join us as we mark the Feast of Saint Matthias, which honors the apostle chosen to take the place of Judas among the Twelve.

# Ash Wednesday

## Burning of the Palms

Tuesday, February 17, 5 p.m., *Courtyard*

Join us for a Burning of the Palms liturgy in the courtyard in preparation for Ash Wednesday.

## Ash Wednesday Services

Wednesday, February 18

Join us for the service that best fits your schedule. There will be imposition of ashes at all services. All are welcome!



**7:30 a.m.** | Proper Liturgy for Ash Wednesday,  
*St. Martin's Chapel*

**10:30 a.m.** | Imposition of Ashes  
*Judson Park*

**Noon** | Proper Liturgy for Ash Wednesday  
*Nave*

**5:30 p.m.** | Ash Wednesday Family Service  
*St. Martin's Chapel*

**7:30 p.m.** | Proper Liturgy for Ash Wednesday  
*Nave* (Livestreamed)

*Note: We will not have a 6 p.m. Service of Holy Eucharist in the Chapel of the Cross on Ash Wednesday. Please join us for the Ash Wednesday service that best suits you.*

## Labyrinth Reflection on Ash Wednesday

Wednesday, February 18, 7:30 a.m. - 8:30 p.m.  
*Tucker Hall*

On Ash Wednesday, we will have our canvas labyrinth available to walk. The Labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. Labyrinths have long been used as meditation and prayer tools. For the Christian, the labyrinth provides a way to one's center, where Christ is found. The Labyrinth is offered to all who seek a deeper faith.



# Worship in Lent

## Lenten Services for Children, Youth and Families

Even the youngest members of our congregation wrestle with big questions about life, death, and the challenges of being human. At St. Paul's, we believe those questions deserve thoughtful, age-appropriate responses, rooted in the promise of God's love and hope in Jesus. That's why we offer a series of Lenten Family Services for children and youth to experience the journey of Lent in ways that are honest, meaningful, and comforting.

Our family services create a space where the themes of Lent—like suffering, love, and renewal—are gently explored through storytelling, prayer, and reflection. These services help our children and youth see that even in life's hardest moments, God is with us, and life continues beyond death.

### Schedule of Family Services:

**Ash Wednesday** | Wednesday, February 18  
5:30 p.m., *St. Martin's Chapel*

Begin Lent with an approachable service, including the imposition of ashes.

**Maundy Thursday** | Thursday, April 2  
5:30 p.m., *St. Martin's Chapel*

Remember that Christ washed the feet of his friends in a special foot-washing service followed by reflection on Jesus' Last Supper.

**Good Friday** | Friday, April 3  
5:30 p.m., *St. Martin's Chapel*

A gentle retelling of the Passion story, creating space for grief, wonder, and comfort.

**Family Easter Vigil** | April 4  
5:30 p.m., *St. Martin's Chapel*

Celebrate the light of Easter through storytelling, music, and joyful connection.

*Please look for invitations to serve as lectors and intercessors for any of these services.*

## Services for Holy Week and Easter Day

**Monday in Holy Week** | March 30  
6 p.m. | *St. Martin's Chapel*

**Tuesday in Holy Week** | March 31  
6 p.m. | *St. Martin's Chapel*

**Wednesday in Holy Week** | April 1  
6 p.m. | *St. Martin's Chapel*

**Maundy Thursday** | April 2  
5:30 p.m. | Family Service, *St. Martin's Chapel*

A service of foot washing and an informal celebration of the Eucharist.

7:30 p.m. | Proper Liturgy with Foot-Washing and Stripping of the Altar, *Nave* ([Livestream](#))

**Good Friday** | April 3  
Noon | Community Ecumenical Service, *Nave* ([Livestream](#))

5:30 p.m. | Family Service for Good Friday, *Nave*

A gentle retelling of the Passion story, creating space for grief, wonder, and comfort.

7:30 p.m. | Good Friday Proper Liturgy, *Nave*

**Holy Saturday** | April 4  
10 a.m. | Holy Saturday Proper Liturgy, *Nave*

5:30 p.m. | Family Easter Vigil, *St. Martin's Chapel*

Celebrate the light of Easter through storytelling, music, and joyful connection.

8 p.m. | Diocesan Easter Vigil, *Trinity Cathedral*

**Easter Day** | April 5  
7:30 a.m. | Holy Eucharist, *Nave*

9 a.m. | Festival Holy Eucharist, *Nave* (ASL Interpreted)

10:15 a.m. | Easter Egg Hunt & Children's Carillon Concert, *Tucker Hall and Courtyard*

11:15 a.m. | Festal Holy Eucharist, *Nave* ([Livestream](#))

# The Forum

## The Forum

### Episcopal and Anglican Identity

Sunday, February 1, 10:10 a.m., *Dining Room*



**The Forum:**  
Episcopal and  
Anglican Identity

A particular gift of The Episcopal Church and the Anglican Community is that it strives to both stay true to the core teachings and traditions of Christianity, while also being responsive and adaptive to diverse contexts and fresh insights.

This is not easy. Learn about particular spiritual practices of our tradition. Reflect on your own sense of belonging in this tradition and on what the Episcopal Church might offer to a troubled and hungry world in these times. *Led by Jason Grimes, Timothy Wutrich, and Rev. Patricia.*

### Storytelling in Community

Sunday, February 8, 10:10 a.m., *Dining Room*



Telling the stories of our lived experiences is a core pathway for human connection and communication. Storytelling fosters empathy and understanding which form the foundations of belonging and community.

Chaplain Jim Kulma will present

two models for sharing our personal life and spiritual landscape.

*Jim Kulma, M.Div., is a Lutheran pastor and chaplain (ELCA). He has served in healthcare chaplaincy for 33 years and is a long-time member of the Network of Biblical Storytellers, Int. (nbsint.org).*

## Lenten Forum Series

During the season of Lent, we will embark on a special five-week series of forums focused on sacred meals, breaking bread together, and how it strengthens the bonds of belonging to one another, God, and the whole human community.

### Eucharist as the Sacrament of Belonging

Sunday, February 27, 10:10 a.m., *Dining Room*

On the first Sunday in Lent, we begin our Lenten Forum Series with Dr. Natalie Kertesz Weaver, Professor of Religious Studies and Theological & Pastoral Studies at Ursuline College, who will reflect on what the Eucharist meant to the early church—and what that means for today.



## Community Connection

### UPCaM Student Dinner (All are invited!)

Sunday, April 19, 6:30 p.m., *Church of the Covenant, 11205 Euclid Ave.*

UPCaM (United Protestant Campus Ministries) is a progressive campus ministry that serves CWRU, CSU, and Tri-C campuses. St. Paul's is one of the many church partners that support this ministry. Once a year, we attend and bring the meal for a student dinner and Eucharist service. It's always an uplifting evening! If you'd like to contribute food, or join us, email Rev. Patricia: [PRose@StPaulsCLE.org](mailto:PRose@StPaulsCLE.org)



## N.B. White Gallery

### Winter Gallery Show

Ends Sunday, February 22

Stop by to appreciate the art of over 30 Cleveland Institute of Art students and consider purchasing something for your home! The gallery does not receive a commission from purchases—artists keep 100% of sales! See gallery booklet for pricing and artist contact information. *The Spring Show opens at the end of March.*



# Parish Life

## The Fifth Annual Chili Cook-Off

Friday, February 6, 6:30 – 8:30 p.m., *Tucker Hall*

If you have a favorite chili recipe, enjoy eating other people's favorite chili recipes, or are just looking for an evening of warm food and fellowship on a cold winter evening, join us for the Fifth Annual St. Paul's Chili Cook-Off.

At this event, parishioners get to show off their culinary talents and all participants are judges.

Prizes will be awarded!



Chefs are free; all guests and other registrants are \$15. The fee covers all chili, toppings, appetizers, salad, corn bread, beverages (beer, wine, & non-alcoholic options), and **PRIZES!** Register online or sign-up in the foyer.

## Guess Who's Coming to Dinner

Saturday, February 7, 6 p.m., *Mystery host in Cleveland Heights*



In our "Guess Who's Coming to Dinner" fellowship gatherings, no one (except Kirsten) knows who the hosts are and who is on the guest list—you learn the location the morning of the event and meet the hosts and guests when you arrive!



The menu is also a mystery! Hosts provide drinks and the entree. Guests bring a dinner addition to share. Reserve your spot for the last winter mystery dinner. Get ready to be surprised during this fun fellowship opportunity! Sign Up:

[TinyURL.com/winter-guess](http://TinyURL.com/winter-guess)

## Meet in the Middle Coffee Hour

Sunday, February 15, 10 a.m. - 11:15 a.m.

Staff members will be baking their favorite treats, served on some of St. Paul's sparkliest silver platters.

What a glamorous opportunity to meet someone you haven't met before!

## EDWINS Fish Fry

Friday, February 20, 5 – 7:30 p.m., *Dining Room*

EDWINS serves the best fish fry in Cleveland and should not be missed! Join fellow parishioners and Cleveland Heights neighbors for the first Friday fish fry of the Lenten season. Dinners can be ordered for either dine-in or take-out. Beer, wine, and non-alcoholic beverages will be available for purchase.



Last year there were a few glitches with a shortage of supplies and long wait times. Brandon himself has promised to be here this year and to ensure great food, timely service, and an enjoyable evening for all!

Online Reservations:

[TinyURL.com/edwins-fish26](http://TinyURL.com/edwins-fish26)

*After clicking/scanning the Online Reservations link, you can indicate your preferred pick-up time by clicking the "Change" button. If you don't change your pick-up time, the default will be 5 p.m.*



## Sages February Gathering

Thursday, February 26, 11 a.m.

Sages, St. Paul's group for "seasoned citizens" is excited to present its February gathering. Alex Harnocz, St. Paul's member and Development Director of Destination Cleveland, will speak about proposed lake and river waterfront development projects.

Lunch and a brief discussion of Sages planning to follow. Please bring fruit or dessert to share as you are able. RSVP by February 23 to [JThomas@StPaulsCLE.org](mailto:JThomas@StPaulsCLE.org).



# Parish Life

## Women's Retreat



Friday, April 17, 5 p.m. –  
Saturday, April 18, 2:30 p.m.  
*Bellwether Farm*

The Parish Fellowship Committee is excited to host a Women's Fellowship Retreat at Bellwether Farm. This retreat is an opportunity to connect with fellow women of the parish in a relaxed and inspiring atmosphere and to strengthen the bonds of friendship and support. Friday will begin with an icebreaker gathering and Saturday will end with a service of Compline. In between, there will be many opportunities to get to know an amazing, intergenerational group of St. Paul's women and



Women's Retreat

time for much-needed rest and relaxation. Space is reserved for up to 30 women. Double room: \$145; Single room: \$175. Registration cost includes three meals and all activities. Questions? Contact Pam: [POhalloran@StPaulsCLE.org](mailto:POhalloran@StPaulsCLE.org)

Register online: [TinyURL.com/womens-retreat26](https://TinyURL.com/womens-retreat26)

*Financial assistance can be provided upon request.  
Contact Rev. Patricia: [PRose@StPaulsCLE.org](mailto:PRose@StPaulsCLE.org)*



## Gatherings: Meet the Rector

Through May 2026, various locations

“What does your new Rector need to know?” The Rev'd T.J. Freeman invites you to join him for a Gathering to get to know each other and share what we think our new Rector needs to know. Your questions are welcome. If you consider yourself a member of St. Paul's, you are invited!

There are three gatherings in February:

**Tuesday, February 3, 6 - 7:30 p.m.**

The home of Liz & Brendan Patterson, *Cleveland*

**Saturday, February 7, 3 - 4:30 p.m.**

*St. Paul's, Brooks Room*; for parents of young children (childcare provided).

**Thursday, February 19, 7 - 8:30 p.m.**

The home of Kristen and Matt Busa  
*Cleveland Heights*

**Monday, March 9, 3:00 - 4:30 p.m.**

*St. Paul's, Brooks Room*; reserved for those who need a daytime gathering or handicap accessibility.

Learn more:

[TinyURL.com/gatherings25-26](https://TinyURL.com/gatherings25-26)

**Handel's "Messiah"... as a ballet?**

Saturday, March 21, 7 p.m., *Playhouse Square*

Yes, it's true! And a St. Paul's contingent will be attending the Cleveland Ballet's performance of *Messiah* at Playhouse Square. Tickets will be approximately \$100, and we'll try to get a group discount. If you'd like to go, please let William Vodrey know by **Friday, February 13**. If you'd like to have dinner downtown with other attendees beforehand, please let William know that, too.

Email William: [WFBVodrey@aol.com](mailto:WFBVodrey@aol.com)

**Agape Dinner**

Thursday, April 2, after the 5:30 p.m. service  
*Tucker Hall*

Let us break bread together during an Agape Dinner catered by Aladdin's. This dinner is for attendees of both the 5:30 p.m. and 7:30 p.m.

Maundy Thursday services (and all who join us) enjoying fellowship together during Holy Week. Dinner will begin promptly after the 5:30 p.m. service, so please RSVP to help us accurately plan for catering. There is a small donation requested to help with the cost of food, but please come and eat even if you cannot donate. RSVP: [TinyURL.com/agape-meal26](https://TinyURL.com/agape-meal26)



Learn More & Sign Up



Agape Meal RSVP

# Music & Art

## TrebleFest 2026

Saturday, February 14, *Youth rehearsals all day*

Sunday, February 15

*9 a.m. service and 4 p.m. Evensong*

On February 14 and 15, St. Paul's is honored to host TrebleFest, the annual Treble Festival made possible by the generosity of the Petrey Family Foundation.

The St. Cecilia & St. David and Youth Choirs of St. Paul's will join forces with choristers from St. John's Episcopal Church (Carlisle, PA) for a weekend of rehearsals and worship.

On Saturday, February 14, choristers will immerse themselves in a day of rehearsals and camaraderie. Then, on Sunday, February 15, the combined choirs will offer their voices in the 9 a.m. service and again at Choral Evensong at 4 p.m., a moving celebration of treble voices in sacred music.



Leading this year's festival is Scott Hanoian, Director of Music and Organist at Christ Church in Grosse Pointe, Michigan. We warmly invite you to join us for these special services as we celebrate the beauty and power of treble voices.

## Choral Eucharist

Sunday, February 15, 11:15 a.m.



**Palestrina** | *Missa Brevis*

Italian Renaissance composer Giovanni Pierluigi da Palestrina (1525/6–1594) exerted a huge influence on the development of Western music, most especially in the area of polyphonic choral music. Palestrina's music is at

once texturally complex, yet highly spiritual and transcendent. The Senior Choir offers his humble *Missa Brevis* as the music for the ordinary. *This service will be livestreamed.*

## Organ Recital by Todd Wilson

Sunday, March 8, 4 p.m.

Regarded around the world as one of today's finest concert organists, Todd Wilson serves as head of the Organ Department at the Cleveland Institute of Music and Curator of the E.M. Skinner pipe organ at Severance Music Center (home of The Cleveland Orchestra).

Wilson has performed at major venues worldwide, including the National Cathedral (Washington, D.C.), and the 21,000-seat Mormon Conference Center (Salt Lake City). He was a recitalist for Austrian Radio (Vienna) and presented his first solo recital in Tokyo, Japan, in 2005.



## The Choir of Westminster Abbey

Wednesday, April 29, 7:30 p.m.

The Choir of Westminster Abbey is renowned worldwide as one of the finest choirs of its type. Comprising up to 30 students of the Abbey's unique Choir School and 12 professional adult singers ("Lay Vicars"), its wide-ranging performances are rooted in centuries-old tradition. The repertoire ranges from plainsong and Tudor polyphony, to 20th century masterpieces and new commissions. Led by Master of the Choristers Andrew Nethsingha with organist Matthew Jorysz.



Purchase  
Tickets

\$25 general admission. \$10 student tickets. Use coupon code **STUDENT** for online purchase: [StPaulsCLE.org/westminster-concert](https://StPaulsCLE.org/westminster-concert)

# Children & Youth

## The Village Gathering

Saturday, February 21, 10 - 11:30 a.m.

Families with young children (babies through third grade) are invited to a Village get together! Come hang out with other families and children.

Email Susan with any questions:  
[SArmstrong@StPaulsCLE.org](mailto:SArmstrong@StPaulsCLE.org)

## TotalChaosinthenameoftheLord,Amen!

Saturday, February 21

SAVE THE DATE for our next TotalChaos gathering! This group is for kids in fourth – sixth grade.

Sign up here:

[TinyURL.com/25-26youth](https://TinyURL.com/25-26youth)

Email Susan with any questions:  
[SArmstrong@StPaulsCLE.org](mailto:SArmstrong@StPaulsCLE.org)



CYM  
Signups

## Youth Group

Sundays, 5:30 - 8 p.m.

Youth Group meets every Sunday evening. Youth Group is for students in seventh grade and up. If your child will attend, please let us know by Friday afternoon each week so Lauren can plan appropriately. Sign up: [TinyURL.com/25-26youth](https://TinyURL.com/25-26youth)

## Parenting as a Spiritual Practice

Sundays, February 1, 8, 22, and March 1 and 8,  
10:10 a.m., *Brooks Room*



Raising children can be joyful, exhausting, ordinary, and holy—all at the same time. *Parenting as a Spiritual Practice* is a Sunday morning offering for parents and caregivers raising young children.

These gatherings are not classes, but gently facilitated conversations. There is no preparation required, so come as you are. Each week includes a short scripture meditation and a brief reading, followed by shared reflection and conversation.

Learn more and RSVP:

[TinyURL.com/parenting26](https://TinyURL.com/parenting26)

## Save the Date! C.A.S.T. Spring Play:

### Aesop's (*Oh So Slightly Updated*) Fables

Friday, March 13, 7 p.m.

Saturday, March 14, 7 p.m.

*Aesop's (Oh So Slightly Updated) Fables* is a short play that weaves five of Aesop's most famous fables into a show that's fun, fast-paced, and full of surprises! This show is sure to delight the whole family with "*oh so slightly updated*" re-tellings of Aesop's legendary tales about beasts.

## Annual Meeting

About 60 souls braved the elements to attend the 179th St. Paul's Annual Meeting on January 25. For those who missed it, a recording of the meeting is available on St. Paul's YouTube Channel. The video description has links to read the clergy and program staff annual reports.

Here are a few of the highlights of the meeting:

- After approving the minutes from the 2025 meeting, Treasurer Lloyd Bell presented the Financial Report:
  - **2025 year-end results:** The 2025 budget had forecast pledge income of \$1,300,000, total operating expenses of \$2,119,000, and a deficit of \$41,000. At year-end, pledge income was approximately \$1,322,000 and expenses were lower than budgeted, which resulted in a surplus of \$24,600.
  - **2026 budget:** The budget approved at Vestry's December meeting projects a deficit of \$102,000. Because year-end numbers were still unknown, pledge income was estimated at a conservative \$1,290,000. (In the past, the budget has been approved at Vestry's January meeting.). Pledge income is now projected to be \$1,320,000, which will reduce the expected deficit. While a balanced budget is the goal, the Vestry felt strongly that it is important to maintain program and staffing levels during Rev'd T.J.'s first year of ministry with St. Paul's.

# Annual Meeting

- **The parish's investment funds** have grown significantly in 2025, both from endowment additions (primarily through the capital campaign) and from investment income. The balance on December 31 was \$20,438,400, up over \$4 million from the previous year.
- **The 2026 Stewardship Campaign** results were also strong. We have received 295 pledges to date totaling \$1,298,000. There are 27 households who pledged last year but not yet for 2026, but the total pledged to date is up by about \$70,000 from last year at this time. It is never too late to make your pledge. Help us maintain our vital parish ministries!
- **Vestry Nominating Report:** Jason Grimes, Chair of the Vestry Nominating Committee, presented the following candidates for a three-year term: Cathy Albers, Diane Banyard, and Brett Barkley. Ella Felgar and Ella Wheaton were nominated to one-year youth delegate positions. The slate was elected unanimously.
- **Departing Vestry members:** The congregation thanked the following retiring Vestry members for their service: Brian Murphy, Junior Warden; Bob Fox; Andrea Turner; Karen Carter; Nancy Vitale, Vestry Clerk; and Celia Doherty, Youth Delegate.
- **Rector remarks:** The Rector thanked the St. Paul's staff members by name for their dedicated service to the parish. He also announced two pilgrimages for the coming year:
  - To mark the parish's 180th anniversary, members of the congregation are invited to walk from Trinity Cathedral to the four locations of the parish over the years, ending at St. Paul's.
  - In March 2027, Rev'd T.J. will lead a pilgrimage to the Holy Land. Stay tuned for more information about both!

# Testimony

## From "Drama Dreaming" to Art Therapy

*This special article is a reflection from Maggie Deininger Berris (Counseling & Art Therapy Graduate Student, Ursuline College) about the influence of St. Paul's on her personal and professional life. There is also an opportunity to volunteer for a research study to help advance the field of art therapy. Read the full article on St. Paul's website:*

[StPaulsCLE.org/maggie-testimony](http://StPaulsCLE.org/maggie-testimony)

St. Paul's has never been just a building to me. It has been a constant presence woven through my childhood, teenage years, family history, and the person I have become today. Some of my earliest memories live there. My mother (Lee Deininger) worked at St. Paul's when I was young. I spent countless days running through the halls, folding paper airplanes, and launching them from the balcony in Tucker Hall down toward Nancy Olton's desk below. From the very beginning, St. Paul's was a place where I felt known, welcome, and free to be myself.



Maggie Deininger Berris

My family's connection to St. Paul's runs deep. My grandmother was a parishioner and an artist who lives on as a part of St. Paul's, both in the pelican sculpture (Courtyard) and the baptismal font adorned with birds. My grandmother and mother served on the Gallery Art Committee. I remember tagging along, helping paint pedestals for sculptures, and walking the Gallery halls. I'd admire all types of creations by local artists. Even then, spirituality and creativity were inseparable in my life.



# Testimony

St. Paul's was central to my teenage years. In high school, I was deeply involved in the youth group, Drama Dreamers (*now C.A.S.T.*), the youth choir, and served as an acolyte. Sam McDonald, the youth minister at the time, created a space where young people could thrive. His leadership and care were formative, and his example continues to influence how I hope to show up as a clinician today. I can say with confidence that, without Sam's presence and guidance during that formative time, I would not be where I am today.

Through Drama Dreamers, I found creative expression and community through singing and acting in musicals and Advent Dessert Theater. I also served as a peer minister in Diocese of Ohio. These experiences laid the groundwork for my leadership skills and my understanding of the power of shared reflection, music, and community.

One formative experience came through Open Doors Academy. Annemarie Grassi Amefia invited the youth to support Suzanne, a student with Down Syndrome. Working closely with her was my first up-close experience with neurodivergence and developmental disability. We worked on occupational therapy tasks, routines, and homework, and there were moments when I felt entirely unprepared. That experience profoundly shaped my understanding of patience, care, and the realities of support work.

After high school, I attended the University of Dayton. My academic path was nonlinear, which made sense after receiving an ADHD diagnosis. But, through Servant Leadership housing, Habitat for Humanity, and organizing river cleanups, I developed leadership skills and was deeply engaged in mental health-focused service and advocacy.

After graduating, I entered the nonprofit marketing field. Repeated challenges led me to deeper self-reflection and, eventually, an ADHD diagnosis. That diagnosis helped me understand both my struggles and my strengths, particularly my creativity and lifelong habit of observation. This ultimately led me to art therapy and the counseling and art therapy

program at Ursuline College. Art therapy combines creativity, observation, and human connection—things I had been practicing my entire life.

My graduate research will explore the relationship between ADHD symptoms and frustration, through assemblage art-making as a therapeutic intervention. Frustration is a daily experience for individuals with ADHD and can lead to emotional dysregulation if unaddressed. My study explores whether engaging in assemblage art-making within a supportive, therapeutic environment can help individuals better identify and work through frustration. There is currently no art therapy literature on this intervention. This research will hopefully contribute something new and meaningful to the field.

This work reflects my lived experience, my belief in creativity as a healing tool, and the values instilled in me through St. Paul's service, leadership, compassion, and community. In many ways, this research is an extension of a journey that began at St. Paul's Church, a place that helped shape who I am and continues to inform the work I do today.

I invite you to join me in this important work by sharing this research opportunity with your friends, colleagues, and community. Please scan the QR code to watch my video. Thank you!

Learn more: [Bit.ly/ATRADHD](https://bit.ly/ATRADHD)



# Looking Ahead

**Sunday, March 1:** The Forum; Parenting as a Spiritual Practice

**Sunday, March 8:** The Forum; Parenting as a Spiritual Practice; Organ Recital by Todd Wilson

**Friday, March 13:** C.A.S.T. Spring Play

**Saturday, March 14:** C.A.S.T. Spring Play

**Sunday, March 15:** The Forum

**Wednesday, March 18:** Service for the Eve of the Feast of Saint Joseph

**Saturday, March 21:** Trip to Handel's "Messiah"

**Sunday, March 22:** The Forum

**Wednesday, March 25:** Service for the Feast of the Annunciation

**Sunday, March 29:** The Forum

**Monday, March 30:** Service for the Monday in Holy Week

**Tuesday, March 31:** Service for the Tuesday in Holy Week

**Wednesday, April 1:** Service for the Wednesday in Holy Week

**Thursday, April 2:** Maundy Thursday Services; Agape Meal

**Friday, April 3:** Good Friday Services

**Saturday, April 4:** Easter Vigil Services

**Sunday, April 5:** Easter Day Services; Easter Egg Hunt

**Saturday, April 25:** Service for the Feast of St. Mark the Evangelist

**Saturday, April 30:** Service on the Eve of the Feast of Saint Philip and Saint James

**Thursday, May 14:** Service for the Feast of the Ascension

# Diocese of Ohio

## Celebration of the Commemoration of the Rev. Absalom Jones and the Consecration of the Rt. Rev. Barbara Clementine Harris

Saturday, February 14, 11 a.m. - 4 p.m., *Christ Church, Shaker Heights*

The Wilma Ruth Combs Northeast Chapter of the Union of Black Episcopalians, in collaboration with the Diocese of Ohio and Christ Church, will host the annual Festal Eucharist celebrating the Rev. Absalom Jones and the Rt. Rev. Barbara Clementine Harris.



Jones was the first African American ordained as a priest in the Episcopal Church, and Harris the first woman consecrated as a bishop in the Anglican Communion.

The Rt. Rev. Anne B. Jolly will be the celebrant, and the Rev. Megan Allen-Miller will be the preacher.

All are welcome to join in the celebration of these inspirational clergy, whose lives and ministries have left a profound impact on the church's communal life and ministry.