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March 2015 **FREE**

St. Patrick
Whose alias was known as Maewyn Succat

Every March 17th, millions of people all over the world put on their best green attire to celebrate in honor of St. Patrick's Day. But who was St. Patrick? To start with, St. Patrick wasn't even Irish, and his real name given at birth was Maewyn Succat, throughout his childhood up until the time he was ordained as a priest. The beloved apostle was not born on the Emerald Isle, but that's about all we know for sure. St. Patrick was born around the end of the 4th century in England Circa, a part of the Britain -Roman Empire.

His story, "The Leaves of the Clover", states that he was born in Bannavem Taberniae 386 AD, but you won't find that city anywhere on a Britain map today. Even though experts disagree about where he was born, it may have been in England, Scotland, or Wales.

But what is clear in the Declaration, which was allegedly written by Patrick himself, is that it is believed that he was born in Roman-Britain into a wealthy Roman-British family. His father, Cal-

phurnius, was a deacon from a Roman family of high social standing. His mother, Conchessa, was a close relative of the great patron St. Martin of Tours. St. Patrick's grandfather, Pontius, was also a member of the clergy.

Surprisingly, St. Patrick himself was not raised with a strong emphasis on religion. Education was not particularly stressed during his childhood, either. Even though the boy showed little or no interest in religion, soon all of that would change. Later in life, this would become a source of embarrassment for St. Patrick, who in the early 440's would write in his book "The Confessio," "I blush and fear exceedingly to reveal my lack of education."

When Rome withdrew its allegiance from Britain because of the fall of the west, a group of Irish pirate raiders began to raid Britain. Maewyn at the age of 16 was captured by Irish pirates who brought him to Ireland, where he was sold into slavery in Dalriada. His job there was to tend sheep.

Continued on Page 8

Fish Fry Fridays

Do you love a Fish Fry? Then come to St. Clement's, where the helpings are large and the sides are delectable.

Beginning Friday, February 27, 2015, St. Clement's Episcopal Church in Forest Hills will host Fish Fry Dinners on Fridays during Lent. Dinner will be served from 6:00pm to 8:00pm.

Suggested donations are \$10.00 for adults and \$25.00 for families of 3 or more, with children under 5 eating free. Complimentary child care will be available. The Fish Fry Fridays will continue through Lent – on March 6th, 13th, 20th, and 27th.

Neurologist Speaks at MS Meeting

Having walking or balance issues with your MS? Come hear Dr. Mark Cascione, a neurologist at Tampa Neurology Associates and a diplomat of the American Board of Psychiatry and Neurology, address these issues and more. Learn about the latest in the realm of MS. Knowledge is power.

Lake Magdalene Multiple Sclerosis Support Group meeting is April 7th at 7:00pm. The location is at the Lake Magdalene United Methodist Church "Heritage Hall" located at 2902 W. Fletcher Ave, Tampa, 33618. A meal will be provided. Contact Rita Schallenberger at 813-961-5510.

Where Healthy Isn't Hard! *Anne Childers, Staff Writer*

Since 2009, locally owned and operated Cheyenne's Country Thangs has furnished our communities with fresh and delicious organic foods. Cheyenne's operates as a co-op and carries locally grown fruits and produce whenever possible in addition to meats, seafood, milk, and other dairy products like old-fashioned homemade ice cream!

Owner Lisa Hunt invites you to "shop where you will be treated like family." Co-op members may shop Wednesdays from 4pm to 6pm, Thursday and Fridays from 2:30pm to 5:30pm and 1 hour before the public on Saturdays. The public is welcome Saturday from 10:00am to 2:00pm.

Plan to stop in to shop and compare Cheyenne's selections and prices. The already low pricing is backed by a 100% guarantee. Sample the homemade breads and cheeses, pick up fresh-

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der 5 eating free. Complimentary child care will be available. The Fish Fry Fridays will continue through Lent – on March 6th, 13th, 20th, and 27th.

St. Clement's Episcopal Church, "Tampa's Hidden Gem," is located at 706 W. 113th Ave, two blocks east of North Boulevard.

For more information, visit www.stclement.net or at www.facebook.com/tampashiddengem or contact the church at 813-932-6204 or info@stclement.net.

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Dr. Dianne Coflin
Co-Pastor, River of Life Church

As the New Year Unfolds, Are You Willing to be Stretched?

I have been reflecting on some words that were impressed on my heart for the New Year. I am going to share some of these words and put them in perspective for us to think about. I was impressed by the Lord that He was going to begin to stretch us in ways we have not been stretched before. There will be things that you thought you would never be able to do, you will do.

One of the definitions for stretching means to expand in order to fulfill a larger function. When I think about being stretched, I think about having to come out of my comfort zone. What might that involve in your life? Could that be in the area of your job? How about the healing of a relationship? What about increasing areas of your faith or the use of your spiritual gifts? God may want to use you in a greater capacity.

One of my university students was asked to share her testimony on a TV show. Her immediate response was that she would pray about it. Her thought was she would find someone else to do it. As she began to pray she felt like the Lord said, "I am giving you this opportunity, not for you to find someone else, don't be afraid." She knew immediately that God was going to stretch her in an area of speaking, but she could not give in to the fear she was contemplating. You see, being willing and obedient opened up the door for her to be stretched into a new opportunity.

Let's take a look at this word, obedience. It means to be an attentive listener with com-

pliance to an order, request, or law with submission to another's authority. It says in the Book of Hebrews that Jesus "learned obedience through the things which he suffered." We often forget that Jesus came as a man and accomplished all that he did as a man anointed by the Spirit of God, leaving us an example to follow in His footsteps. In the Thayer's Greek dictionary it says this word "learned", in this verse, means to "increase one's knowledge, to hear, to be informed, to learn by use and practice, to be in the habit of, accustomed to learn." Jesus had to learn by increasing in knowledge, to learn to listen by practicing until He was accustomed to the habit of hearing what His Father said and doing it.

In John 5:30 (AMP) He said "I am able to do nothing from Myself (independently, of My own accord, but only as I am taught by God and as I get His orders). Even as I hear, I judge (I decide as I am bidden to decide. As the voice comes to Me so I give decision), and My judgment is right (just, righteous), because I do not seek or consult My own will (I have no desire to do what is pleasing to Myself, My own aim, My own purpose) but only the will and pleasure of the Father Who sent Me." Jesus grew in wisdom and knowledge, allowing himself to be stretched for the Master's use.

This is the year for greater increase of opportunity for you. Listening and obeying will be the key!! Are you ready to see what God can do in and through you in 2015? The best is yet to come!!

Dr. Dianne Coflin is Co-Pastor of River of Life Church in Lutz, Florida.

410 Chapman Rd. East, Lutz, FL 33549

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www.roltampa.org



HopeChildrensHome.org

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Help us Purchase Easter Outfits

Winter, Christmas, New Year, Spring. We are fast approaching the last one in the list. Is it possible that Spring is really around the corner? This year, soon after the arrival of the first new season of the year we will celebrate Easter.

The resurrection of Jesus Christ is the cornerstone of the Christian belief.



During this season of new beginnings, we see many changes in the world around us, and human lives can also be changed as they wrap their hearts around the beautiful teaching of Christ overcoming death. We here at Hope love this season also, and for that reason, we ask you to be a blessing to the children in our care. We would love to see each child be able to purchase a new Easter outfit as we go to church to celebrate together. As you probably could imagine, it would be very difficult for us to provide

these without the help of others. So, we are asking for your help!

We have made it possible for you to donate with ease through our website. Click Donate and just choose Easter Outfits from the Gift Designation dropdown. Will you check out our website at www.HopeChildrensHome.org and see how you can help and be a real blessing to our children?

Thank you in advance for your time and donations. We truly believe you will be happy you were able to give to this special need, and we know you will be blessed by The Lord for your care and generosity for the children.



Happy Spring and a Happy Easter from all of us here at Hope Children's Home!

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Should you leave your 401(k) balance in the company plan or roll it into an IRA? This is a decision many people face, whether they get laid off, retire, or decide to move on to another company.

It usually makes sense to roll 401(k) money into an IRA because:

- 1) In an IRA, you have the world of investments to choose from, allowing you to get exactly what you want and need. Company plans often limit their investment choices.
- 2) Your IRA allows you to withdraw money whenever you need it, although penalties and taxes may be assessed. A 401(k) plan may limit your withdrawal options. Some actually require you to take all your assets or none at all. This makes it impossible for a retiree to create a regular income stream.
- 3) It's easier to deal with your required minimum distributions (RMD). Your RMD is based upon the total in all your IRAs, so you can draw from any one account or a combination of accounts. However, you are required to calculate and take an RMD from each 401(k) account. If you have a 401(k) and an IRA, you must take an RMD from BOTH accounts!

Your 401(k)... To Roll or Not To Roll Into an IRA?

4) For simplicity reasons, you can consolidate all your 401(k) accounts into one single IRA. This makes it easier to monitor your investments, set appropriate asset allocations, and rebalance your account.

5) When an IRA is inherited, your heirs can take tax-deferred distributions over their lifetimes. Most 401(k) plans require heirs to take all the assets at one time and therefore pay all the required taxes in that one year. An inherited 401(k) can be rolled into an IRA, but this can be tricky and you have to rely upon the plan to do it correctly.

There are a few reasons you may want to leave some money in your 401(k). For example, if it is invested in a high-yielding fixed income investment. In this case, you could move the remainder of your money to an IRA. Also, a 401(k) does allow for penalty-free withdrawals between the ages of 55 and 59 ½ if you get laid off or retire. For this reason, you may decide to leave some money in the 401(k) for emergencies and move the remainder to an IRA.

If you have a 401(k) and are not sure what to do, or if you want a second opinion on your current investments, call for a free consultation.


As one of only a few fee-based financial planners, you will get unbiased advice charged by the hour rather than based upon sales commissions!

Advisory services provided by Commoncents Wealth Advisors. Custodial services provided by TD Ameritrade. Material presented is believed to be from reliable sources. However, we make no representations as to its accuracy or completeness.

“Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.”
— Romans 10:17

Human Trafficking In Tampa Bay (Part four of an ongoing series)

Anne Childers, Staff Writer



Discuss ways with your church, synagogue, group, or organization to help bring awareness, prevention, and rescue – help to shine a light on this very dark reality. Victims of human trafficking have a typical lifespan of only seven years!

Someone is waiting for your involvement and your help right now. The NHTRC reports a 30-60% increase in calls once a public campaign is launched, with many of the calls coming from victims themselves once they become aware help is possible.

The NHTRC requests notification before you begin an awareness campaign so the phone banks can be adequately staffed and local rescue efforts can be alerted. Call today the National Human Trafficking Hotline at 1-888-373-7888 and find a way to make a difference. Learn ways to safely identify these vulnerable individuals and report the possible abuse. At no time should any citizen try to intervene or rescue anyone on their own.

Additional resources include The U.S. Department of Justice Hotline, 1-888-428-7581, the Florida Abuse Hotline at 1-800-96-ABUSE (22873), MyFloridaLegal.com, and Pasco FREE (pascoFREE@gmail.com). Anyone wishing to share or report information with this publication may send an email to edit101@ddpnews.com.

Please check this space next month for additional information.

In this space since December 2014, the publishers of Dunndean Publications have introduced and reported on a global scandal and an American tragedy – human trafficking. The state of Florida is heavily involved in this despicable and highly profitable form of modern day slavery. Visit www.DunndeanPublications.com to read previous articles.

We have learned that Florida is third in the nation as a destination for victims, and America overall is the #1 consumer of trafficked human beings. The Tampa Bay area ranks second-third in the state of Florida, and victims are often hidden in plain sight. People of conscience can no longer look the other way and believe this is a distant problem not affecting our own lives and the lives of fellow American citizens.

Please review the information printed here from the National Human Trafficking Resource Center (NHTRC). This poster is available online at www.traffickingresourcecenter.org in twenty different languages. Learn the venues of exploitation ranging from sex trafficking to forced labor in areas you may not have suspected.

Women-n-Charge

Join the vibrant ladies of Women-n-Charge on Friday, March 6th from 11:30am-1:15pm at Pebble Creek Country Club (10550 Regents Park Dr., Tampa, 33647). The meeting includes lunch, a feature speaker, and time to network.

We share our talents, build relationships, and share our resources with other women in business. The cost is \$15 for members

(Tuesday before the meeting) and \$18 for all guests (and members paying Wednesday and after). Please register at the website online at www.women-n-charge.com.

For more information, please contact Judy by phone at 813-600-9848 or by email at admin@women-n-charge.com. Our feature speaker for March is Suzanne Gray, founder of ReNew Life Wellness Center.


Women-N-Charge Business Grants

Are you a woman in business that could use \$1,000? Women-n-Charge, whose mission, in part, is to support and assist professional women in managing their businesses more effectively, is offering two \$1,000 grants this spring. The grant can be used towards business-related equipment or services

and continuing education.

Learn more about the grant opportunities at www.women-n-charge.com. Applications are available online and will be due April 15, 2015. Contact Judy Nicolosi, Treasurer of Women-n-Charge, for more information at 813-600-9848 or admin@women-n-charge.com.

6th Annual Junk in Your Trunk Sale



Date: Saturday March 14, 2015
Time: 8:00am-1:00pm
Fundraiser benefiting St. Mary Women's Council. St. Mary Catholic Church Parking Lot, 15520 North Blvd., Tampa. Sponsored by St. Mary Women's Council.

Christian Business Connection

Christian Business Connection of Central Pasco (CBC) is a non-seat specific networking and fellowship organization. Weekly meetings are every Thursday, 7:45am-9:30am at Quail Hollow Golf and Country Club. A meeting fee of \$9.00 covers a delicious breakfast buffet and an uplifting networking experience with other like-minded Christians. Membership is available, and visitors are always welcome. Business spotlights, business-related education, and prayer is shared at every meeting. For additional information, please call CBC President Michelle Pentifallo, 813-943-3300.



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Samantha Taylor
Pure Health & Fitness Studios

This in Only 6 Weeks?

the last 23 years of my life, learning how to get and stay healthy, I know a thing or two about what works and the great thing is, what I show our clients how to do is exactly how I live my life.


The best thing you can do is give 6 weeks a shot. What if it could totally transform your energy, make your body tighter so it's less mushy and make your clothes fit looser? That is why I do a 6 week Body Transformation Challenge to inspire you to show you what can really happen in such a short amount of time. And a bonus is, you can win some serious prizes.

In fact, I am giving away \$7,000 in prizes to the top 20 results because I want many people to have a chance to win something. Those prizes include TWO cruises for two, spa pampering days, a 10" tablet, personal training, and so much more. And I give a crystal award to the top 20 results! We have had anywhere from age 27 to 74 win in the top 20 and the last 6 week Challenge we did, the participants lost 479 lbs. of fat!

The other great thing is we throw a HUGE party to celebrate. With the red carpet rolled out (literally), delicious catered food, ridiculous healthy desserts and a photo shoot. We have a blast!

So if you have been looking for something to motivate you, something to do that is different and you want to shed some body fat, get into great shape, lose a couple of sizes, like what you see when you look in the mirror – then this is the time to do it. This 6 week Challenge starts March 23rd and you will see and feel change by Easter!

To learn more go to this website online at purehealthstudios.com/6weekbtc. Also, I am doing an Open House at both of our locations so you can check out where you will be getting into great shape. See more info on the full page ad in this paper.



Rick Bradshaw
PGA Professional/GM

Wear a Diagonal Golf Tie

not squish the accordion, making a loud musical sound. In fact, as we swing down, the accordion may stretch wider, meaning the right shoulder may lag back more as the left heel is planted firmly on the downswing.

Stay within the hoop, though. This principle, if you can grasp it, is extremely important. A friend of mine, PGA Tour Professional and NBC television host Gary Koch, always told me he liked to sense his left shoulder turning into the resistance of his right foot on the back swing. This rotating of the left shoulder and core into the right foot will load enough potential energy to then automatically propel the golfer's body back through the shot with the arms whipping the club down freely with great speed into and through the golf ball.

I personally use this swing thought, and it makes the golf swing effortless and powerful. I call this my Diagonal Tie. This swing thought may be a little different than Percy Boomer's idea of his Diagonal Tie, but the concepts and results are similarly perfect. This may be the swing thought that opens the vault with all the jewels, so give it a try.

Rick Bradshaw
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— Hebrews 11:1





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We can't thank you enough for your expertise, patience, and professionalism. We honestly believe this is the best gift we have ever given our daughter. Teagan is more confident, as are we, and she is even teaching us a thing or two! We plan on seeing you again in a few more years for our son! Until then, many thanks and keep up the outstanding service!

— Mike and Julie Byrnes, Apollo Beach



THANK YOU

My 16 year old son Mikey had a lot of fun and learned a great deal. He is a lot more confident behind the wheel, is more relaxed, and is now using a lot of things you taught him like using the mirrors correctly, changing lanes correctly, car spacing, and braking to a smooth stop. I highly recommend you to anyone that has a teenage driver - these kids all deserve the safety and confidence that you give them through your lessons.

— Michael Mauger, Land O' Lakes



THANK YOU VERY MUCH

After each lesson, Catherine came home feeling more confident and cautious about driving. She felt you understood the potential distractions teenagers face and gave her skills to overcome them. After meeting you and seeing your passion for helping teenage drivers stay safe, along with your background in car racing / training, I knew you were the right person to start my daughter driving with good habits and smart defensive skills

— Donna R., Lithia



WE ARE SO HAPPY

We are so happy with what you have accomplished with Casey. Her fear of driving is gone and she asks every day... "Can I drive?" I worked with her today on turns and she is doing so much better! I am committed to continuing what you have started with her to make sure that she is as safe as she can be on the roads.

— Michele Laurain, Odessa



PEACE OF MIND

We would really like to thank you for taking our daughter out and work on her driving skills, also giving us peace of mind that, she was ready to drive on her own. You were extremely nice from the first phone call to the last goodbye's. Our daughter felt very comfortable with you and you helped her have more confidence and to be a better defensive driver.

— Jeff and Faith Weigt



I AM SO GRATEFUL

At the end of the weekend, Mykala was so much more confident behind the wheel of the car than she had been previously with almost 50 hours of driving with me and my husband. I am so grateful for the professionalism and expert driving instruction that she received from George Csaniadi and I would highly recommend any parent of a teen to go the extra mile when it comes to the safety of our children.

— Lynette F. Tampa FL

Read more testimonials at
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Top 3 Social Media Mistakes Companies Make

Social media can be a powerful marketing tool. Used the wrong way, however, these social media sites can deliver predictably negative impacts on your business. So, how can you create a positive impression of your business and/or products on popular social media sites such as Facebook, Twitter, LinkedIn, and Google+, while avoiding potentially costly social media blunders? Here are my top 3 picks for the most common social media mistakes businesses make and how to avoid them.

1. Not Knowing that it's Social + Search

It's not one or the other! It's both—at the same time! Everything you do on the Internet is there to stay, so make it work! Find your keywords and use them in your social media postings. Later, we'll be going over some tools and tricks to help keep you on track.

2. Not having a social media policy.

It's your business and your reputation; you need to be clear on how everyone who works for you – both contractors and employees – are to represent themselves online. If you are not specific and clear with them, you leave it up to them to determine what **THEY** think is best, and it could lead to potential problems later.

3. Treating all social media sites as if they are the same.

Social Media is not a one-size-fits-all strategy. There are pieces of content that can be the same across all sites, but the verbiage is different. For example, a long message on Facebook can be up to 450 words of uber-casual entertainment, Twitter messaging is 140 characters of straight-to-the-point talk, LinkedIn requires a different more professional language, and most fields are best when fewer than 250 characters are used. Many businesses simultaneously blast the exact same message across Facebook, Twitter, Google+, LinkedIn, etc., not realizing that this comes across as fake, impersonal, or spam-like.

For more answers, check out my book *Remarkability—Standing Out. You're Not Invisible, Don't Let Your Brand Be, Either*—now available on Amazon.

<http://www.facebook.com/socialmediatodaywithspicegirlsofumpabay>

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St.Patrick

Whose alias was known as Maewyn Succat - Continued from Page 1

As he mastered Milchu, he became a high priest of Druidism, a Pagan sect that ruled religious influence over Ireland. In viewing his enslavement as God’s test of his faith during his six years of captivity, he became deeply devoted to Christianity through constant prayer. In a vision, he saw the children of Pagan Ireland reaching out their hands to him he grew increasingly determined to free the Irish from Druidism by converting them to Christianity.



The idea of escaping enslavement came to St. Patrick in a dream. A voice he believed to be God told him it was time to leave Ireland and that he would find passage on a ship where he could sail back home to England. Eager to see the dream materialize, St. Patrick convinced some sailors to let him board their ship to France. Lost for 28 days and covering about 200 miles of territory in the process, Maewyn at last was reunited with his family.

Now a free man, Maewyn never lost sight of his vision and could not forget the Ireland children reaching out to him. In another dream, an angel told him he must return to Ireland and help the people as a missionary. Maewyn then went to Auxerre, France, where he studied and entered the priesthood under the guidance of the missionary St. Germain.

As time passed, Pope St. Celestine I consecrated Maewyn as St. Patrick, Bishop of the Irish, so Maewyn adopted the name St. Patrick as an ordained priest and headed back to Ireland through Pope St. Celestine. Spreading “The Good News,” the Christian Gospel, to the pagans, where he was known as a prisoner, he wanted to convert a pagan Celtic culture from sun worship to Christianity. For those who worship the sun will get misfortune and will be punished for doing so. But for those who worship Christ, the true Son will be awarded.



Upon his arrival, Patrick was initially met with hostile resistance. The king and his warriors raced their chariots up to confront Patrick, and so begin a piece of magic worthy of Maewyn/St.Patrick. The Druid challenged St. Patrick, who called on God, flinging the Druid into the air to come smashing down on to the rocks. Then afterward, the King and warriors fled.

Patrick then appeared through a bolted door into the great hall of Tara. The Druid offers him a poison drink, but the drink was frozen, and he poured the drink out. Patrick was then challenged to a dual of miracles. The Druid made it snow, and Patrick made it go away, saying that the Druid can only do evil but not good.

The Druid put his coat around his young follower and Patrick put his coat around him and went inside a twig hut and set it afire. The boy survived, but the Druid’s coat burned up. The king declared it’s better to believe and instantly converted.

Afterwards, St. Patrick quickly managed to spread Christian teachings far and wide, preaching, writing, performing countless baptisms, and convincing Pagan Druids that they were worshiping idols under a belief system that kept them enslaved. By accepting Christianity, he told them, they would

be elevated to “the people of the Lord and the sons of God.” In his autobiography, “The Confession”, he wrote about converting the Irish to Christianity. While building schools and monasteries along the north and west coast, he was determined to convert Ireland to Christianity.

One famous myth is how St. Patrick drove all the snakes from Ireland. The story symbolizes a metaphor of Patrick cleansing the Island of Paganism. Though there’s just one problem. Ireland never had any snakes to begin with. The Emerald Isle is surrounded by water that was too frigid for snakes to migrate there, either from Britain or anywhere else.

According to another famous story, Patrick used the three leaves of the huge shamrock to explain the Holy Trinity of the Father, Son, and Spirit, so the Irish started wearing shamrocks on their clothing to signify their Irish Christian pride. That tradition later grew. Wearing green clothing is a popular St. Patrick’s Day custom today.



Although shamrocks don’t really exist, we know them as several three leaf plants such as wood sorrel, white clover, and yellow clover. This tradition of wearing green has become a popular Irish custom. This legend is possible, but Patrick never wrote about it.

For the next 40 years, he would travel far and wide to spread the Christian faith among the Celtic Pagan population, working miracles until his retirement to his first church.

The story of his death is an ultimate tale. Patrick requested to be taken to his beloved Armagh. Along the route, an angel appeared as in a burning bush, and a second angel requested that he return to Saul to receive his last request. As Patrick lay dying at the age of 121, the angel that visited him as a slave told him to have two untamed oxen carry his body on a cart, and where they stopped, he would be buried. Two towns claim his place of burial, but no one knows for sure but the two oxen.

You probably didn’t know that St. Patrick’s blue is still found in symbols of the state and is the color of the ribbon worn on the robes of the Knights of St. Patrick. However, the formal use of blue was first seen when Ireland was turned into a kingdom in 1542 under the reign of King Henry VIII. Before that, Ireland was widely seen as being under the control of the Pope, who was happy to hand power to a Catholic monarch who agreed to uphold Catholic rule.

This came to an end when Henry, who was the Lord of Ireland at the time, split from Catholicism and set up his own Church of England, bringing Ireland with him and declaring it a separate kingdom.

The formal creation of a new kingdom meant Ireland was granted its own coat of arms, a golden harp placed on a blue background.

England already used a dark blue, so a lighter blue was used for the Order of St Patrick. Thanks to a mixture of truth and myth passed down through the centuries, he became the superhero in the Christian church of Irish pride.

After St. Patrick died on March 17th, he was largely forgotten until mythology and legends grew. A century later, he was honored the patron saint of Ireland and the mythology surrounding his life has become ingrained in the Irish culture. People in Ireland, since around the ninth or tenth century, have been observing the Roman Catholic feast day of St. Patrick.



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So why does the holiday fall on March 17th? Supposedly, it’s the day St. Patrick died. Since then, Irish Christians have marked the day as holy. Irish Catholics would close shops to honor the feast of St. Patrick, a time for celebrations.



Since St. Patrick’s Day falls within Lent, which comes before Easter, the Catholics give up their vices as penitence. The feast of St. Patrick was the one-day reprieve when Irish men could down a pint or two of ale. Generally it would involve public parades and festivals wearing green attire and shamrocks as well as attending church services.

The Lenten restrictions on eating and drinking alcohol are lifted for the day, which has encouraged and propagated the holiday’s tradition of alcohol consumption.

But you probably didn’t know that the first St. Patrick Day parade actually started in America. The parade tradition really took off after the Potato Famine hit Ireland in the 1840’s, sending hundreds and thousands of Irish immigrants pouring into New York, Boston, and other American cities.

The first recorded St. Patrick Day Parade was in New York, 1762, when a group of Irish soldiers marched a few blocks to a tavern in lower Manhattan. Today, it’s the largest and longest, with 200,000 participants and 3,000,000 spectators each year. So this March 17th, you may find yourself wearing green and toasting to some St. Patrick history we bet you didn’t know!

<http://www.biography.com/people/st-patrick-9434729#synopsis>

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Anne Childers, Staff Writer

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