

The **CONNECTOR**

Jim Yoe
Jr. Warden

Karen Timmons
Editor



The Rev. Nathan Beall, Rector
The Rev. Skip Steiner, Adjunct Clergy
Beth Lanier, Minister of Music

APRIL 2022

Rummaging for God

This is the season of Easter and rummaging for God seems hardly necessary since God and Jesus are basically in your face for Holy Week and Easter Sunday. Christians know about Easter, the crucifixion, the resurrection and how Jesus dying on the cross gave us eternal life. We celebrate, we rejoice, we move on. To where? To what? What happens after Easter? Where does God fit into our lives after Easter? How do we have a relationship with God when God is not right in our face? That's when we have to go rummaging for God.

Rummaging seems too ordinary. We rummage when we know that we are looking for something, but we don't quite know exactly where it is or where we left it. We look haphazardly, then actively search here and there, turn things upside down, and move things around, hoping to discover or rediscover something lost or misplaced. Rummaging for God is a bit like that, but just a little different.

Rummaging for God is actually an expression I'm borrowing from an article I read by Dennis Hamm called "Rummaging for God: Praying Backwards through Your Day." He says that rummaging for God means that you are searching for the voice of

God in four specific ways: 1). structures of creation, 2). Scriptures or the Bible, 3). the authoritative teaching of the church, the living tradition of the believing community, and 4). how your own experiences relate only to the previous three ways of hearing God's voice. It seems structured and theology focused. While that might work for some, I find it too narrowly focused.

Honestly, I think that there are more relatable and personal ways to search for God and hear His voice. I like the idea of rummaging for God anywhere, anytime, and being open to when anything you do can result in successful rummaging, ultimately finding God. I find myself asking, "I know God is here somewhere, but where?" While Hamm offers five structured ways to practice what is basically the St. Ignatius daily Examen in order to find the voice of God, I have taken it upon myself to modify them to make it more relatable and personal to me and hopefully to you too.

In order to actually find God through rummaging, ask yourself a few questions and limit it to today, so you don't get overwhelmed. What am I thankful for today? Where did I see God at work today? Where did I fail God today? How was I filled with God's spirit today? How did I fulfill God's plan for me to be more Christ-like in my everyday life today?

If answering those questions isn't enough for you, try following this daily routine to see how well you do rummaging for God. You will definitely find God somewhere if you try the following.

At the end of each day go over the events of your life for the past 24 hours. First, think about how the Spirit of God led you today. Ask God to bring clarity and understanding to be illuminated from all the confusion of the day. Give thanks to God for his love for you. Allow yourself to feel His presence.

Second, you were given the gift of the day, so think about your experiences. Then, for whatever you did, however significant or mundane, reflect, and show gratitude

for that. Everything you were given; rest, food, friends, work, nature, family, challenges, hope, etc., are what you should be grateful for. God is in the details. Third, pay attention to the feelings you experienced in the last 24 hours. All feelings; positive and negative, painful, and pleasing. All the feelings that surfaced or were suppressed are important. Whatever was there; delight, boredom, fear, anticipation, resentment, anger, contentment, impatience, desire, regret, shame, uncertainty, compassion, confidence, admiration, etc., you get the picture. God was present in what you experienced as you went from place to place, task to task, encounter to encounter.

Fourth, once you have remembered those feelings, focus on the one feeling that most caught your attention. That feeling signifies an importance to you, as does the source of that feeling. Whatever it is, turn it into prayer. If it's good, pray that it comes again, and if it's bad, pray for healing, help, contrition, or forgiveness. If you feel like focusing on more than one feeling, go for it, but just one at a time. Praying on your feelings should be restful, not stressful.

Fifth, look forward to tomorrow. Face your immediate future. How do you feel about what you have to deal with? Do you feel excited anticipation or dread? Do you experience confidence or self-doubt? Are you feeling brave or afraid? Are you happy or sad? Think about why you are facing tomorrow with those feelings. Turn those thoughts into prayer and ask for God's help. You can face anything with God's help. Then take a deep breath.

Going through that routine should help you feel God's presence in your life. It's important to have that every day, not just at Easter. If you get off track, go rummaging for God. Look everywhere. He's there. You'll find Him. God should be in your face every day.

Blessings,

Joan Shisler

Senior Warden

FR. NATHAN

Holy Week and Easter

Holy Week has everything to do with time, because Holy Week is outside of time.

On the day that I am writing this, the birds outside are beginning to sing and the flowers beginning to bloom. The sun warms me when I walk outside. But the cold will come back. This is the in-between time, when time cannot make up its mind about what season it is. We are poised between death and new life.

I hesitate to write anything about new life for this reflection, first because it feels cliché to talk about at Easter, and second because it has been overused since this pandemic. We have heard countless talks or read countless social media posts about how “new life” will somehow come from this pandemic. I suppose that we are tired of hearing it by now.

But we must keep proclaiming it and living it. Every year, no matter what happens, Easter comes, because Christ is risen from the dead. Every year, the somber mysteries of Holy Week give rise to resurrection. Every year, the Church gives us the greatest gift for our time, because Holy Week exists outside of time. For those great three days, let the mystery of God speak to you through the services of our church.

I once took a retreat with a friend of mine to a Russian Orthodox monastery in the hills of West Virginia. When we spoke with the abbot about our stay there, he said, “be outside of time.” My friend swears that his clock did not work for the entire visit.

There is something to going outside of time that helps us return to it more fully. In the passing of the seasons, in this great passing from death to new life again, we become more fully able to respond to the needs of those around us. We draw from a deeper well.

As we move into the close of the Lenten season, enter more fully into the mysteries of Christ’s death and resurrection. Sing Hosanna with us on Palm Sunday as we celebrate his entry into Jerusalem. Watch with us on Maundy Thursday as we commemorate his washing the disciples’ feet and the institution of the Eucharist. Pray with us at the cross on Good Friday. Stay awake with us at the Great Vigil of Easter, so that we can sing with joy more fully on the Sunday of the Resurrection. Go outside of time to find new life. Our times need it.

Peace,

Nathan+



**MIDDLEHAM AND ST. PETER'S
EPISCOPAL CHURCH**

**PALM SUNDAY, APRIL 10TH
JOINT SERVICE IN SMITH HALL
9:30 AM**

(PROCESSION FROM COLUMBARIUM TO SMITH HALL)

**MAUNDY THURSDAY, APRIL 14TH
IN SMITH HALL
6:00 PM**

**GOOD FRIDAY, APRIL 15TH
SOLOMONS PROCESSION STARTING AT
ST. PETER'S CHAPEL
11:00 AM
PROCEED TO OUR LADY STAR OF THE SEA**

**GOOD FRIDAY, APRIL 15TH
STATIONS OF THE CROSS IN SMITH HALL
6:00 PM**

**HOLY SATURDAY, EASTER VIGIL
(PROCESS FROM FIREPIT TO SMITH HALL)
APRIL 16TH
7:00 AM**



EASTER SUNDAY, APRIL 17TH
**ST. PETER'S CHAPEL - 8:15 AM
MIDDLE SERVICE SMITH HALL - 9:30 AM
MIDDLEHAM CHAPEL - 11:15 AM**





APRIL SERVICE SCHEDULE

**JOINT SERVICES IN SMITH HALL AT 9:30 AM
APRIL 3RD**

&

PALM SUNDAY APRIL 10TH

APRIL 17TH & 24TH

ST. PETER'S CHAPEL @ 8:15 AM

MIDDLE SERVICE @ 9:30 AM IN SMITH HALL

MIDDLEHAM CHAPEL @ 11:15 AM

**9:30 AM Service is always Live-Streamed,
if you are unable to attend.**

<https://www.facebook.com/middlehamandstpeters/>



If you would like to contribute to the beautification of the Chapels or Smith Hall for Easter, please provide the information below. Contributions may be made in any amount.

Name of Donor (as you would like it listed in the Easter bulletin):

Amount donated: _____

Please indicate: Flowers are in memory of / in honor of / in thanksgiving for / etc.

Please place this form along with your donation in the collection plate or mail it to the church office no later than 11 April. For more information, please contact Anne Gross (410-610-2706).

Thank you.



Please remember during this time when Sunday worship at our locations is not possible for you, that you can mail in your weekly pledge if convenient.

**Middleham and St. Peter's Parish
P.O. Box 277
Lusby, MD 20657**



Also, we have our online giving option through Vanco.

[Middleham and St. Peter's Online Giving Option Steps](#)

MIDDLEHAM AND ST. PETER'S PARISH NEW VANCO FAITH TEXT GIVING OPTION



Video Link - How To Setup Text Giving Option

[Text Giving for Your Church Members on Vimeo](#)

<https://vimeo.com/262291796>

This information will also be available on our website.

<http://www.middlehamandstpeters.org/giving/giving-online/vanco-faith-text-giving/>



**SUNDAY STREAMING WORSHIP @ 11:00 AM SERVICE FROM
THE CATHEDRAL OF THE INCARNATION, BALTIMORE.**
[LIVE STREAMED from the Cathedral of the Incarnation](#)

<https://marylandepiscopalian.org/2020/03/18/episcopal-diocese-of-maryland-livestreamed-worship/>

**EPISCOPAL DIOCESE OF WASHINGTON
ONLINE SERVICES AT THE NATIONAL CATHEDRAL**

<https://www.facebook.com/WNCathedral/>



**THE EPISCOPAL DIOCESE
OF MARYLAND**

**Episcopal Diocese of Maryland
At Cathedral of the Incarnation**

Every Tuesday Live on Facebook Noon Day Prayer

<https://www.facebook.com/EpiscopalMaryland/>

HOLY WEEK SCHEDULE

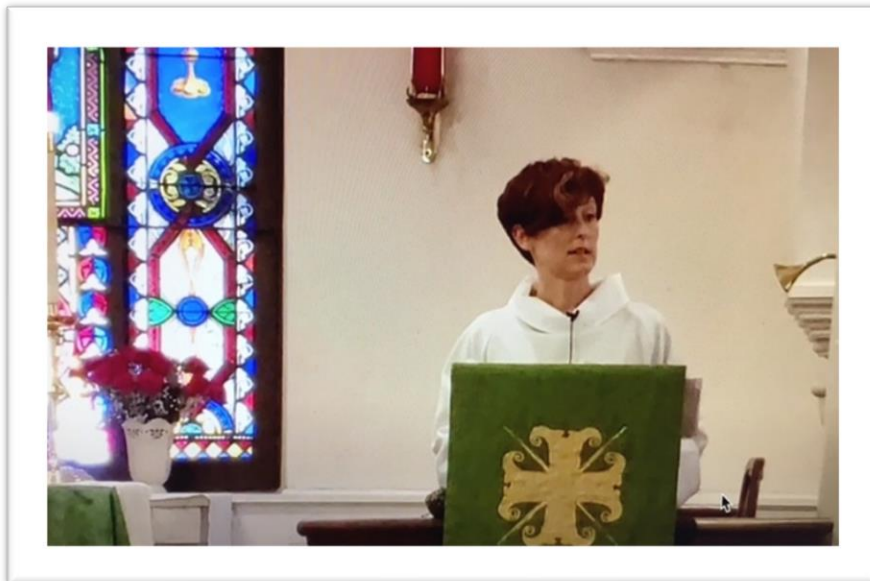
**Episcopal Diocese of Maryland
At Cathedral of the Incarnation**

<https://incarnationbmore.org/events/list/page/3/>

The National Cathedral

<https://cathedral.org/calendar/>

CHARITY HUMM UPDATE



Greetings! As it has been a long time since I have been able to be with you all, I wanted to send along an update. This year I am a Middler at Virginia Theological Seminary, which means that I have officially passed the half-way mark of the program! As a Middler, my year at seminary has included classes in Sermon Mechanics, Liturgical Practices and History, Hebrew, and Discipleship. In tandem with coursework, I have also been able to serve as a seminarian intern at both Christ Church, Port Republic and All Saints Oakley Parish in St Marys. It has been a joy to have an opportunity to work with both of these parishes, and I am thankful for all the congregational support I have received during this time of learning and growth. Lastly, I am happy to announce that after completing interviews with the Commission of Ministry, I have been granted candidacy to Holy Orders. God willing I will be ordained as a transitional deacon come this December. When I find out a date for the ordination, I will let you all know. Thank you all for your continued prayers, and I hope to be with you all soon!

Lenten Blessings,
Charity Humm



Southern Maryland Equity in History Coalition

February 2022

The experience of the Big Conversation indicated one important factor standing out among the causes of racism – without knowing the history of people of color in our nation, we cannot fully understand and address the causes of racism. If we promote an understanding of our own rich local history, it will humanize the stories and make this history more readily understood and impactful. The local history of Black, Indigenous, and other People of Color in Southern Maryland is extensive, but too often has not been revealed or has been constrained within the “silos” of organizations.

To address this challenge, the Big Conversation Steering Committee undertook the following:

- Communicated the need for a coalition of local historical agencies, societies, and schools/colleges to establish a structure and protocol within the region for identifying and improving access to this history and invited them to an initial meeting.
- Proceeded to begin to build the coalition at three initial meetings with a focus on the following areas:
 1. Identifying existing resources, making them accessible, and developing the means to share and maintain the inventory.
 2. Creating and supporting partnerships while developing a systemic plan within education to improve access to the local history of Black, Indigenous, and People of Color across our community.
 3. Developing and sustaining the coalition and support within the community. Creating the management structure and relationships to make the coalition work.

And setting a clear mission and guiding principle:

Mission

To connect and empower community-based organizations, and educational and public institutions throughout Southern Maryland to elevate access to the collective and multi-perspective history of the region.

Guiding Principle:

An inclusive and honest telling of history:

- provides a more accurate and comprehensive understanding of the past,
- honors the voice and experiences of Black, Indigenous, and other People of Color,
- humanizes people of the past and present, and
- creates empathy, respect, and understanding amongst community members.

Over forty individuals from twenty-five organizations are enthusiastically participating in the organizing sessions so far.

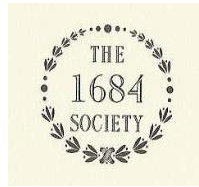
Institutions Represented at the Initial Meetings:

<p><u>Churches:</u></p> <ul style="list-style-type: none"> • Middleham and St. Peter’s Parish • St. Peter Claver Church & Museum <p><u>Colleges:</u></p> <ul style="list-style-type: none"> • College of Southern Maryland • St. Mary’s College of Maryland <p><u>Community Institutions:</u></p> <ul style="list-style-type: none"> • African American Heritage Society of Charles County, Inc • Big Conversation Partners in Dismantling Racism and Privilege in Southern Maryland • Calvert County Historical Society • Calvert County NAACP • St. Mary’s County Historical Society • St. Mary’s County NAACP • Unified Committee for Afro American Contributions (UCAC) <p><u>County Agencies:</u></p> <ul style="list-style-type: none"> • Calvert County Planning & Zoning: Historic Preservation and Archeology • St. Mary’s County Museum Division 	<p><u>Libraries</u></p> <ul style="list-style-type: none"> • Calvert • Charles • St. Mary’s <p><u>Museums</u></p> <ul style="list-style-type: none"> • Calvert Marine Museum • Historic St. Mary’s City • Historic Sotterley • Jefferson Patterson Park and Museum • Piscataway Park / Accokeek Foundation • Riversdale House and Museum <p><u>Public Schools</u></p> <ul style="list-style-type: none"> • Calvert County Public Schools • Charles County Public Schools • St. Mary’s County Public Schools
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❖ *“A people without the knowledge of their past history, origin and culture is like a tree without roots.” ~ [Marcus Garvey](#) ~*

[For information about this project as it more fully develops or other work of the Big Conversation, go to bigconmsp@gmail.com or Home \(dismantleracism.org\).](#)

Submitted by Hugh Davies



A Reminder from the Planned Giving and Endowment Committee

Remember to apply for an endowment grant and / or a personal growth award. These resources can help our ministries grow or support your own or your family's personal growth. Applications are on the parish website at [Planned Giving and Endowment | Middleham and St. Peter's Parish](#).

Now is a Good Time to Apply for a Personal Growth Award

The Planned Giving and Endowment Board makes available awards up to \$750 for a wide range of activities – including but not limited to church-related conference costs, summer camp attendance, tuition or supplies for skilled trades training, and support for higher education expenses. Awards are made on the basis of activities that individuals or families might not otherwise be able to afford. With costs for college or other activities being what they are, this is an opportunity that many individuals and families should consider.

The current application is below:

Application for a Personal Growth Fund Award – 2021-22

About the Fund: The purpose of the “Personal Growth Fund” is to enable individuals to participate in life-experience opportunities/activities that they may not otherwise be able to afford. Such activities may include (but not be limited to) church-related conference costs, summer camp attendance, tuition or supplies for skilled trades training, and support for higher education expenses.

Who can Apply: parish members and/or their children as well as members of an organization directly connected to the parish.

Award Limits in 2021-22: Individual awards may not exceed \$750 and the total award amount available for a year may not exceed \$1500. Award requests may be for less than \$750.

Submission: Applications are to be submitted to:

The Planned Giving and Endowment Committee
Middleham and St. Peter's Parish
PO Box 277
Lusby, MD 20657

Applicant name:

Address:

Email:

Phone:

Affiliation with the Parish (Member, Family, etc.):

Describe the purpose and amount of your award request (you may use the opposite side of the application if you need more space):

When do you need the award?

Describe why, without the award, you wouldn't be able to experience this opportunity (travel expense, tuition/fees, supplies/equipment costs...)?

Note: there is a required post-activity follow up report: "How this award helped me grow personally..."

Revised February 2022

Submitted by Hugh Davies

Webinar Opportunities

CHECKOUT MORE UPCOMING EVENTS

<https://www.episcopalparishes.org/>

Date and time

Tue, April 12, 2022

2:00 PM – 3:00 PM CDT

The Past as Prologue: Emerging in this Moment

The church has been here before - COVID-19 was not our first experience of pandemic. So, what wisdom did our ancestors find as they cared for the sick and dying and as they themselves recovered from sickness? What new learning shaped the life of the church and its witness in the world then? And what might the past tell us about emerging from the pandemic changed, yet stronger?

Join our panel for a virtual gathering of leaders from across the Episcopal Church for a lively mix of history, theology, and strategic reflection. This session was developed out of an extremely well-received program presented at our 2022 Annual Conference in Atlanta.

Our panelists, include Dr. Jessica Brown, scholar, counselor, and author of *Making Space at the Well: Mental Health and the Church*; Rev. Dr. Robert Flanagan, scholar, priest, and author of forthcoming work, *The Letters of an Unexpected Mystic: Encountering the Mystical Theology of First and Second Peter*; and the Rev. Canon James Harlan, Canon Evangelist for the Diocese of Southern Virginia. Together they will explore what the church's pandemic experience in the 14th century might suggest about the church's witness today. If the past is our teacher, what might be new, enlivened or emboldened in the church's witness for our own day? How do we imagine theology, liturgy, and ecclesiology will be transformed in the coming decades because of what we are living right now?

Panelists include:

Jessica Brown - Counseling Psychologist; Assistant Professor of Counseling and Practical Theology, Samuel DeWitt Proctor School of Theology, Virginia Union University; Richmond, Virginia

Robert Flanagan - Interim Priest, Diocese of New York; Adjunct Faculty, General Theological Seminary; Author, *Courage to Thrive: Finding Joy and Hope in the Midst of Mental Health Struggles*; Bridgewater, Connecticut

James Harlan - Canon Evangelist, Episcopal Diocese of Southern Virginia; Newport News, Virginia

Please register here: <https://www.eventbrite.com/e/297448946807>

Christian Formation

In April we will be finishing up Lent Madness with the youth, and many others. We have enjoyed reading all the stories, and then fighting out who is best suited for the coveted Golden Halo. Lent Madness was founded in 2010 and has been growing in popularity every year, combining the fun and competition of March Madness with Lenten devotions. We first started with 32 saints, and then we voted for who we thought would be more deserving to move on to the next round. All 32 people have amazing history and have overcome massive obstacles, and still went on to do awesome things. So, to say that sometimes the vote is hard to cast would be an understatement. The kids (and adults) have had a great time trying to sway others to vote their saint, and we look forward to seeing who it all comes down to in the Faithful 4.

If you ever have any questions, or you would like to hear more about any of the information above, you can reach me at 443-624-6959. mspyouthleader@middlehamandstpeters.org

Submitted by Anne Hayes, Youth Representative

Asbury Episcopal Fellowship

Asbury Episcopal Fellowship will meet on April 21st for Eucharist at 10:30 followed by a program at 11:00 a.m. on Colonial Church Customs given by the Rev. and Mrs. Christopher Garcia from Christ Church, Port Republic, who will be in period costume. Lunch will be available in the Riverview Dining Room after 11:30. *This is a change from the past times.*

Questions may be addressed to Mary Beth Dent at 410-394-3162 or mbdentcssm@gmail.com.

Lay Pastoral Visitors Group



If you are interested in having Lay Pastoral Visitors come to be with you, please contact the Parish Office.

PHONE :410-326-4948 or EMAIL office@middlehamandstpeters.org

Pastoral Care

To be there in times of sickness and in joy, in sorrow or celebration, in crisis or transition.

To pray.
To listen.
To share.



MIDDLEHAM AND
ST. PETER'S
CARING NETWORK

If you or someone you know
should be on our prayer list please
send it to...

office@middlehamandstpeters.org
or Diane Davies @
daviesd@comcast.net

office@middlehamandstpeters.org or daviesd@comcast.net

Names from the Prayer List and the Deceased List will be removed after six weeks. If you would like to re-add a name, please let Diane Davies know.

daviesd@comcast.net

MSP PRAYER LIST



MSP Prayer List

Thomas P. Favor
Barry Grier
Malcolm Funn
Matthew Butler
Sabrina Moran
Penney File
Grace Korn
Douglas Pardoe
George Buckler
Marjorie Caya
Dick Hu
Sue Hu
Jimmy Holesapple
Mary Ellen Elwell
Dorothy Swann
Lisa Greenlee
Stanley Buckler
Phil Lemkau
Colleen Davies
Mary Heflebower.
Susie Wheely
Bill Gallagher
Ed Frantz
The Bowen Family
The Griffin Family
Louise Smith
Sally Ray
Pam Hawkins
Greg Garland
Kitty Wilson
Barry Grier
Bonnie Tolson
Richard Oliver
Lauretta Grier
Kelly Jones
Dan Gross
Leela Devadas

Lynette Bannister
Harry Richardson
Julie Francis
The Gagnon family
Hee Beall
Jane Spencer
Jayci Dale
Tom Hogenson

MILITARY LIST

Chris Parkinson
Michael Taxiera
Matthew Blackwelder
Ryan Dement
Lisa Tomlinson
Brandon Marshall
RJ Brinegar
Trey Fisher
Joseph Entzian
Isiah Jefferson
David Schul
Austin Cole
Thomas Parks
Wendy L. Love
David Thomas
Perry Peebles
Steven Diehl
Bruce Ussery
Adam Smith
Calvin Davies
Jaret Dement
David Tonacci
Renaldo Ramirez

Michael Ursic
Miles Manchester
TJ Dillon
Mason Garland
Andrew Terhark
Karl Townsend
Travis Park
Austin Libby
Garrett Libby
Alex Simmons
Chelsea Whealton
Andrew Kalinoski
Justin Forrest
Charlie Snyder
JoAnne Snyder
Ed Frantz
Alex Davis

DEPARTED LIST

Sarabeth Smith
Thomas Pumillo
John Herchenroeder
Bob Wilson
Charles Henry Beitzell
Monique Boucher
Angela Stark
Leroy Heasley

PARISH HEALTH

April is Alcohol Awareness Month

Question: How much alcohol is safe to drink?

Answer: That seems like a simple question. The answer has been argued about for a long time. There is still not agreement among experts. For several thousand years, humans have produced and consumed alcohol. Despite that long history of alcohol use, how much benefit or harm alcohol can have on an individual's health is still debated.

For decades, it has been said that five ounces of red wine a day can be helpful for adult heart health. It was noted a long time ago, that the French have a lower rate of coronary artery disease. However, they also have one of the highest rates in the world of death from cirrhosis as a result of excessive alcohol use.

Recently, experts are not so sure if a small glass of wine is helpful for your heart or not. Some research studies have shown that the same amount of purple grape juice can produce some of the same benefits. Some research studies show that there could be harm for one's heart health.

One of the larger recent health studies on alcohol was published in The Lancet medical journal in April, 2018. It looked at the drinking habits of almost 600,000 people over time. None of that group had any known form of heart disease to start. The group that had five drinks or fewer per week had the best outcomes. The group that drank ten or more drinks per week had a life expectancy that was shortened by one to two years. For those who drank eighteen drinks or more per week, life expectancy was reduced by four to five years.

One of the problems with almost all alcohol research is that the studies are what are called observational studies. These types of studies look at aspects of participants' lifestyles and see what their health outcomes are. It is important to remember that these observed associations are, at best, an association. These types of studies do not prove cause and effect. There may be some other factors related to light alcohol intake such as dietary changes, exercise patterns, sleep patterns or other factors that could have a significant impact on an individual's heart health.

The research is clear that if you have consumed very little alcohol over the years, starting to drink alcohol on a daily basis will cause more harm than help over the years ahead for both your heart and your overall health.

The research is clear that using alcohol to help you sleep is harmful.

Question: Are there some individuals who should avoid alcohol?

Answer: For each individual, it is best to consult with your physician. Harmful effects of alcohol have definitely been observed in women who are pregnant, those with heart failure, irregular heart rhythm, diabetes, previous stroke, liver disease, peptic ulcer disease, high triglycerides and those who take statin medications for cholesterol.

Experts agree that consuming any more than an average of one drink per day will have detrimental effects on one's health. Moderate drinking in the United States is defined as daily consumption of twelve ounces of beer, or five ounces of wine, or one and a half ounces of eighty proof distilled alcohol. The current thinking is that the effects on the human body are the same whether the equivalent amount of alcohol is from wine, beer, or distilled alcohol.

Question: Does drinking alcohol increase your cancer risk?

Answer: Yes. In the United States, alcohol is felt to cause six percent of all cancers and four percent of all cancer deaths. Drinking alcohol does not mean you will get cancer. And, having no alcohol does not mean you will not develop cancer. The more alcohol you drink, the more likely you are to develop cancer. Regular alcohol consumption increases your risk of breast, oral, throat, esophageal, liver, and colon cancer.

Question: Can alcohol interfere with some medications, even over the counter (non-prescription medications)?

Answer: There is a very long list of medications, including over the counter medications, which will cause problems when combined with alcohol. It is best to check with your health care provider and/or your pharmacist. Many medications can have unexpected side effects when combined with alcohol. That includes most medications for anxiety, depression and sleep. Medications for arthritis, muscle relaxation and blood thinners can cause significant difficulties with alcohol. Diabetic medication, some blood pressure medications, and some antibiotics are likely to have side effects when combined with alcohol. When taking over the counter medication for pain such as Tylenol, Advil or Aleve, it is best to avoid alcohol. Prescription pain medication should never be combined with alcohol.

Sources for this information include: the National Institutes of Health, The Lancet, Harvard Health, the American Cancer Society, the Mayo Clinic, and the CDC.

Submitted for the Parish Health Committee, Charles Bennett M.D.

EXERCISE FACTS

*2,000 steps equal 1 mile
10,000 steps should be @ 5 miles
200 steps is @ 1 city block
9 holes of golf (walking) is @ 8,000 steps*

*Physical activity/time spent can be converted into
steps/miles:*

Level 1 Light Activity

(less than 3.5 kcals used per minute)

20 mins of activity = 1 mi

*Gardening, bowling, snowmobiling, painting, car
washing, fishing, window
cleaning, golf (without cart), slow treading in pool,
dusting or Vacuuming.*

Level 2 Moderate Activity

(3-7 kcals used per minute)

20 mins of activity = 2 mi

*Softball, weightlifting, shoveling snow, dancing,
barn cleaning, racquetball, tennis, volleyball, skiing
easy, handball, yoga, ice skating recreational,
swimming recreational, competitive table tennis.*

Level 3 Vigorous Activity

(7.5 + kcals used per minute)

25 mins of activity = 3 mi

*Exercise classes: i.e. (spinning, step, kickboxing, body
pump, circuit.) basketball, soccer, cross
country skiing, hard mogul skiing, martial
arts, boxing sparring, chopping wood, swimming fast
laps, competitive dancing.*

Running & Walking Report Actual Miles

Biking 3:1 Ratio (Report 1 mile for every 3 biked)

OFFICE@MIDDLEHAMANDSTPETERS.ORG



**The PARISH HEALTH
Ministry of
Middleham and
St. Peter's Parish
Presents:
Walking to Jerusalem!**

**Help us walk 5863
miles from our parish
hall
to Jerusalem before
Easter Sunday**

**Galatians 5:25 If we
live by the Spirit,
let us also
walk by the Spirit**

**An exercise program to
begin Wednesday
March 2, 2022. Just
email your weekly
totals or place them in
the offering baskets.**

WHERE TO WALK

Middleham lot= .10 mi (10 time around= 1 mi.)

Solomon's' boardwalk= .3 mi

High School tracks= .26 mi

From Solomon's PO, around island
and back= 3 miles

From the

Calvert Marine Museum- around the island and
Back=3 mi.

From OLSS- around the island and back= 2 mi.

Cove Point Park= @ .13 mi.

Calvert Cliffs State Park = main trail= @ 2 mi.

*Yellow trail=.7 mi

*Blue trail=1.1 mi.

*Red trail= 1.8 mi.

*White trail= 1.7 mi.

*Orange trail= 2.4 mi.

*Silver trail= .7 mi.

Ann Marie Garden Walking Path= .25 mi

Asbury: around the perimeter= 1.5 mi

APRIL VACCINE SCHEDULE

Fox Run Clinic: 713 Solomons Island Rd. N, Prince Frederick, MD 20678

Covid Vaccine Appointments

Moderna, Pfizer 12+, and Pediatric Pfizer 5-11 are offered at our Fox Run location, Tuesday-Friday, 2:30-4:00. There are no vaccinations at this location on Mondays.

<https://www.calvertcountycovid19.com/vaccination-registration-1>

If you need a Monday appointment for vaccination, see information about our Mobile Outreach Van, further down the page.

Please go inside for vaccinations. This location is handicap accessible.

If you need help making an appointment, call 410-535-0218 Monday, Wednesday, and Friday between 08:30-4:30 for assistance.

If you need help getting copies of your vaccination record, register with [MyIR.net](https://myir.net)

On alternating Wednesdays and Thursday afternoons, Calvert County Health Department has expanded hours at our Fox Run vaccination clinic to accommodate more children 5-11 and their families.



Click the link below, it will take you to their calendar with schedules, locations and times.

<https://www.calvertcountycovid19.com/vaccination-registration-1>



Healing Hearts

*A Group for those who have
lost their mother*

Join us for a 4-week group that will focus on learning to live again after the loss of a mother.

Tuesdays, April 26 - May 17, 2022
6:00 - 7:30 pm

Trinity United Methodist Church
90 Church Street, Prince Frederick

\$35* supply fee

**Scholarships are available*

Register and pay online at:
calverthospice.org/grief-support-programs

This program can help you:

Make connections with others who share similar experiences

Learn coping skills to deal with grief after the loss of a mother

Learn about healthy grieving

Process your feelings of grief and loss

Receive additional support around Mother's Day

Contact us to learn more:

Trish Watson

Bereavement Coordinator

410-535-0892, ext. 2201

pwatson@calverthospice.org

Scan the code to
register





Calvert Hospice Culinary Event

April 29, 2022

6:30 - 10:30 pm

Running Hare Vineyard

\$150 per person

Seating is limited

Purchase tickets or sponsorships:
calverthospice.org/culinary-event
or call 410-535-0892



Thank you to our event sponsors:



Michael & Karen Sharpe



Dr. John Weigel



Margaret Phipps
Register of Wills

Contact Claire Piason at 410-535-0892 or cpiason@calverthospice.org to sponsor

OUTREACH AT MSP

Carolyn Steiner, Outreach Coordinator
email at jsteineriv@comcast.net

HEARTFELT



HeartFELT impacts our community in ways I can't fully understand but an under current of grace runs through it. I was grocery shopping for HeartFELT at the Weis Markets (a long time supporter with annual donated gift cards) in Lusby. As I was checking out, I was sharing the reason for my trip with the checkout and bagger assistant. While both were pleasant and encouraging, the bagger offered a very personal comment. She said "My younger sister received these bags from her school and they made such a difference to our family. Every little bit helps."

I was inwardly bursting with gladness, wanted to hug her, and moreover let her know how much I appreciated her courage to share. I refrained from hugging her but did thank her. I am blessed to relate this small miracle in the grocery store checkout line as living proof that our Parish is making a difference in our community every week.

Elizabeth Broadus, MSP HeartFELT Coordinator



ECHO Dinners

The fourth Monday of every month members of the church make dinner for the residents of Echo House. This is a greatly appreciated outreach that provides a dinner for people in transition who need a safe place to live as they work being able to support themselves.

We need volunteers to sign up for **MONTHS IN 2022**. There are funds available provided by an Endowment Grant to help cover your costs. You can team up with someone to make a dinner. Contact Anne Gross to volunteer to provide a dinner. 410-326-4948. office@middlehamandstpeters.org

IN-REACH OPPORTUNITIES



We are continuing with our in-reach mission opportunities where we will be helping parishioners with home repairs. If you would like to volunteer or would like more information, please contact the office at office@middlehamandstpeters.org.



We are also looking for more tech people for the live stream, we had two more youth interested and I am very thankful for their help. I will pass those names along to Jim Yoe so that we can work on "training" them (If I'm being completely honest, the bulk of the work is handled by the software. It can sound very technical, but the huge majority is making sure the stream is still running, and that the camera is pointed in the right place).

For information contact Jim Yoe - jmyoe@comcast.net

Food Drop Delivery Driver Opportunity- Safely Help Others



We need volunteers to deliver Food provided by Maryland Food Bank to recipient homes. No-contact food pick-up at church, food is dropped off outside of recipient homes to avoid contact, routes include up to 5 closely grouped addresses in SMILE service area. If

interested and would like more detail or are ready to sign up as a driver.

NEXT DATE IS FRIDAY APRIL 15, 2022

For safety and coordination efforts please contact Mark Pesola in order to volunteer, do not arrive without checking in first, thank you.

Please contact Mark Pesola at mark_pesola@hotmail.com OR 410-610-8495

Middleham and
St. Peter's Parish

**FOOD
DISTRIBUTION
NOW ON FRIDAYS**

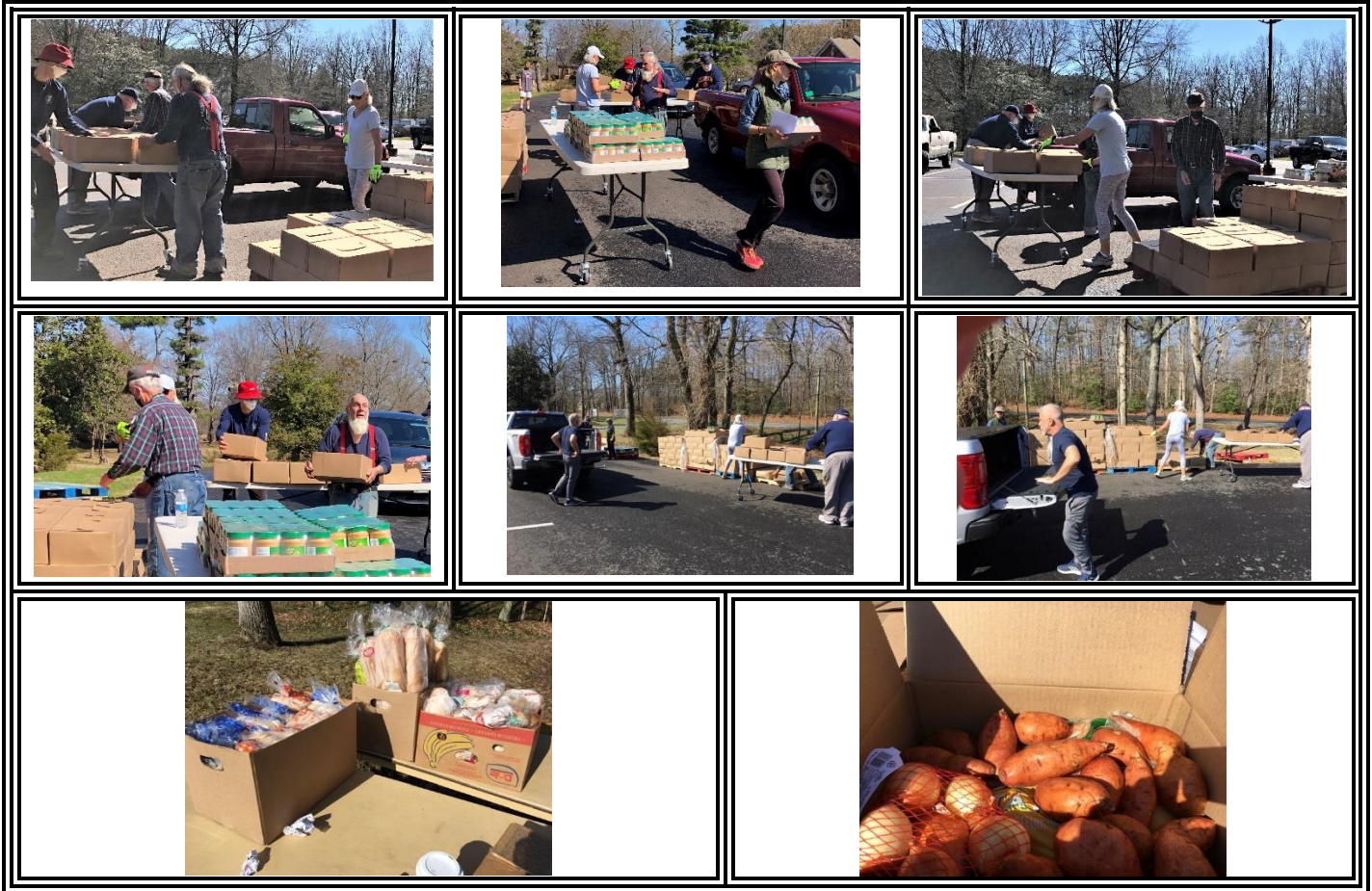
**BAGGERS
NEEDED**

CONTACT MARK PESOLA
at
mark_pesola@hotmail.com
OR 410-610-8495

Middleham & St. Peter's
Episcopal Church
10210 HG Trueman RD Lusby MD 206577

**VOLUNTEER
DRIVERS
NEEDED!**

FOOD DISTRIBUTION MARCH 18, 2022
Stats were 512 households and 1,701 people served



PLASTIC BAG COLLECTION FOR BENCHES

Please continue to collect plastic bags.

There are collection bins at St. Peter's and the Smith Hall, and Anne will bring any from St. Peter's to Smith Hall. This is another way we can all be stewards of God's world.

Thank you, from Carolyn, for help with this project.

Contact Carolyn Steiner if you have any questions.

at email jsteineriv@comcast.net



JOBSOURCE VAN WILL BE AT SMILE EVERY 1ST WEDNESDAY



BOOKMOBILE WILL BE AT SMILE EVERY 2ND WEDNESDAY 11:00 AM – NOON
Computers & Printing, Library Card Services, Wi-Fi Access,
Wheelchair Lift and more.

Calvert County to Host Free Drive-thru Rabies Clinics



The Calvert County Department of Public Safety, Animal Services Division, in partnership with the Calvert County Health Department will host drive-thru rabies clinics to offer free rabies vaccinations for pets.

Clinics will be held Wednesdays, from 5-7 p.m. at the Linda L. Kelley Animal Shelter on the following dates:

- April 20
- May 18
- June 15

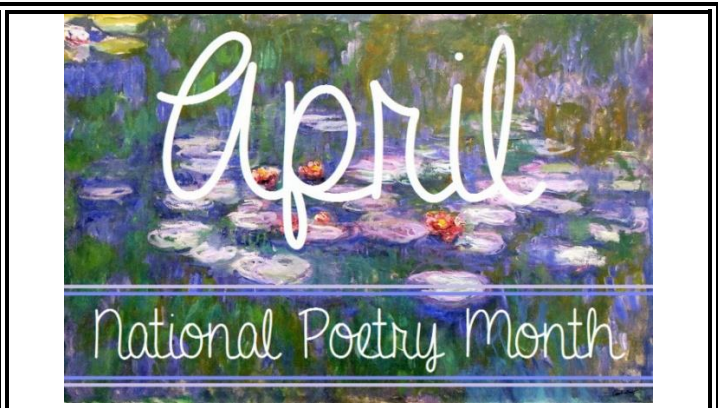
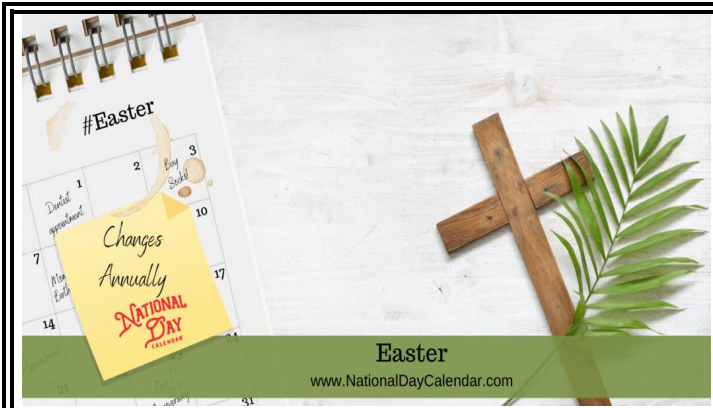
Online registration is required. Interested parties can register using the shelter calendar online at www.CalvertCountyAnimalShelter.com.

Proof of prior rabies vaccination is required to receive the three-year vaccine. Eligible pets include cats, dogs and ferrets in carriers or on leashes and muzzled if necessary. Citizens are advised no special accommodations will be available for animals that cannot be restrained by their owners, such as feral or aggressive animals.

Calvert County pet licenses will also be available at the rabies clinics. Pet licenses are \$7 for spayed or neutered pets (proof required) and \$20 for those not spayed or neutered. A Calvert County pet license must be renewed every year and is required for all cats and dogs ages 5 months and older.

Rabies clinics are held monthly throughout the year. The Linda L. Kelley Animal Shelter is an open admission animal shelter managed by the Animal Services Division of the Calvert County Department of Public Safety. The shelter is located at 5055 Hallowing Point Road in Prince Frederick.

Find information on Calvert County Government services online at www.CalvertCountyMd.gov. Stay up to date with Calvert County Government on Facebook at www.facebook.com/CalvertCountyMd and YouTube at www.youtube.com/CalvertCountyGov.



VARIOUS
RESOURCES
ARE AVAILABLE
ON OUR WEBSITE
MIDDLEHAMANDSTPETERS.ORG/RESOURCES

Middleham and St. Peter's Episcopal Church
10210 HG Trueman RD Lusby, MD 20657

<http://www.middlehamandstpeters.org/resources/>



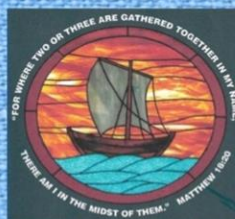
MAY EDITION OF THE CONNECTOR
ARTICLE SUBMISSION DEADLINE IS

NO LATER THAN WEDNESDAY MORNING APRIL 13TH

Thanks so much, Karen Timmons, Communications

communications@middlehamandstpeters.org

MIDDLEHAM AND ST. PETER'S EPISCOPAL CHURCH



PHYSICAL ADDRESS:

**Church Office, Smith Hall & Middleham Chapel
10210 H G Trueman Rd, Lusby, MD 20657**

**St. Peter's Chapel
14590 Solomons Island South RD, Solomons, MD
20688**

MAILING ADDRESS: P.O. Box 277, Lusby, MD 20657

CONTACT:

office@middlehamandstpeters.org

410-326-4948



CONTACT INFORMATION

Rev. Nathan Beall

Rector

301-704-2320

Fr.Nathan.Beall@middlehamandstpeters.org

Joan Shisler

Senior Warden

410-474-4849

jrbstiger@comcast.net

Jim Yoe

Junior Warden

443-975-6797

jmyoe@comcast.net

Anne Gross

410-326-4948

office@middlehamandstpeters.org

grossanne@comcast.net

Anne Hayes

Youth Representative

443-624-6959.

mspyouthleader@middlehamandstpeters.org

Beth Lanier

Music Ministry

music.ministry@middlehamandstpeters.org





APRIL BIRTHDAYS

Kristina Jedrey	04/01
Paul Perks	04/02
Bill Miller	04/06
Charity Humm	04/06
Kaileigh Weems	04/10
Paul Fuller	04/11
Rachel Clift	04/12
Andy Connolly	04/12
Gail Hoerauf-Bennett	04/14
Leyna Magee	04/24
Colin Shisler	04/24
Jane Surles	04/26
David Tonacci	04/29

APRIL ANNIVERSARIES

John & Sharleen Wagner	04/16
Bernie & Betty Helms	04/16
George & Betty Eble	04/19

Birthdays and Anniversaries

Each month birthdays and anniversaries of parishioners are listed in the Connector. But our records are not perfect. Even some very long-standing parishioners are not listed. Have you seen your date(s) listed? If not or if you are not sure, please call the office (410-326-4948) to check. We want everyone included!