

The CONNECTOR

Jim Yoe
Jr. Warden

Karen Timmons
Editor



The Rev. Dr. Linda Kapurch, Interim Rector
The Rev. Skip Steiner, Adjunct Clergy
Beth Lanier, Minister of Music

JUNE 2020

Gratitude

What is gratitude exactly? The definition of gratitude is a feeling of being thankful and appreciative. Sometimes it involves others, but mostly it should be a personal realization that you should wholeheartedly treasure and tend to what matters to you. Be present, have perspective, acknowledge your surroundings, just feel and appreciate your life's blessings. When do you experience gratitude? Usually the focus on gratitude comes around Thanksgiving and maybe even carries over into "the holidays." Well, the holidays are a long way off and it may be more difficult these days to find things to be grateful for as every one of us is experiencing uncertainty and fear. How can you feel grateful when you are sad or when it seems as though your world is falling apart around you? Maybe this is exactly the time you need to look around and see what you can be grateful for.

Gratitude can be spontaneous, deliberate or practiced. Spontaneous gratitude can be expressed on the spur of the moment as you find something or anything to be thankful for or appreciate instantly as it happens. A sight, smell or gesture can elicit a joyful response of gratitude from you. Deliberate or practiced gratitude requires more effort from you. The rewards are great, not only for you, but can be for others too. Grateful people show higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of stress and depression. Expressing gratitude can change the way you see yourself and the world around you.

So, this gratitude business. On a daily basis all of us are facing some challenges that really push the envelope on trying to find something to show gratitude for. We're in a crisis for heaven sake. I came across an explanation of the meaning of the word "crisis" in the Chinese language, which requires two symbols. It is interesting that separately the stand-alone meaning of one symbol means "danger" and the other means "opportunity."

Gratitude is also two-fold. It is both receiving and giving. It needs to be present during life's ups and downs and it requires effort, choice, and strength. Most of all it requires a commitment to practice and it needs to be nurtured. Being grateful is easy when life is good. When trouble, sorrow, loss, stress and despair are present, being grateful takes so much more effort. Thich Nhat Hanh writes in *The Heart of Buddha's Teaching*, "When you are suffering, look deeply at your situation and find the conditions for happiness that are already there, already available." When life is going well and you have an abundance of what you need to satisfy you physically and emotionally, showing and sharing gratitude is right and a good and joyful thing. (Sound familiar?) When you have suffering and hardship in your life and conditions are bad all over, being grateful or showing gratitude in any way, shape or form is really hard to come by. Most definitely still right, good and joyful!

You can't scrunch up your face, hold your breath, stomp your feet and make gratitude happen. You might want to get that temper tantrum waiting to happen out of your system before you try a better way to let gratitude into your life.

The idea is to find a way to allow gratefulness to become part of your daily life using the good and the bad you experience. Find a way to pause and reflect on your blessings and focus on what's truly valuable in this life. In your life.

Being grateful under any circumstances should be considered a gift that helps you heal, grow, be more compassionate, forgiving and empathetic. It allows you to love yourself and others. Gratitude is not dependent on what you have or don't have. It depends on how willing you are to opening your heart and soul and mind to what life has offered you and what is still to come. How often have you been told that learning from your mistakes are better lessons learned? How often have you been told that experiencing hardship, difficulties, suffering, loss and downright awfulness makes you stronger, more adaptable, and more resilient? How often have you been told to be thankful for your good fortune, good luck, good health, or just plain good everything? How often, when you find yourself in times of trouble, is being grateful the light out of the darkness? Gratitude should find it's way into everything that happens in your life. Everything you encounter as you live your life to the fullest should be on your list of "what I am grateful for." So, what are you grateful for? The list should be really, really, really long...

Blessings,

Joan Shisler

Senior Warden

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."

Ralph Waldo Emerson

Natus: Born...Ingressus: Entered (the Jesuits)...Obit: Died

Regardless of how famous (or not) a Jesuit-man may have become in his lifetime, when he dies, on his tombstone are hewn—without exception, and without deference to rank or status—these three simple words (followed by their dates): *Natus...Ingressus...Obit*. In my travels throughout the rich world of Christian spiritualities, when I arrived some years ago at Ignatian Spirituality (you know that one: the God-in-All-Things one) it wasn't very long before I encountered a rather famous Jesuit:

Pere Pierre Teilhard de Chardin, S.J. (1881 – Easter Day, 10 April, 1955) These are his 'Natus' and 'Obit' dates; you'll need to GOOGLE for his "Ingressus" date—and for an image of his simple tombstone—where you will also see for yourself what I am describing here. For those of you who are fascinated by places of Eternal Rest, Teilhard de Chardin rests today, surrounded by his fellow Jesuits—their tombstones all alike in death, in the remains of the Jesuit Cemetery in Poughkeepsie N.Y. (today on the grounds of the Culinary Institute of America.)

So, why am I telling you all this?

The answer lies in this poem of Teilhard's—which I share with you for just such a time as this: "Patient Trust." You see, Teilhard was much maligned during his lifetime. He was many things to many people: philosopher, priest, scientist, mystic. And he suffered greatly in the waiting: for acceptance of his brilliant scientific work...for acknowledgement by his church authorities...for his own inner peace. When he speaks, so gently and reverently, of "trust(ing) the slow work of God," he knows whereof he speaks. And I think today, when we are so in need of a gentle, reassuring word, from a man of deep faith—Teilhard de Chardin is that person to speak to us.

Patient Trust

Above all, trust in the slow work of God.

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress

That it is made by passing through some stages of instability—

And that it may take a very long time.

And so I think it is with you;

Your ideas mature gradually—let them grow,

Let them shape themselves, without undue haste.

Don't try to force them on,

As though you could be today what time

(that is to say, grace and circumstance acting on your own good will)

Will make of you tomorrow.

Only God could say what this new spirit

Gradually forming in you will be.

Give Our Lord the benefit of believing

That His hand is leading you,

And accept the anxiety of feeling yourself

In suspense and incomplete. (excerpted from Hearts on Fire)

I hope that, in the example of the waiting Teilhard de Chardin experienced in his own vocation (the 'Ingressus'-part) we may recognize our own selves: 'in suspense and incomplete.'

Faithfully

Grace and All Good,

Pastor LindaK+



In Case You Missed It

In Case You Missed It - Live-Streamed on Facebook on Sunday May 24 and later uploaded to YouTube, here are my comments as I introduced the 8:30 am Eucharist Service from Smith Hall

Good Morning Everyone. It's been awhile since we have seen each other and I'm so glad to be able to welcome you to this Sunday morning service. I am Joan Shisler, the Senior Warden at Middleham and St. Peter's. I wanted to let you know how grateful I am to be able to have this opportunity for us to worship together even though it is only virtually at this time.

We are not re-open for in person services yet. Our online worship services will continue even when we are able to re-gather sometime in the future. I would like to thank Father Skip, our Music Minister, Beth Lanier, the technical team led by Jim Yoe and the lay chalcists assisting with the services for helping us meet your worship needs under these unusual circumstances.

We are working on a well-thought out plan for reopening, taking into consideration input from Governor Hogan, Bishop Sutton and the Calvert County Health Department. We want everyone to be safe and comfortable when the time comes to gather together. While the Governor has lifted the stay at home order with restrictions, it is still safer at home. Use your good judgment when you venture out especially on this Memorial Day Weekend and enjoy yourselves maintaining social distancing and wearing masks as appropriate. Bishop Sutton is in conversation with the Bishops of Diocese of Washington and the Diocese of Virginia and they are working together on a procedure for re-opening. In the meantime, online is the place to be. (These plans can be found on our Website – middlehamandstpeters.org under Resources).

For a while now we have been collaborating with Rev. Greg Syler, rector at Ascension, Lexington Park and St. George's, Valley Lee for online worship.

We very much appreciate this opportunity for shared ministry. The morning prayer zoom at 10:00 am is going strong. In the coming weeks we will be expanding on that collaboration at our 8:30 am Sunday Eucharist service when Pastor Linda and Rev. Syler join together to hold the live-stream service either from Smith Hall or Church of the Ascension. Father Skip will continue to celebrate occasionally as well. This service is currently live on Facebook and will be uploaded to YouTube immediately following its conclusion. Information and links for this service as well as the other online services can be found on our Facebook page, our Website, middlehandstpeters.org and our Weekly Messenger, sent out every Friday. If you have any questions or concerns don't hesitate to let me know.

Also, our Search Committee has definitely not been idle during the last few months and they are, in fact, making great strides in our Rector search. That's all I can tell you at this point. More information on that will be coming soon.

I hope you are all staying safe and healthy. Again, I'm so glad you could join us this morning. Please enjoy the service beginning now.

Reminder - We **are not re-open for in person services at this time**. Please consider linking in online for the Eucharist service at 8:30 am on Sunday mornings live-streamed on Facebook and then uploaded to the Middleham and St. Peter's YouTube Channel. You are also invited to join in online for our other worship opportunities listed in this Connector as well.

Be Patient. Be Kind. Be Well.

Joan Shisler

Senior Warden

May 31, 2020 Update

Dear Fellow Parishioners,

News from Governor Hogan

Completion of Stage One of Recovery - Anticipating beginning of Stage Two

<https://governor.maryland.gov/2020/05/27/governor-hogan-announces-resumption-of-outdoor-dining-additional-activities-to-complete-stage-one-of-recovery/>

Maryland Strong Roadmap to Recovery

<https://governor.maryland.gov/wp-content/uploads/2020/05/Stage-Two-Slides-min.pdf>

News from Bishop Sutton

Moving into Orange Phase after May 31st

Color Coded Diocesan Guidelines for Regathering

[CLICK FOR THE PDF LOCATED IN RESOURCES ON MSP WEBSITE](#)

Pastor Linda is participating in the weekly webinars with Bishop Sutton and Clergy every Wednesday, which will continue as he reassesses his main points.

***There is an offering on Sunday Mornings, Middleham and St. Peter's Parish**

Streaming Online Eucharist Service at 8:30 AM. JOIN US ON FACEBOOK. If you miss it you will be able to view later on our YouTube channel.

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

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

*There is an offering on **Sunday Mornings, Donut Church**, a brief interactive, virtual Children's Chapel at 9 am Sundays hosted by Rev. Greg Syler. Log-on or call in to our ZOOM online Donut Church by or before 9 am Sunday morning.

<https://zoom.us/j/242641749> (Meeting ID: 242 641 749)

or call 301-715-8592 (Meeting ID 242 641 749).

*There is an offering on **Sunday Mornings Prayer Online** worship opportunity hosted by Rev. Greg Syler, Pastor Linda Kapurch and Laura Carpenter Log-on or call in to our ZOOM online Morning Prayer by or before 10 am Sunday morning.

<https://zoom.us/j/814070929> (Meeting ID: 814 070 929)

or call 301-715-8592 (Meeting ID 814 070 929).

***Bishop Sutton** is asking that all throughout the diocese pray with him each Sunday, at 11 am as Holy Eucharist will be **LIVE-STREAMED from the** Cathedral of the Incarnation.

[LIVE-STREAMED from the Cathedral of the Incarnation](#)

*Join the Maryland Diocese every **Tuesday** for **NOON DAY PRAYER**.

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

*Coffee Hour hosted by Anne Hayes on Wednesday's at 3:00 PM.

Join Zoom Meeting

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

Meeting ID: 377 071 5758

*There is a **Prayer at Sunset**, a **Night Prayer Compline**, on **Wednesdays** at **7:30 pm** hosted by Rev. Greg Syler.

Log-on or call in to our ZOOM online Prayer at Sunset by or before 7:30 pm Wednesday evening.

<https://zoom.us/j/318167939> (Meeting ID: 318 167 939)

or call 301-715-8592 (Meeting ID 318 167 939).



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



We hope all are staying safe and well. In the words of
Psalm 46 - We are all being held in a much greater love. God is our refuge and strength, a very present help
in trouble...

If you are able to please consider mailing in your pledge (P.O. Box 277 Lusby, MD 20657) or using our online giving option with Vanco through a link on our website.

<http://www.middlehamandstpeters.org/giving/givingonline/>

The diocese also has an option where folks could continue paying their pledges through the diocese and the diocese in turn would inform the churches of monies received.

<https://episcopalmaryland.org/my-offering/>

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

Rev. Dr. Linda M. Kapurch

Interim Rector

msppastorlinda@middlehamandstpeters.org

Jim Yoe

Junior Warden

443-975-6797

jmyoe@comcast.net

Anne Gross

410-610-2706

grossanne@comcast.net

office@middlehamandstpeters.org





Please remember during this time when Sunday worship at our locations is not possible, 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](#)



Caring Network

"Call on me when you need a friend. We all need somebody to lean on."

These words from the song *Lean on Me*, have new meaning for all of us. The revived MSP Caring Network (CN) callers (25 of them) took these words to heart and for over past two months have made weekly calls to check in on MSP parishioners. The results have been marvelous:

- 1) Every parishioner, for whom we have contact information, is regularly contacted by a Caring Network Caller for a friendly "We Care about You Chat".
- 2) Parishioners who did not previously know each other are becoming friends. Many are praying together.
- 3) Contact information on all parishioners is verified and updated -looking forward to a new parish directory.
- 4) Parishioners who were not receiving email information, such as the *MSP Weekly* and the *Connector*, because of missing or incorrect email addresses should be receiving them soon.
- 5) A new Prayer List is published in the *MSP Weekly* for anyone who desires to be on the list or would like prayers offered for a friend or loved one.
- 6) Caring Network Callers have advised their people on the various opportunities for online worship, not only for Holy Week and Sundays, but throughout the week.

- 7) They have helped parishioners to access Zoom. The Network has referred parishioners to Jim Yoe, who has helped several parishioners to access Zoom. The CN callers have also helped parishioners to fix other computer and email access problems. This has allowed parishioners to feel more connected with their church, worship together and meet together for parish events such as Coffee and Conversation with our Asbury folks or the Wednesday Zoom Coffee Hours.
- 8) The clergy leadership and the CN callers have helped numerous parishioners with needs from food and shelter, masks, medical, and pastoral counselling or to connect with agencies who can assist them.

For as long as we are in quarantine and practicing social distancing the Caring Network will continue to stay in touch with parishioners. The Caring Network is practicing what Bishop Sutton asked us to do in his March sermon to: Stay Calm. Stay Churchd, Stay Connected.

***Stay Calm, Stay Connected, Stay Churchd,
Diane Davies For the MSP Caring Network***

Caring Network

**Tell us if you or the person's name you submitted should remain on the Prayer List.
If we do not hear from you, the name will be removed.
If you need to submit or resubmit a name,
please contact Diane Davies daviesd@comcast.net.**



Middleham and St. Peter's Episcopal Parish

Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



PRAYER LIST

Doctors, Nurses, EMT'S, Those Hurting And Suffering
And Researchers

Lisa Greenlee
Curtis Moore
Mary Beth Dent
Jayci Dale
Richard Dale
The Spencer Family
Helen and Lawrence She
Dan and Mary Heflebower
Tom Moorman
Dr. Joseph Kapurch
Dr. Caitlin Kapurch
Nick Lemaster
Julie Kapurch
Wenda Yenson
June Bessette
Rita Kapurch
Peggy Hovermale
Penny File
Dana King
Martha Matthewson
Jonathan Seymour
Jenny Magee
Tom Bennett
Pam Bennett
Julia Ann Majsztrik
Dr. Lawrence Chairamonte
Jeremy Nazimek
Buddy Haas
Norma Wiberg
James Hall
Jim Yoe
Rose Long
Susie Wheely

Andrea Glasgow
Danny Miller
Dr. Elizabeth Rickerson
Sarabeth Smith
John and Abigail Wagner
Sarah and Antonio Gaustafierro
Hannah Schul
David Schul
Sue and Dick Hu
Jim Stevenson
Virginia Krivos
Amish Shah
Craig Garland
Joy Walters
Dave Smith
Nikki McAllister
Barbara Fetterhoff
Flo Pamillo
Mary Moore
Marj Costanzo
Ginger
Mary Ellen Elwell
Abby Renchan
Maddie Olson
Theresa Eble
Bob Elperman
Phyllis Duff
Trey Mancini
Kotterwas Family
Bob Tovar
Joan Agar
Donna Clark
Sue Ellen
Ron Gates

Jim Horton
Hannah Spencer
Ronald Moore
Bob Wilson
Rosie Carter
Eddie Jones
Gary
Greeta Holden
Richard Hayes
Elliott James
Lori Garcia
Dorothy Lada
Jessica Lewis
Jean Cooper
Meaghan Augulario
Kerry White
Virginia Binger
Abby Renchan
Maryellen Kalivoda
Becky Smith
Llaria Grace
Susan Monjauze
John Bell
Sue Berry
Eddie Jones
Wendy Clowser
Cathy Prusia
Tom and Lil Lauterbach
Joyce Barony
Adrah Payne
Morris Dent
Judy Windham
Janet Peterson

DECEASED

Mack Spencer
Richard Baer

Jered Whealton
Kevin Long

Teresa Dubois
Marilyn Ruark

Middleham and St. Peter's Episcopal Parish



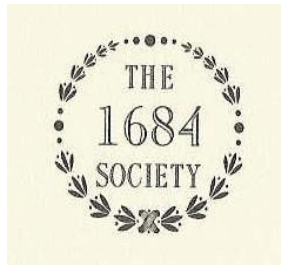
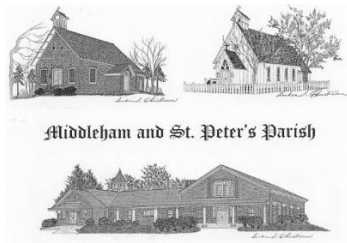
Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



PRAYER LIST FOR FRIENDS AND FAMILY IN THE MILITARY

**Chris Parkinson
Joshua Kellerward
James Butler
Michael Taxiera
Matthew Blackwelder
Ryan Dement
Lisa Tomlinson
Brandon Marshall
RJ Brinegar
Jared Goff
Trey Fisher
Joseph Entzian
Isiah Jefferson
David Schul
Austin Cole
Thomas Parks
Wendy L. Love
David Thomas**

**Bruce Ussery
Adam Smith
Calvin Davies
Jaret Dement
David Tonacci
David Townsend
Renaldo Ramirez
Michael Ursic
Miles Manchester
TJ Dillon
Mason Garland
Andrew Terhark
Karl Townsend
Travis Park
Austin Libby
Garrett Libby
Alex Simmons**



News from the Planned Giving and Endowment Committee May 2020

Endowment Grants

The committee is pleased to announce the awarding of a \$600 endowment grant for the continued financial support for the meals that parishioners prepare and take to Echo House each month. Thanks to Carolyn Steiner who submitted the grant application and to all of the parishioners who continue to support this outstanding ministry to aid feeding the homeless.

The “Personal Growth Fund”

This fund continues to be available to provide support for the participation and/or enrollment needs of parish members and/or their children as well as members of an organization directly connected to the parish – namely Boy Scout Troop 1684.

Awards from the fund may support such activities as (but not be limited to) church-related conference costs, summer camp attendance, scouting activities and events, tuition or supplies for skilled trades training, and support for higher education expenses. Awards will be made on the basis of need and the suitability of the activity. The objective is to enable individuals to participate in self-improvement or life-experience activities that they would not otherwise be able to, due to expense.

Interested applicants should complete the attached application and submit it to the committee as indicated. Total funds available during 2020 are limited to \$1500. Individual awards may be no more than \$500.

Personal Growth Fund Application:

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, Scouting, 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...."

If you need more information or not sure if what you need support for, qualifies, please contact Hugh Davies at 410-326-0370 or daviesh@comcast.net

Applications are available on the website.

<http://www.middlehamandstpeters.org/giving/planned-giving-and-endowment/>



2020 GRADUATES

MIDDLEHAM & ST. PETER'S PARISH

CONGRATULATIONS

HIGH SCHOOL

AMY BROOKSHIRE, GRADUATED FROM QUEEN ANNE'S COUNTY HIGH SCHOOL. SHE WILL ATTEND HOLLINS UNIVERSITY AND THEIR EQUESTRIAN PROGRAM. (GRACE KORN'S GREAT NIECE.)

EMILY CARPENTER, GRADUATED FROM LEONARDTOWN HIGH SCHOOL. SHE WILL ATTEND YORK COLLEGE OF PENNSYLVANIA. (BRYAN AND CARPENTER'S DAUGHTER, JIM & DALE YOE'S GRANDDAUGHTER.)

COLE DAVIES, GRADUATED FROM GEORGE MASON HIGH SCHOOL IN FALLS CHURCH, VA. HE WILL ATTEND JAMES MADISON UNIVERSITY IN THE FALL. (HUGH AND DIANE DAVIES' GRANDSON.)

MACKENZIE DUVALL, GRADUATED FROM PATUXENT HIGH SCHOOL, (GRACE KORN'S GREAT NIECE.)

PATRICK RICHARD GILLIXSON, GRADUATED FROM CALIFORNIA HIGH SCHOOL. HE WILL ATTEND BOISE STATE UNIVERSITY. (GRANDSON OF CAROL BERGESON-WILLIS.)

ZOE HEMMING, GRADUATED FROM EASTERN TECHNICAL HIGH SCHOOL. (RELATIVE OF LISA GREENLEE)

EVAN LEAF, GRADUATED FROM FOUR RIVERS CHARTER SCHOOL. HE WILL ATTEND THE UNIVERSITY OF VERMONT IN THE FALL. (SKIP AND CAROLYN STEINER'S GRANDSON.)

ELIZA MEDEARIA, GRADUATED FROM T. C. WILLIAMS HIGH SCHOOL IN ALEXANDRIA, VA. SHE WILL ATTEND OBERLIN COLLEGE IN THE FALL. (ANN HOUP'T'S GRANDDAUGHTER.)

COLLEGE

CONNOR BAILEY, GRADUATED FROM THE UNIVERSITY OF CALIFORNIA, DAVIS. (PHYLLIS BAILEY'S GRANDSON.)

KATIE BRIGGS, GRADUATED FROM THE COLLEGE OF SOUTHERN MARYLAND AND WILL ATTEND THE UNIVERSITY OF SOUTH CAROLINA IN THE FALL TO EARN A BACHELORS' DEGREE IN HOSPITALITY MANAGEMENT. (TOM & WENDY BRIGGS' DAUGHTER.)

JUSTIN FORREST, GRADUATED FROM THE SUNY MARITIME ACADEMY. (LISA AND QUENTIN FORREST'S SON.) PLANS TO ENTER THE MERCHANT MARINES.

ANDREW KALINOSKI, GRADUATED FROM ST. MARY'S COLLEGE OF MARYLAND. (JOHN AND JACKIE KALINOSKI'S SON.)

HANNAH SCHULL, GRADUATED FROM THE CORNISH COLLEGE OF ARTS IN SEATTLE WASHINGTON (BFA CUM LAUDE). (BETH LANIER'S DAUGHTER.)

EDUCATION FOR MINISTRY

**JEREMY NAZIMEK
SALLY RAY**





**TOM O'BRIEN
YOUNGER ELEMENTARY GROUP**

**JESS KURY
UPPER ELEMENTARY GROUP**

**KAILEIGH HAYES
SUBSTITUTE FOR ELEMENTARY GROUPS**

**ANNE HAYES
MIDDLE AND HIGH SCHOOL**

**FRANZ KURY
MIDDLE AND HIGH SCHOOL**

**TOM BRIGGS
YOUTH GROUP**

**ANNE HAYES
YOUTH GROUP**

**FRANZ KURY
YOUTH GROUP**





Coffee and Conversation at Asbury

Come Join Us! By Zoom on Friday JUNE 19 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

PARISH HEALTH



Deaconess
FAITH COMMUNITY NURSE
Ministries

Think fast!

In the United States, Stroke is the fifth leading cause of death and the major cause of disability for adults. Approximately 795,000 people will have a stroke yearly. We need to

understand that a stroke is preventable.

Strokes are sometimes called a brain attack. Strokes occur when something blocks blood flow to parts of the brain or when a blood vessel bursts.

The brain controls movement, stores memories, and is necessary for thoughts, emotions.

Our brain also regulates temperature, breathing, and digestion.

There are two types of strokes, ischemic and hemorrhagic. Ischemic strokes involve either a blood clot or other particle that block blood vessels to the brain. A hemorrhagic stroke involves a blood vessel bursting in the brain.

Brain damage is caused by both types of strokes.

First understanding the risk factors can help to reduce the possibility of having a stroke.

According to the CDC, up to 80% of strokes can be prevented by making healthy life style changes and partnering with your health care team to control health conditions that raise your risk of having a stroke.

By following a healthy diet, maintaining a healthy weight, increasing physical activity, smoking cessation, and limiting alcohol consumption all play roll in decreasing your risk of a stroke.

Controlling medical conditions can also help to prevent a stroke. Know your cholesterol level. Control your blood pressure. Control your diabetes. If you have heart disease your doctor may recommend treatments and or surgery. Take your medications as directed by your health care provider. If you are having difficulty paying for your medications talk with your health care provider and they may be able to recommend a different medication.

Your health care team will be important in helping you to reduce the risk of stroke and can help to initiate a plan for you to follow.

In the event of a stroke time is critical.

Learn and share the F.A.S.T. warning signs.

F=Face drooping

A=Arm weakness

S=Speech difficulty

T=Time

Learn to think and act FAST in the event of a stroke. Understanding the warning signs of a stroke may be critical in recovery and disability. For more information you can contact the American Heart Association.

Stroke.org or 1-800-AHA-USA-1

Debbie Cole, BSN, RN

ADVICE AS MARYLAND

CONTINUES TO OPEN UP OUTSIDE AREAS FOR ACTIVITIES

First- remember to keep well hydrated- getting dehydrated can lead to all kinds of health problems, including heat stroke and death. Make sure you drink plenty of water and stay as cool as possible.

Watch for ticks-which are really prevalent this year.

1. **Lyme disease-** From the National Capital Lyme Disease Prevention <https://natcaplyme.org/> is the key
 - a. Avoid wooded and bushy areas with high grass and leaf litter; Walk in the center of trails.
 - b. **Repel** Ticks with DEET or Permethrin
 - c. Find and Remove Ticks from Your Body- remember DO NOT USE NAIL POLISH, PETROLEUM JELLY, ALCOHOL OR HEAT TO REMOVE THE TICK. DO NOT TWIST, JERK OR SQUEEZE THE BODY OF THE TICK; GRASP THE TICK CLOSE TO THE SKIN SURFACE AND PULL STRAIGHT UP AND OUT.
 - d. Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
 - e. Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
 - f. Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
 - g. Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)
2. **Use sunscreen- Avoid getting too much sun-** the sun's ultraviolet rays can damage your skin in as little as 15 minutes. Try to follow simple rules:
 - a. Seek shade- under trees, umbrella, or any kind of shelter.
 - b. Wear clothing with UV protection and don't forget a hat!
 - c. Sunglasses will protect those sensitive eyes
 - d. **SUNSCREEN!** a must!!!!

Enjoy but be safe this summer!

by Dale Yoe, Parish Nurse (Updated from Connector June 2019 and reprinted))

Haiti Update

Our Haiti School Nurse Team continues to work with our partners at FSIL in Leogane to improve health services for the children at the three schools. Just as schools here in the Maryland are closed to prevent the spread of Covid 19, schools are also closed across Haiti. Nonetheless, the school nurses are working to prepare for the reopening of schools in September. We received the report from the project in April for the months of January through March when they were open. Here is some information from the report:

- Instruction on the Coronavirus – the nurses provided instruction both to students and faculty on the coronavirus at all three schools.
- Other education – the nurses also provided education on hygiene and menstruation.
- Immediate health care - was provided to 169 students, including headache 32, abdominal pain 28, dysmenorrhea 14, fever 17, and injury 35.
- Our program focuses on elementary students at the schools, of which there are 1609. Total student population at the schools exceeds 2,000.

The nurses are gathering information on student vaccination records in anticipation of providing all students with vaccinations in the coming school year. They are also working on expanding educational offerings. We sent a set of books from Hesperian publishers in French or Kreyol to assist with this. To assist with testing on hearing, Dale Yoe secured from Freedom Hearing here in Solomons a much-improved headset to assist with this. Carolyn Steiner is working to obtain health curricula from the St. Mary's Schools to assist the nurses.

Your support in the past is helping to keep this program going. Please continue to do so. Contributions should be sent to the church address – Middleham and St. Peter's, PO Box 277, Lusby, MD 20657.



OUTREACH



A thank you goes out to the Briggs family for preparing the meal for Echo House on April 27th. Echo House had 24 guests at that time. The director told Tom that they are having an extremely hard time financially, especially because they had to cancel their soup bowl dinner which is their primary fund raiser. Please keep Echo House and the residents in your prayers.

Carolyn Steiner, Outreach Coordinator

Food Distribution Delivery Tuesday May 19th

The following are stats from Tuesday May 19th Food Drop which was delivered to recipients homes.

9,400 lbs. of food was distributed to 143 families made up of 628 individuals.

Big thanks sent out to volunteers from MSP, SouthPoint Church, SMILE, United Way, Boy Scouts and Others and especially Maryland Food Bank through which all items distributed are sourced.

Please consider volunteering for future Food Drop events.

Mark Pesola - mark_pesola@hotmail.com



Current flowers in bloom in Grace's Garden, at Middleham Campus Grounds.



Volunteers bagging canned goods for distribution. A number of the Boy Scouts of Troop 451 from Saint Paul's United Methodist Church in Lusby, their leaders, and parents helped with that. Volunteers bagging zucchini for distribution.



Canned goods awaiting pick up for home deliveries done by volunteers. The second picture shows the boxes containing fruits and vegetables that were distributed as well.

Volunteer drivers lining up their vehicles to go through the three pick up points in the garden parking lot. They then delivered the food to recipients at their homes.

Thank you Dr. Bennett for the pictures and narratives of this much needed ministry.



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.

Please contact Mark Pesola at mark_pesola@hotmail.com



Due to the COVID 19 Pandemic shuttering schools through the end of the year, the Heart FELT backpack program is on hiatus until Fall.

The county has stepped up food distribution at designated sites through the end of school. Summer plans are in work but still in limbo. If there is a need for summer support or involvement, I will let you know. 2020 Fall plans will be tentative based on school reentry plans.

I may ask for some assistance to check expiration dates for the food on our shelves and donate as appropriate, so it does not go to waste as we await our chance to serve again. Does anyone know if SMILE is currently accepting food donations?

Thanks for all your efforts, donations, and prayers.

Elizabeth Broadus, MSP Coordinator for HEARTFELT

Middleham and St. Peter's Parish Profile February 2020



Middleham and St. Peter's Profile 2020 Link

<http://www.middlehamandstpeters.org/about-us/profile/>



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



If you would be interested in donating old computers with cameras and microphones, contact Jim Yoe so they can be distributed to other parishioners for zoom services.

Jim Yoe

Junior Warden

443-975-6797

jmyoe@comcast.net



"The Deadline For Submissions"

JULY CONNECTOR EDITION IS

MONDAY JUNE 15TH

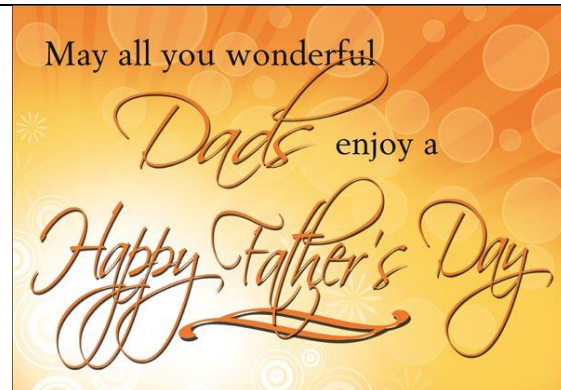
Thanks so much, Karen Timmons, Communications

June

HAS ARRIVED



SUNDAY JUNE 14TH



SUNDAY JUNE 21ST



JUNE 21ST



JUNE BIRTHDAYS

Stuart Simmons	06/09
Mark Pesola	06/10
Jackie Vos	06/13
Claude Martin	06/15
Martha Horton	06/18
Sarah Akes-Cardwell	06/18
Jim Wilson	06/23
Mary Heflebower	06/24
Deborah Cole	06/25
Sharon Cargo	06/28
Barbara Barrett	06/29
Addison Clift	06/60

JUNE ANNIVERSARIES

Ryan & Kristina Jedrey	06/01
Dan & Anne Gross	06/05
John & Karen Pardoe	06/11
George & Norma Lee & Buckler	06/12
Franz & Jess Kury	06/12
Robb & Jennifer Hupp	06/13
David & Brenda Hollweger	06/15
David Showers & Bruce Calvin	06/15
Richard & Jayci Dale	06/16
Brian & Kathryn King	06/18
Jim & Anita Shepherd	06/22
Russ & Martha Horton	06/30

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!