

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

FEBRUARY 2021

TURNING THE CORNER ON LENT

Lent calls us to examine our own lives as Jesus did when he walked into the wilderness. The journey of lent begins on Ash Wednesday and ends on Easter Sunday. Fasting, praying and almsgiving are the three penitential practices that we are asked to engage in during Lent. Lent is a time when we are called upon to give up something, fast and do something good for someone else for 40 days. But this past year, if you're anything like me, I kinda feel like I've been in the season of Lent for a year. The days have been harsh, difficult, painful, hopeless and uncertain. Making sacrifices, giving up things, paying dues, repentance and reconciliation have gone on for a very long time, not the typical, "real" lent, not just 40 days, Sundays not included, with Easter as the end in sight, but a whole lot longer with no real end in sight. I feel like my life is out of balance and I need something I can't quite put my finger on. Do I need more spiritual nourishment, a different diet, more exercise, less media? And now with the "real" Lent, I'm expected to do more of this. More? I'm frustrated, discouraged, and tired. Trying to do too much or not enough is overwhelming. Haven't I sacrificed enough? Given enough? Prayed enough? Does any of this resonate with you? Maybe it's just me, but I don't think so. I think I need some reassurance that whatever I do or don't do will ultimately result in feeling better. The "real" Lent is supposed to be a time when we engage in some activity that heightens our relationship with God, not just focus on our individual self. It's not just me, me, me, it's God and me. Maybe what is needed is to become more intentionally active in what I do instead of passively following the path of least resistance just to get through the day. That's basically what has been happening this past year.

But now it's time to turn the corner on Lent and engage in the "real" Lent. So where do I even begin? I guess I do what I usually do, make a list and start with one thing at a time.

Pray

Fast

Give

Yikes. How do I do that?

Try self – examination

Try to be reflective of my surroundings

Try to pay attention to what I eat

Try to be grateful that I have food to eat

Spend more time with family than on social media or watching TV

Listen for God's voice

Contemplate self-sacrifice

Cultivate gratitude

Reach out to someone I haven't heard from in awhile

Set some goals for myself

Eat more of some foods and less of others

Give up something

Give to the poor

Help those in need

Take note of my home

Don't buy anything I don't need

Go for a walk

Take a journey of faith

Take a faith journey

Have a conversation with God:

Ask God "why"

Ask God "how"

Ask God for patience

Ask God for a path forward

Be open to the possibility that God will show me a path forward

Don't dwell on the bad, good happens too

Thank God for all my blessings

Search for hope in everything

God and Hope and Me

Blessings,

Joan Shisler,

Senior Warden

Candlemass and Lent

This month will mark the passing of a season, and the entry of a new one. On February 2nd we celebrate the Feast of the Presentation, otherwise known as Candlemass. On this day, we remember Mary and Joseph bringing their infant son to the temple to present him, as all Jewish parents would have done with their firstborn sons. But this child is different. The prophet Simeon and the prophetess Anna recognize him as the Messiah, and so sing with joy at his appearing. Simeon delivers the words that will become a song sung by religious communities around the world every night as part of the Compline service:

Lord, now lettest thou thy servant depart in peace,
according to thy word;
For mine eyes have seen thy salvation,
which thou hast prepared before the face of all people.
To be a light to lighten the Gentiles,
and to be the glory of thy people Israel.

Because Simeon recognizes this child as the light of the world, the Church has traditionally celebrated this feast by blessing the candles that it will use for the coming year. Perhaps we can each find our own way to bless and celebrate the light in our lives from home this Candlemass. The “Order of Worship for Evening” on page 108 of the prayer book provides one option.

But Simeon’s words of joy end with a chilling prophecy to the Virgin Mother: “This child is destined for the rising and falling of many... and a sword will pierce your own soul also.” (Luke 2:34-35) So we begin to look forward to Lent.

Ash Wednesday falls on the 17th of February this year, and we will keep it as we can (more details to follow). That season focuses us on following our Lord in the wilderness

through fasting, prayer, and almsgiving, and prepares us to follow him in his Passion during Holy Week. The joy that the mother of our Lord feels at his birth and Presentation will give way to the sorrow of the cross, which will again give way to joy of Resurrection. The seasons of the Church mirror the seasons of our lives: we always move from light to darkness to light again, from joy into sorrow and back. Human life, like all life, moves in seasons and cycles. We can either fight against that, or celebrate it.

So even as we welcome the joy of the Presentation, we can begin to prepare ourselves for the wilderness of Lent. Some might say that this past year has felt like one long Lent. Even so, I would invite us to still find joy in it. I invite you to find something to let go of this Lent, without which you will grow closer to God. You might give some time up to prayer. You might give up some food in a fast, on Ash Wednesday or on other days of the week. You might give away your goods in a meaningful way. You can talk to me about all of those things, and by doing so, you might help to inspire me in my own practice. Lent is not so much about punishing ourselves, but about finding what we have that holds us back from happiness, and letting it go.

This past year has been a time of letting go, whether we would or not. The best that we can do is to embrace that. So on Candlemass, celebrate the light. Beginning on Ash Wednesday, let go of something that holds you back from life. This time will give way to something new.

Peace,
Nathan+

January 15, 2021

Dear Fellow Parishioners,

On February 7, 2021 we will hold our Annual Parish Meeting – but not in the traditional sense. Due to restrictions of COVID-19, there will be no onsite breakfast, service, or meeting as we have done in the past.

Instead of the in-person voting, we are enclosing a stamped postcard for elections:

1. **Election of Vestry Members:** Please vote for three Vestry members. Three candidates have agreed to run for three-year terms on the vestry, and there is a space for a write-in candidate.
2. **Updated By-Laws:** A summary of the By-Laws is included here. The full By-Laws are available for viewing on our website and in the weekly, and copies are available in the office. Please vote “yes” or “no” to approve them.

Please return the postcard to the parish by February 1, 2021. The results will be announced at the service on February 7, 2021 which will be live-streamed at 8:30 a.m. from Smith Hall. Father Nathan will include remarks on the State of the Parish.

Considering the unusual circumstances we have all faced the last year we have managed to accomplish so much at Middleham and St. Peter’s. We have, in fact, thrived. The enclosed list shows how everyone has stepped up, not only to keep things running smoothly, but how we excelled in meeting the challenges that we have faced.

We look forward to the time when we can all gather safely together in person sometime this year as a parish family, to share a meal, fellowship and stories. In the meantime Middleham and St. Peter’s is here for you, to meet your worship and pastoral care needs and to serve the community, where there is a need, in any way we can.

Blessings,

Joan Shisler
Senior Warden

Jim Yoe
Junior Warden

Father Nathan Beall
Rector

MIDDLEHAM AND ST. PETER'S PARISH ACCOMPLISHMENTS DURING A YEAR OF A PANDEMIC

With everything that has happened this year during a Global Pandemic we were still able to complete our mission of providing for our church and surrounding communities. In addition, our Sunday services are reaching more people than on our registers.

Here are just a few of the things we've done:

- ❖ **Acolyte training video** – produced in house starring Fr. Nathan & Anne Hayes available for viewing on our YouTube channel.
- ❖ **Big Conversation – Health Care Inequality** – over 300 participants virtually.
- ❖ **Brought Father Nathan Beall into the MSPP family** – and welcomed Hee.
- ❖ **Caring Network** – re-established to provide personal contact with all parishioners, update pastoral care needs, keep the prayer list current and make sure everyone is kept well informed and updated (Diane Davies).
- ❖ **Cemetery and Grounds** – ten cemetery plots and niches sold with income for grounds fund of \$13,000.
- ❖ **Christian Formation** – programs for the Youth group and Sunday School were “reinvented” several times to accommodate the COVID-19 restrictions. including zoom options, outdoor children’s service, socially distanced meetings and creative offerings initiated and carried out by Anne Hayes.
- ❖ **Coffee and Conversation** – continues at Asbury on zoom once a month.
- ❖ **Collaboration with Ascension and St. George’s Churches** - to provide several options for zoom services.
- ❖ **Community Life Center** – drive through dinner raised funds for the HeartFELT backpack program (Jim and Dale Yoe).
- ❖ **Deacon Laura was ordained in June 2020** – attended by her immediate family, limited guests and live-streamed for an extended audience.
- ❖ **Directory** – created a new parish directory, available shortly.
- ❖ **ECHO** – food prepared and provided by parishioners continues each month (Carolyn Steiner and Anne Gross).
- ❖ **Food Drop** – continues each month with drivers delivering food to homes (Mark Pesola, Kristin Sandusky and numerous volunteers and drivers).
- ❖ **Garden** – continued to provide fresh food for SMILE and the Food Drop.
- ❖ **Haiti School Nurse Program** – expanded nursing care to 4 schools serving over 2,000 children; medical supplies collected and provided by Middleham and St. Peter's.
- ❖ **Health Fair** – held outdoor event, provided information and flu shots.
- ❖ **Health Care** – provided transportation to parishioners upon request.
- ❖ **Heart FELT Backpack program** – continues to provide much-needed food assistance to school children (Elizabeth Broadus).
- ❖ **In-Reach** – continues to help parishioners with housing projects.
- ❖ **Labyrinth** – created and installed a new labyrinth behind the columbarium.
- ❖ **Live Nativity** – presented at Christmas Eve service.

- ❖ **Live-Stream Services** – initiated when onsite attendance was prohibited and will be continued in the future even when services resume inside.
- ❖ **Maintenance and Repairs** – maintenance and repairs of our physical plant including buildings, HVAC etc. was and is carried out by the Junior Warden, Jim Yoe.
- ❖ **Mobil Career Center** – support for access to needed employment information on SMILE / Middleham campus.
- ❖ **Organ at St. Peter's** – completely refurbished and re-installed.
- ❖ **Outreach** - ongoing support to outside groups such as AA, SMILE, etc.
- ❖ **Parish Nurse** – continues to visit SMILE, became a member of the county Homeless Board (Dale Yoe).
- ❖ **Parish Profile** – a parish profile was completed providing the Search Committee with the necessary tool to hire a new rector.
- ❖ **Planned Giving and Endowment** – new policy established, value of endowment increases, with drawdown funds used to support ministries and parish capital improvements.
- ❖ **Point in Time** – count conducted for the homeless visiting camps in the county.
- ❖ **Radio Station** – established our own radio station – WMSP – to allow access to services broadcast in cars.
- ❖ **St. Peter's Chapel** – completely renovated after storm damage in April including a new roof, paint outside and inside, ceiling and wall repairs and rededicated in outdoor ceremony.
- ❖ **Search Committee** – established and completed the task of finding a new rector.
- ❖ **Technology Ministry** – developed to provide and expand our broadcasting ability (Jim Yoe, Tom Briggs and crew).
- ❖ **Thirsty Theology** – was restarted as a zoom option on selected Friday evenings at 7 pm.
- ❖ **Troop 1684** – completed 3 Eagle Projects, including a pavilion and sidewalk, which support church activities.
- ❖ **Video Visits** – produced short clips visiting parishioners to keep a personal connection viewable on YouTube.
- ❖ **Walk to Bethlehem** – started a new trek to encourage walking / exercise.0
- ❖ **Worship Services** – multiple service options provided – live-streaming of Holy Eucharist on Sundays / holidays on Facebook, outside tent services in good weather, inside socially distanced services when permitted, and additional virtual options information provided in our weekly and on the website. Past services are available for viewing on YouTube.



PANCAKE SUPPER

Due to the continued restrictions associated with the CORONA virus our Pancake Supper will be a drive through event this year. All proceeds from the dinner will go to supporting our HEARTFELT Backpack program. One dinner will consist of 3 Pancakes, butter, syrup and two sausages. Please sign up for the dinner by calling the office @ 410-326-4948 and providing the number of dinners you would like to reserve by Friday February 12th. Dinners will be ready for pick-up on Tuesday February 16th between 4pm and 6pm. Donations for the dinner are free will and will be collected at pickup from cars. Cash, Checks and Credit Cards will be accepted.



ASH WEDNESDAY 2021

Due to the constraints of the COVID-19 pandemic we will proceed with the following plan to accommodate those who wish to receive ashes on Ash Wednesday, February 17, 2021.

Father Nathan will hold a service for viewing on Facebook and YouTube after 10 am on Wednesday, February 17, 2021

Father Nathan will offer "Ashes To Go" between 4 and 6 pm on Wednesday, February 17, 2021 as a drive by around the circle in front of the Parish Hall. Drivers will remain in their cars and Father Nathan will approach the car and perform the dispensation of ashes.

Calvert County Safe Nights MSP ASSISTANCE

Middleham and St. Peters Parish will be helping St. Paul's UMC and Our Lady Star of the Sea Catholic Church the week of Feb. 14-20. We have volunteered to provide breakfast and dinner in addition to evening, and overnight supervision for Tuesday the 16th and Wednesday the 17th. The program is being hosted at Crossroads Christian Church which is located at 150 Ball Rd. in St. Leonard for the entire time this year due to Covid-19, and it is running just the months of January and February. There are 11 guests being served, 4 female and 7 males.

Volunteers are needed for: (PLEASE NOTE THE AREAS COVERED AT THIS TIME)

TUESDAY FEB. 16TH (THIS IS SHROVE TUESDAY)

BREAKFAST - _____

DINNER - Pancakes and sausage prepared by the Yoe's and Father Nathan as part of the church Drive Through Box Dinner.

OVERNIGHT SHIFT

FEMALE - _____

MALE - _____

WEDNESDAY FEB. 17TH (ASH WEDNESDAY)

BREAKFAST- BONNIE TOLSON

DINNER- CAROLYN STEINER

OVERNIGHT SHIFT

FEMALE- CAROLYN STEINER

MALE- FATHER NATHAN

Those making a breakfast on Tuesday and Wednesday, breakfast is served at 6:30 AM.

Those making dinner Tuesday and Wednesday, dinner is served at 7:00 PM.

Overnight chaperones (one female and one male) Tuesday and Wednesday nights, shifts start at 8:30 PM and goes to 6:00 AM.

Contact Carolyn Steiner for more information jsteineriv@comcast.net
or 443-618-7934



New 2021 Middleham and St. Peter's Parish Directory Now Available for Parishioners

The all new 2021 Middleham and St. Peter's Parish digital directory is now available for parishioners use. The digital directory features parishioner pictures, names, addresses, phone numbers and emails. It is not a paper directory. You will store it as a file on your computer or you may print a personal copy.

To request a PDF version of the MSP Directory, send an email to daviesd@comcast.net.

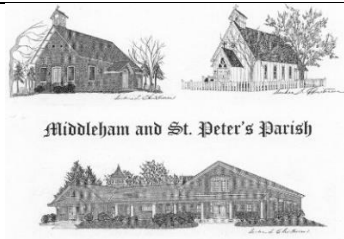
The digital directory will be emailed to you.

The directory is for parishioner use only.

We will keep a list of those who request the directory and periodically you will automatically receive an updated version.

If you are not listed in the directory and wish to be added or have corrections, the information should be sent daviesd@comcast.net

Thank you to everyone who helped by contributing their information and pictures to the project. All information within this directory came directly from the parishioners listed. A special thank you to Hugh and Diane Davies for their work in gathering the information and pictures and creating this digital directory. Our last directory was created in 2014.



Middleham and St. Peter's Parish
P.O. Box 277
Lusby, MD 20657
e-mail: middlehamandstpeters@comcast.net
website: www.middlehamandstpeters.org

Endowment Grant and Personal Growth Applications Are Available

The Planned Giving and Endowment Committee encourages parishioners to consider applying for an Endowment Grant or Personal Growth Award. This year, Endowment Grants will be accessible throughout the year to the extent that funds are available. Personal Growth awards may be made up to a maximum of \$750. You may access the applications by clicking on [Planned Giving and Endowment | Middleham and St. Peter's Parish](#) and checking the "Resources" block.

Endowment Grants

The purpose of the Endowment Fund is to enable the Parish to fulfill its mission more completely by developing ministries beyond what is possible through its annual operating funds. This grant opportunity makes available endowment funds for the development of such ministries.

1. Any MSP Ministry, organization, or parish member may submit an application for support.
2. Applications should be compatible with one or more of parish mission and vision elements.
3. Preference will be given to applications that support new initiatives.
4. Funding is available for \$3,000 total. Grants may be awarded for less than the requested amount of funding. It is expected that multiple grants may be awarded for smaller amounts. (e.g. we could have three grants averaging \$1,000.)
5. Grants are awarded for one year at a time.
6. The vestry will seek to support all credible grant applications.

The Personal Growth Fund

1. 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.
2. Who can Apply: parish members and/or their children as well as members of an organization directly connected to the parish.
3. Award Limits in 2021: 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.

Further information about the grants and awards is available from Planned Giving and Endowment Committee chair Hugh Davies at daviesh@comcast.net.

CHRISTIAN FORMATION

Christian Formation

The younger children are still having their own church service at 10am on Sunday's. We have enjoyed gathering around the fire pit to talk about the Gospel, learn some songs, and run around in the fresh air. The older youth are still meeting on Sunday evenings where we engage in a broad array of topics, and coming up in February will lead us into conversations about vocation, relationships and how to find yourself in a world of many options. We are hoping to still be able to do some of our "normal" winter activities, though they may have to be adapted for what is going on in the world around us.

Thirsty Theology

How do we find balance in a world of chaos?

How do we mentally or physically process an ever-

changing world? We are currently living in times

where chaos and confusion are running high, and

the things and people that were once where we

turned for stabilization are now leaving us on faulty

ground. How do we cope with an ever changing reality? How much should the church weigh in on topics that cause the most amount of discord in our lives?

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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

Join Zoom Meeting

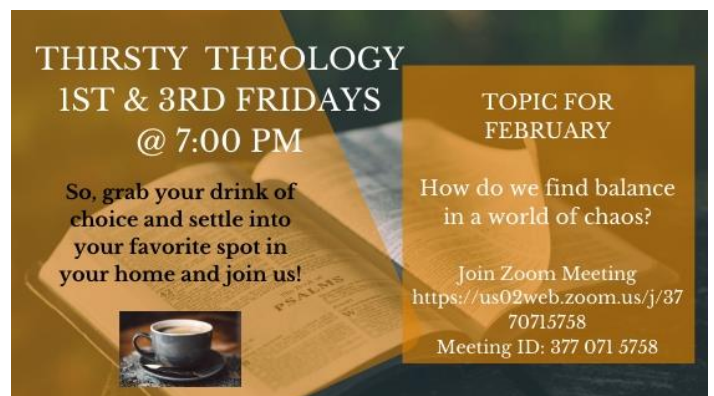
<https://us02web.zoom.us/j/3770715758>

Meeting ID: 377 071 5758

One tap mobile+13017158592, 3770715758# US (Germantown)

+13126266799, 3770715758# US (Chicago)

Submitted by Anne Hayes for Christian Formation





Coffee and Conversation at Asbury

Come Join Us! By Zoom on Friday **FEBRUARY 19th at 10:00 am**

We will send you the study materials and zoom instructions the week before the meeting. Program leaders Dr. Charles Bennett, Claude Martin and Hugh Davies want you to know that, while our program has a foundation of Bible study (the Reading Between the Lines curriculum), our focus is on the discussion.

Call Hugh if you have questions at 410-326-0370.

daviesh@comcast.net

Hugh Davies, Charles Bennett and Claude Martin

⊕ LIVING COMPASS

Living Well Through Lent 2021



*Listening With All Your Heart,
Soul, Strength, and Mind*

A Living Compass Seasonal Resource

A COPY OF LIVING WELL THROUGH LENT IS AVAILABLE ON OUR WEBSITE, IN ADDITION IN THE UPCOMING WEEKLY EMAIL ON FRIDAY FEBRUARY 5TH.

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

ENGAGE WITH US THROUGHOUT THE 2021 LENT SEASON!

The theme for our 2021 Lent daily devotional is *Listening with All Your Heart, Soul, Strength, and Mind*. Each year, tens of thousands of individuals across multiple denominations use our daily devotional as preparation for the coming of Easter. Congregations also use the devotional for Lent programs (including online), classes, small group discussions, and retreats with the help of our Facilitator's Guide. Below you will find the multiple ways in which you can engage these resources, either as an individual or as a lay or clergy leader.

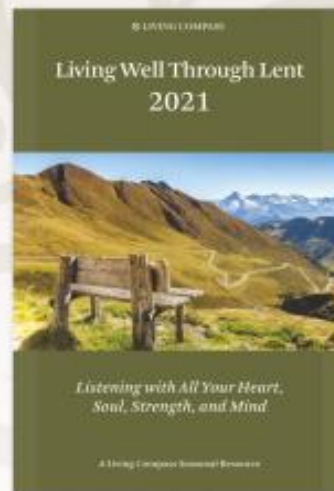
- Order our Lent devotional as a printed **book** in English and Spanish while supplies last. In light of the challenges that many are currently facing, we are pleased to offer our printed books for **FREE*** this year for orders up to 200 books. (A small donation to help with shipping is optional at checkout.) If your church needs more than 200 books, please reach out to us at carolyn@livingcompass.org and we will work with you to make that possible.
- Enroll for **FREE** to receive a **daily email** of each day's reading.
- Join our private **Facebook discussion group** for a Lent e-retreat experience.
- Download our Lent **devotional** as a **FREE PDF** file in English and Spanish.
- Download our Lent **Facilitator's Guide** as a **FREE PDF** file.
- Purchase our Lent devotional as an **e-book** from Amazon.
- Access all past daily readings through our **archive** online.

* Our shipping and fulfillment center charges us a minimum of \$10 per order - including orders of just a single booklet. For that reason, please do not encourage members of your church to each order individual copies. Also, please note that the daily readings are available as a **FREE PDF**, **FREE** daily emails (sign up now, and they will start the first day of Advent), and as a .99 cent e-book on Amazon.

International Orders: Our ordering system can only accept orders for shipping within the United States. Please contact us at carolyn@livingcompass.org if you would like to place a bulk order (minimum of 25 booklets) for Canada, Mexico, Central America, or other parts of the world. We will work with you to try and make this happen.



Find these Lent resources at livingcompass.org/lenet



Living Well Through Lent 2021: Listening with All Your Heart, Soul, Strength, and Mind includes reflections from:

Martha Bourlakis, Robbin Brent, Randall Curtis, Donald Fishburne, Jan Kwiatkowski, Heidi Kim, Malcolm McLaurin, Craig Phillips, Lisa Saunders, Scott Stoner, and Dawna Wall.

Also available:

Vivir una buena Cuaresma en el 2021: Escuchando con todo el corazón, alma, fuerzas y mente -

a Spanish Lent daily devotional with completely original content.





The **Caring Network** is continuing to call parishioners on a weekly basis. If you are not receiving a phone call, please contact Diane Davies. 410-326-0370 daviesd@comcast.net

If you or someone you know should be on our prayer list please send it to office@middlehamandstpeters.org or daviesd@comcast.net

If you are having trouble accessing or logging on to view online worship opportunities, logging into zoom etc., please let us know and we will help you. Call Jim Yoe - 443-975-6797

If you have any questions, concerns or pastoral needs, please let us know. Thank you for your patience and stay healthy!

Joan Shisler

Senior Warden

410-474-4849

jrbstiger@comcast.net

Jim Yoe

Junior Warden

443-975-6797

jmyoe@comcast.net

The Reverend Nathan A. Beall

Rector

301-704-2320

fr.nathan.beall@middlehamandstpeters.org

Anne Gross

410-610-2706

grossanne@comcast.net

office@middlehamandstpeters.org

Lay Pastoral Visitors Group

All of us in the Lay Pastoral Visitors Group are looking forward to the time when we can again visit people in person. In the meantime if you need pastoral care please contact office@middlehamandstpeters.org or 410-326-4948.

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.



MSP PRAYER LIST



**Kitchner family
Judi Jones
Olga Bennie
The Moran Family
Eleanor Fearn
Becky Dingle
Betsy Greer
Dan
Mark Dingle
Jimi Stanton
Mary Ellen Elwell
Nancy O'Bryhim
Freddie Jefferson
Beverly Domer
David Domer
Jenn Soder
Millie Baer
Destiny Banks
Marilyn Caske
Dorothy Swan
Joyce Barony
Alicia Felix
Dick Hu
Sue Hu
Susan Mattingly
Craig Garland
Gilbert Hengst
Kathy Hogan
Jay Hogan**

**Lisa Greenlee
Virginia Binger
Joy Walters
Mary Wong
Stanley Buckler
Jeff Walker
Janice Miller
Ann Davis
Phil Lemkau
Cindy Henning
Grace Korn
Colleen Davies
Maryellen Kalivoda
Vivian Kilsheimer
Mary Heflebower
Susie Wheely
George Buckler
Bill Gallagher
Jimmy Holesapple
Susie Cook
Lisa Ritter
Larry Maddox
Emily Kenner
Melissa Kenner
Shelly Thomas
Andy Hall
Vicki Hall
Betty Anne Chaney
John and Jackie Kalinoski**



Departed List

Dan Heflebower

Colton Kirchner

Pat Young

Dorothy Naomi Dargan

Louis (Jack) C. Buck, Jr.

Freeda Stallings

James Hogan



**PRAYERS FOR THOSE THAT DIED DUE TO
COVID-19, AND THOSE SUFFERING LOSS.**

MSP MILITARY PRAYER LIST



Chris Parkinson
James Butler
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

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



So- the walk was fun- now what????- Dale Yoe

Through November and December, we tried to get to Bethlehem (a mere 5905 miles). After Christmas we decided that we could arrive just after the Wise Men. Well, we had at least made it to shore and folks were getting tired (how long can you tread water?).

However- here is the thing- for the most part, during the past 9/10 months we have been baking and eating- sitting and quarantining- zooming and virtual learning! How important is exercise? Here are 3 key points:

- 1. Physical activity and exercise can be effective treatment for symptoms of both anxiety and depression.**
- 2. Some activity each day can bring short and long-term benefits for mood, sleep and physical health.**
- 3. Motivation for activity can be supported by family, peers and electronic means.**

We all know that sitting around watching TV, zoom meetings, and school programs are not the healthiest of things to do- we need to do better. Let us think of what this means- we can prevent:

Gaining weight

Increasing our blood pressure, cholesterol, etc.

Loosing muscle tone

And even- Blood clots

What to do:

First, physical activity has the potential to reduce the severity of COVID-19 infections.

Second, physical activity is effective for both preventing and treating heart diseases, diabetes and eight cancers, all of which increase the risk of severe illness and death among those infected with the coronavirus.

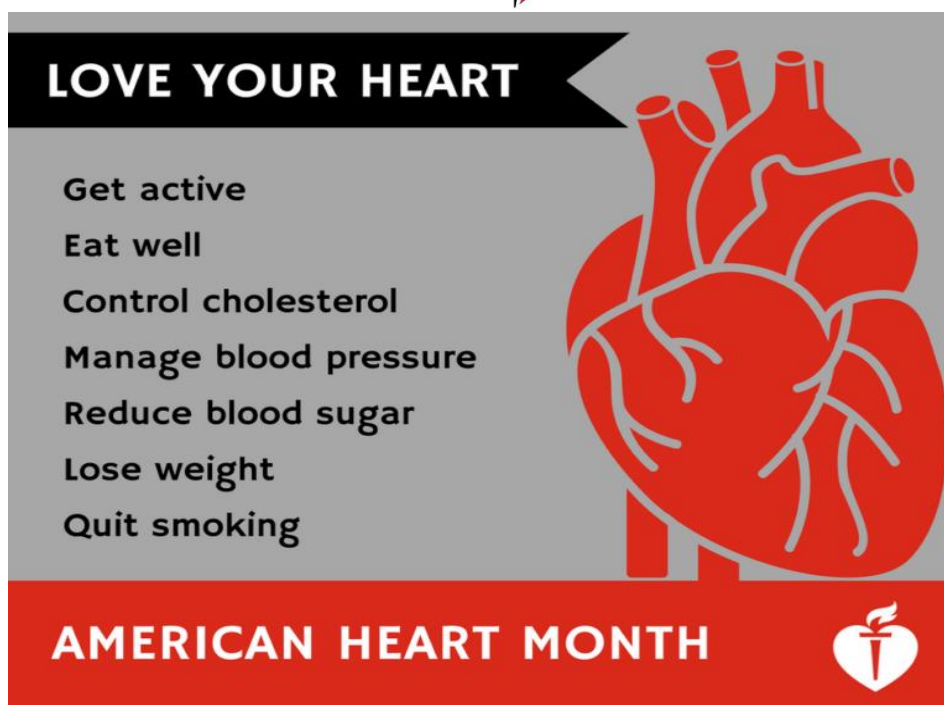
Third, symptoms of stress will increase as the pandemic continues, due to health threats, job loss, reduced income and isolation.

Fourth, the body's response to psychological stress creates imbalances between cortisol and other hormones that negatively affect the immune system and inflammation.

So let's continue our walks, runs and just getting up at least once an hour and moving for 10 minutes. Be safe and exercise more!



The COVID-19 vaccine pre-registration call center operates Monday through Friday, 7 a.m. to 7 p.m., but the online pre-registration portal at www.CalvertCountyMd.gov/Vaccine is available 24 hours a day, seven days a week!



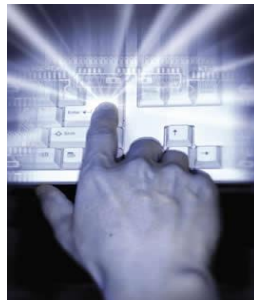
OUTREACH AT MSP

ECHO Dinners

The fourth Monday of the 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 2021. There are funds available provided by a 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

Submitted by Carolyn Steiner, Outreach Chair



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 - jimyoe@comcast.net

FOOD DISTRIBUTION JANUARY 26, 2021

THANK YOU TO ALL THE VOLUNTEERS FOR THEIR ASSISTANCE

Food Drop Stats - 364 families served which included 1,515 individuals --> 816 children, 513 adults, 183 seniors. Total of approx. 13,000 lbs. of food was distributed which included 540 MD Food Bank packaged produced boxes, and approx. 2,000 lbs. of dry goods. Thanks, sent out too many who helped with yesterday's Food Drop including volunteers from SMILE Food Pantry, SouthPoint church, Seven-day Adventist church, and Calvert United Way.

Mark Pesola, MSP FOOD DROP COORDINATOR

mark_pesola@hotmail.com



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 distribution is Tuesday FEBRUARY 23rd.

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

Webinar Opportunities

Middleham and St. Peter's is a member of the Consortium of Endowed Episcopal Parishes (CEEP), which is a national organization that provides training and education for Episcopal and other churches. During the period of the pandemic, they have offered excellent webinar programs that may be of interest to many of you. Try one or more that interest you!

CHECKOUT MORE UPCOMING EVENTS

<https://www.ceepnetwork.org/upcoming-webinars/>

Subject: Finance

Reviewing your Portfolio and Investment Policy Statement for 2021

Monday, February 1

3:00pm EST

Conducting a year-end review of your portfolio will help you better understand your investments and where your risk is being spent. It will also help your investment committee determine whether your assets - and how they are allocated - are aligned with your mission, cash flow needs, investment time horizon and risk tolerance. These are all critical factors for creating a definable and repeatable investment process - something paramount to sound decision making. Additionally, reviewing your IPS - especially after a year like 2020 - is always good practice to make sure your investment process reflects best practices and well-founded capital markets expectations for rates of return.

PANELISTS:

Rebecca L. Brooks - Investing with Impact Director, Family Wealth Director, U.S. Government Entity Specialist, Morgan Stanley; Greenwich, Connecticut

Joseph J. Matthews - Alternative Investments Director, First Vice President - Financial Advisor, Senior Investment Management Consultant, U.S. Government Entity Specialist, Branch Manager, Morgan Stanley; Fairfield, Connecticut

Kevin M. Nichols - Senior Investment Management Consultant, U.S. Government Entity Specialist, Vice President, Financial Advisor & Portfolio Manager, Morgan Stanley; Greenwich, Connecticut

Please register here: <https://www.eventbrite.com/e/137445199291>

STATUS OF INDOOR WORSHIP SERVICES AT MSP

"COVID-19 weekly update: Positivity rates and case rates continue to climb in all municipalities of the diocese, with the exception of Calvert County which for the time being is stable though still of concern. Rates in surrounding states are also high and hospital bed capacity continues to increase across the state at an alarming rate. A number of surrounding dioceses are now suspending worship through the end of the year. Given the projected further increase due to the Christmas holiday and the lag in infection symptoms and reporting time, we will update you in the weekly newsletter as to when we can safely resume indoor worship services.

As we all continue to deal with these constant changes and uncertain times, please know that we at Middleham and St. Peter's Parish are always here for each other. If you have any Pastoral Care needs please don't hesitate to contact Father Nathan. If you have any questions or concerns please let us know. We appreciate your patience and cooperation in maintaining the safety and health of the people in this parish and our larger community.

Wear a mask!

Wash your hands!

Stay safe!

Stay healthy!

**Rev. Nathan Beall
Rector
301-704-2320
Fr.Nathan.Beall@middlehamandstpeters.org**

**Jim Yoe
Junior Warden
443-975-6797
jmyoe@comcast.net**

**Joan Shisler
Senior Warden
410-474-4849
jrbstiger@comcast.net**

**Anne Gross
grossanne@comcast.net
office@middlehamandstpeters.org**



**TUNE IN TO THE LIVE STREAMING HOLY EUCHARIST SERVICE ON SUNDAY MORNINGS
@ 8:30 AM ON OUR FACEBOOK PAGE.**

[Middleham and St. Peter's FaceBook Page](#)

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

[Middleham and St. Peter's YouTube Channel](#)

<https://www.youtube.com/channel/UCkgSo1YCBue01RuEWhH974g/>



**MORNING PRAYER, FRIDAYS 7am
Middleham and St. Peter's is Collaborating with
Ascension and St. George's**

Start your day, once each week, with Morning Prayer. Friday morning at 7am -
- you're welcome to a brief service of scripture and prayer. On Zoom.

Join Zoom Meeting

<https://us02web.zoom.us/j/86096832378?pwd=VHFIRzNDL2NoWFZYa01lSFFTOURzdz09>

Meeting ID: 860 9683 2378

Passcode: 261730

Dial (301) 715-8592

Meeting ID: 860 9683 2378

Passcode: 261730



NIGHT PRAYER, WEDNESDAYS 7pm
Middleham and St. Peter's is Collaborating with
Ascension and St. George's

Close your day, once each week, with the gift of prayer and Christian community. Night Prayer, also called Compline is on Zoom every Wednesday at 7pm. All are welcome.

Join Zoom Meeting

<https://us02web.zoom.us/j/89741227154?pwd=NWZFRWViMGRiTFlUUK1udFBHMEVudz09>

Meeting ID: 897 4122 7154

Passcode: 539618

Dial (301) 715-8592

Meeting ID: 897 4122 7154

Passcode: 539618



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/>



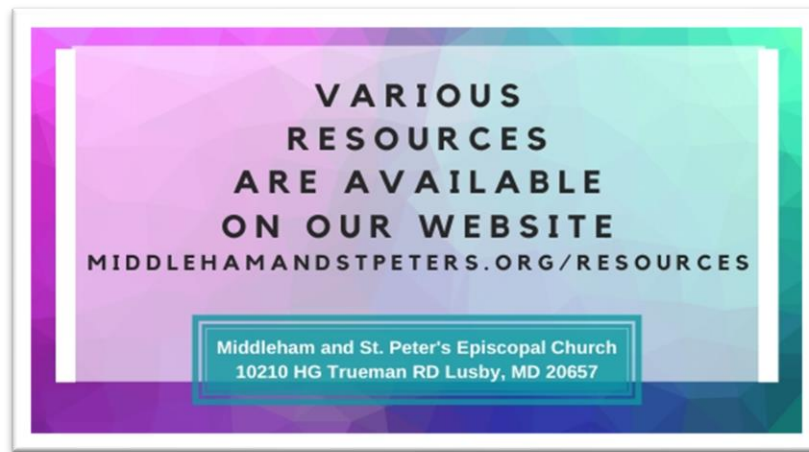
Please remember during this time when Sunday worship at our locations is not possible for you, that you can mail in your weekly pledge if convenient.

**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](#)



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

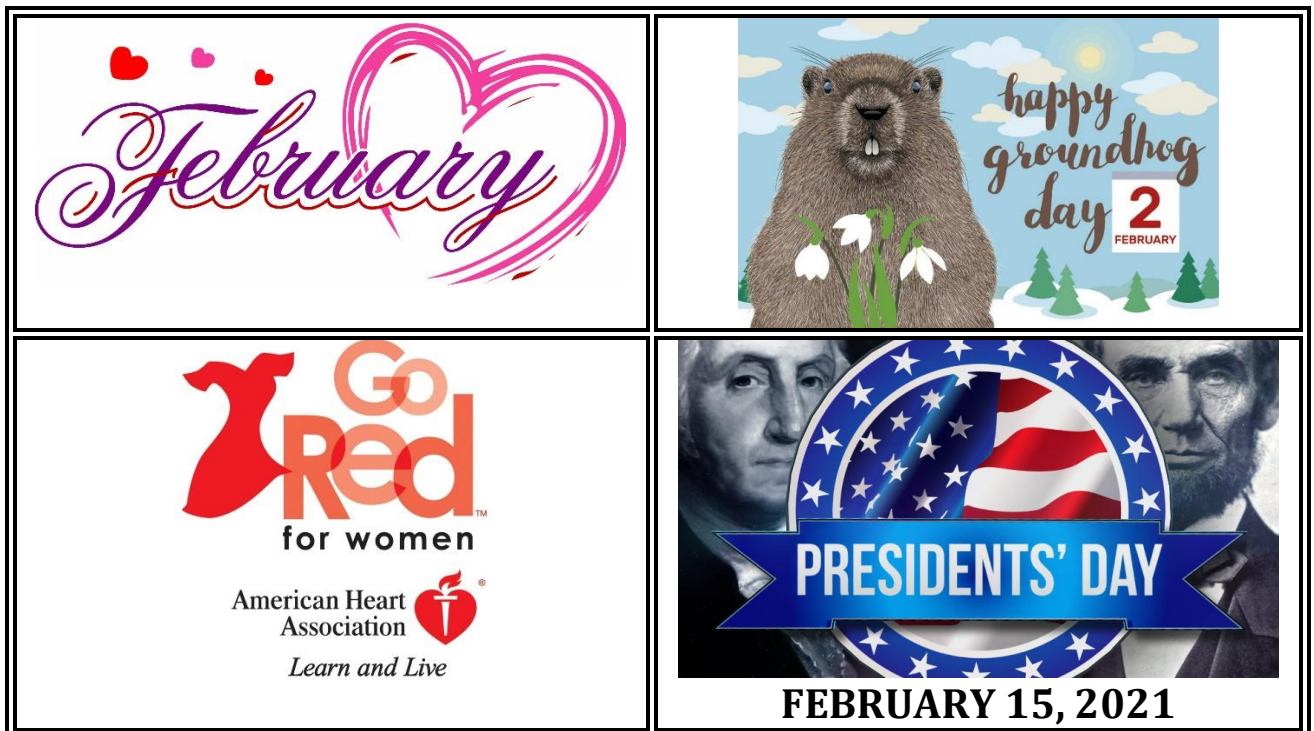


MARCH CONNECTOR ARTICLE SUBMISSION **DEADLINE** IS

MONDAY FEBRUARY 15TH

Thanks so much, Karen Timmons, Communications

communications@middlehamandstpeters.org





FEBRUARY BIRTHDAYS

Bryan Carpenter	02/01
Cheri Campbell	02/02
Michael Stanton	02/06
Rick Greenlee	02/07
Elizabeth Broadus	02/10
John Wagner	02/12
Janet Werner	02/12
Justin Forrest	02/13
Betty Miller	02/13
Ryan Jedrey	02/14
Joshua Patten	02/15
Mark Converse	02/17
Grace Korn	02/18
Melissa Chapman Lopez	02/19
Charles Bennett	02/21
Katie Briggs	02/22
Caitlin Whelan	02/22
Cole Walker	02/23
Stuart Simmons Jr	02/26
Elizabeth Miller	02/28

FEBRUARY ANNIVERSARIES

Jim & Karen Wilson	02/24
Christopher & Colleen Davies	02/29

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!