

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

JANUARY 2021

HAPPINESS

Let's start 2021 out on a positive note. A happy note. We need it! What is happiness? It seems simple enough, easily definable and hence easy to have it. But then again, happiness is both broad and vague and so subjective and it is absolutely different for everyone. Thinking about happiness also brings up so many questions. We have all felt it at one time or another, right? So, what is it? When do we have it? Can we get it on demand or does it just come to us? Happiness is not just a one-time thing. Sometimes it is momentary, sometimes it lasts a little longer and sometimes it lasts a really long time. It may not always be evident, but it is always peeking around, under the surface ready to make itself known when the time is right. How do we know if we have it, especially if it's different for everyone? I guess we might have to try to define it and then figure out if we have it or if we don't, how we can get it, because we need it!

Happiness is the result of a positive emotion. Something we do or experience triggers emotions and due to the insanely difficult year 2020 was, the “happiness emotion” in all of us is way down deep under layers and layers of other emotions that surfaced so many more times than those that cause happiness.

Positive psychologist researcher Sonja Lyubomirsky describes happiness as “the experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.” Excitement, pride, delight, gratitude, passion, forgiveness, faith, and love are also important to our life’s happiness and factor into how happy we can be.

Ok. So what does that mean for you? Happiness, after all, is personal. Each of us has the capability to be happy, so on a scale of one to ten, where are you? More questions... What brings you joy? Are you content? What’s your positive well-being? Are you an optimist? Are you hopeful? Do you take care of yourself and are you mindful of your health and lifestyle? That’s important in being happy. Or are you a pessimist who expects the worst, selling yourself short and taking all negative things that happen to you, even those totally beyond your control, to heart and finding it difficult to let go of them? It appears that we do have some control over our happiness. To be happy or not to be happy. That is the real question.

When was the last time you thought you were happy or actually were happy? When was the last time you laughed? Not just a chuckle or a smirk, but a real belly laugh? When did you get excited about something or delight in something? What did you do to make you feel good? When did your passion for something show itself? What did that mean for you? How long did it last? Was it brought on by one thing or by a series of events? You need to pay attention to the moments, the things, the people, and the thoughts that make you happy. Seek them out and hang on to them. As a test, try answering these questions for yourself:

“I would be happy when _____.”

“I would be happy if _____.”

“_____ makes me happy.”

“Happiness is _____.”

Happiness is something we all want in our lives. We actually need it in our lives. Think, then, if the filled in blanks will truly bring happiness. Are they sustainable or momentary? Will they really make you happy? For over 70 years, Charles Schulz's characters have encouraged us to pay attention to the many ways that happiness can express itself. Set a goal to accomplish them and the way is clear.

So how do we get it? Some people look to the Scandinavian countries, which seem to have cornered the market on happiness. According to the UN's 2020 World Happiness Report, Finland is ranked # 1 once again. This is based primarily on the work – life – culture elements of the country and the country's overall ability to meet everyone's conceivable need and care for their people. I'm sure many of you have heard of "hygge," (pronounced hoo-ga) the Danish term originating from a Norwegian word meaning "well-being," or hugga, which loosely means "to comfort," and is related to the English word "hug," I'm sure we can all use a great big hug right about now. Hygge is more of a feeling of comfort rather than happiness and it is generated from light (candles), hot drinks (coffee, tea, hot chocolate, mulled wine), comfort food, and mostly spending time with family and friends. According to Meik Wiking, the CEO of the Happiness Research Institute in Copenhagen (yes, that really exists), the company looks into how people leave their worries, stress and troubles behind and focus on savoring simple pleasures. The Swedish have a word "lagom" that roughly translates to "just the right amount" and illustrates how to strike a balance in your daily life between work and relaxation. It's more about how to live your life on a daily basis and it can include hygge, which shows you how to relax and create special individual moments. So if we wrap ourselves in a warm blanket, drink some hot cocoa by the fireplace and chat with friends, will we be happy? It's a start towards being content at least and a stepping-stone toward happiness.

Lykke (pronounced loo-ka), is the Danish word for happiness. In his book, *The Little Book of Lykke Secrets of the Worlds' Happiest People*, Meik Wiking says there are actually three dimensions of happiness: being happy right now, being happy overall and eudaemonia, Aristotle's perception of happiness which to him was that a good life was a meaningful and purposeful life. Wiking illustrates that there are basically six

essential factors that result in a person being happy: Togetherness, Money, Health, Freedom, Trust, and Kindness. Sounds easy enough, but mitigating factors keep bumping happiness in and out of our lives. All of us face challenges, heartbreak, sorrow, and pain. This past year has taken its toll on everyone, wreaking havoc on us physically, mentally, financially and spiritually. There are so many whose lives have been irrevocably changed in 2020. It's no wonder happiness for us was in short supply, and we're not out of the woods yet. There is still hope to find happiness in our lives. Happiness is the result of personal effort. Taking some initiative to move towards it, is up to us and here are some ways to do it.

Togetherness - Sharing our life with friends and family and nurturing relationships bring happiness. Know whom we can turn to in times of strife. Be the support someone else needs. Love our neighbors as ourselves.

Money - Money doesn't buy happiness, but it doesn't hurt to be comfortable in our wealth. We are happy when we can put food on our table, have a roof over our head, support our children and meet our basic needs. Enough is sufficient. More doesn't necessarily make us happier. With what some are facing these days, "enough" would be a miracle.

Health - Feeling good, taking care of ourselves mentally and physically and indulging, once in a while, with treats and feasts that keep us healthy lead to happiness. Go for a walk, breathe and ask someone how they're feeling, then be prepared to take them to the next level after "fine." Happiness and being mindful of our health go hand in hand.

Freedom - Having the ability to choose what we do with our life, how we spend our time and following our dreams is a huge component in determining how happy we can be. Free to be who we want to be is a definite factor in our happiness.

Trust - Despite the fact that most of us are skeptical, fearful of betrayal, wary of others and unabashedly unwilling to let our guard down, especially these days, we still feel the need to give people the benefit of the

doubt and see the best in people. Being trustworthy is a good step towards developing trust in others. It is very important that we know who and what we can trust if we want to find happiness.

Kindness - This is the key to a happy life. Be generous, considerate, empathetic, sympathetic and caring. Don't wait for someone to ask for help, just help. COVID-19 has negatively impacted everyone on this planet. Everyone needs someone to be kind to them.

No matter who we are or what we do with our lives, the ultimate goal is to be content and satisfied with our current state of being. Happiness can be elusive at times so it is important to choose to do what makes us happy. In order to live a fulfilled life we are going to have to work on pursuing happiness. We don't always know where life will take us, but we do have a say in how we respond to it. It is up to us to work through the struggles and adversity and know that when negativity and unpleasantness come our way we need to be resilient and find the happy. The truth is that when we are facing difficult situations that we may or may not understand, one of the best things we can do is trust God to help us find our way. Having faith and praying are definitely happiness enhancing activities. Be open, be hopeful, be positive, be happy. As we begin this new year, keep thinking about the premise behind Matthew McConaughey's book, **Greenlights**: "When we hit yellow and red lights, a green light follows." For many of us, there were a lot of yellow and red lights in 2020. Let's hope that 2021 is the best year ever. Look for the green lights, stay positive, and find happiness wherever you can.

Blessings,

Joan Shisler, Senior Warden

<https://greatergood.berkeley.edu/topic/happiness/definition>

<https://www.forbes.com/sites/heikkivaananen/2020/05/26/what-makes-finland-the-happiest-country-in-the-world/?sh=6b3dabba75cc>

EPIPHANY

As we move into the new year and celebrate the Feast of the Epiphany, I would like to share with you a poem. TS Eliot wrote poetry in the twentieth century and experienced a powerful religious conversion that led him to embrace the Anglican Church. Around the time of that conversion, he published the following:

The Journey Of The Magi by T.S. Eliot

A cold coming we had of it,
Just the worst time of the year
For a journey, and such a long journey:
The ways deep and the weather sharp,
The very dead of winter.'
And the camels galled, sorefooted, refractory,
Lying down in the melting snow.
There were times we regretted
The summer palaces on slopes, the terraces,
And the silken girls bringing sherbet.
Then the camel men cursing and grumbling
and running away, and wanting their liquor and women,
And the night-fires going out, and the lack of shelters,
And the cities hostile and the towns unfriendly
And the villages dirty and charging high prices:
A hard time we had of it.
At the end we preferred to travel all night,
Sleeping in snatches,
With the voices singing in our ears, saying
That this was all folly.

Then at dawn we came down to a temperate valley,
Wet, below the snow line, smelling of vegetation;
With a running stream and a water-mill beating the darkness,

And three trees on the low sky,
And an old white horse galloped away in the meadow.
Then we came to a tavern with vine-leaves over the lintel,
Six hands at an open door dicing for pieces of silver,
And feet kicking the empty wine-skins.
But there was no information, and so we continued
And arriving at evening, not a moment too soon
Finding the place; it was (you might say) satisfactory.

All this was a long time ago, I remember,
And I would do it again, but set down
This set down
This: were we led all that way for
Birth or Death? There was a Birth, certainly
We had evidence and no doubt. I had seen birth and death,
But had thought they were different; this Birth was
Hard and bitter agony for us, like Death, our death.
We returned to our places, these Kingdoms,
But no longer at ease here, in the old dispensation,
With an alien people clutching their gods.
I should be glad of another death.

After describing the journey of the wisemen in vivid detail, Eliot remarks upon their return, to their old kingdoms and homes. We make this journey with the magi every year: anticipating Christ at Advent, celebrating His birth at Christmas, and singing of His revelation to all the nations at His Epiphany and Baptism. We celebrate the cycles of darkness and light, death and rebirth. But what changes within us or around us? Does anything in our souls transform to become more in the image and likeness of God? The birth of Jesus unsettles the magi from foreign lands once they have seen him. They cannot go back to their old ways and beliefs. They are “no longer at ease.” How has Jesus unsettled you this season? What within you has died by encountering Him, and how does it bring new life?

Peace,
Nathan+

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!

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Update from Seminarian Charity Humm

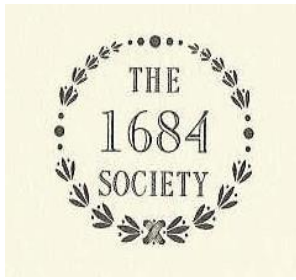
Advent Greetings! Thinking of you all at Middleham and St Peters and praying that you all are staying healthy and finding joy show up in unexpected ways during this season.

I wrapped up my first semester at VTS last Wednesday, and it is hard to believe all the formation and learning that occurred in such a short time. It was quite a roller coaster, both exhilarating at times and equally exhausting and challenging at others. Our junior class has been unique in that we have only met virtually, and it was not long before we coined the term "Zoominary" to describe our experience. That being said I am extremely appreciative of the adaptability and resilience of the professors, staff, and my fellow classmates as we found ways to meet the academic and theological benchmarks of our program with the grace of community and the stamina of Spirit. Some of my next steps in formation include responding to an invitation to serve as a temporary morning worship leader at All Saints Episcopal Church in St Marys starting in January. I have also started to explore possibilities for placement at a parish to serve as a seminarian intern in my Middler Year as part of my Contextual Ministry requirement. In my next update to you all, I will be able to report my Contextual Ministry site. That being said, I am looking forward to hibernating a bit this Christmas season, to let everything settle, and to re-energize for the Spring.

I pray you all too will find pockets of peace during the remaining time of Advent and into Christmastide. Thank you for your prayers and support--they got me through this semester!

Prayers for a Blessed Advent and Christmastide,

Charity



Planned Giving and Endowment Committee Update

The Planned Giving and Endowment program at Middleham and St. Peter's covers a range of services. This article brings you up to date on how the program supports our parish and parishioners now and into the future. The Endowment – Our parish endowment was initiated 16 years ago along with our planned giving program. Through generous gifts and prudent investment, the Endowment has continued to grow. Limited funds may be drawn from the Endowment each year for capital improvements and supporting new and expanded ministries. The Endowment is intended to grow and be available to support the parish well into the future.

Ministries supported – Endowment support during 2020 has provided funds for meals each month for Echo House and funding for the Backpack program. Opportunities are provided each year for applying for Endowment grants for ministries. Guidance will be issued early next year for 2021 grants.

Capital improvements – The Endowment will be providing \$20,000 in support for the upgrading of the HVAC system in the parish hall.

Personal Growth 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. It is separate from the Endowment but administered by the Planned Giving and Endowment Committee. Individual awards have been increased from \$500 up to \$750. The application for a personal growth fund award is attached to this article.

Some alternative ways to support the endowment. Making an “Unplanned” gift to the Endowment Fund – A special card is available for use in making a gift to the endowment in the honor of or in memory of a friend or acquaintance or to celebrate a special occasion. Making such a gift is an investment in the future of the parish. Growing the endowment can happen in this manner as well as through making a planned gift.

Our Planned Giving & Endowment Committee – Includes:

Hugh Davies – Chair

Jim Shepherd

Carolyn Steiner

Senior Warden Joan Shisler

Junior Warden Jim Yoe

Rector Rev. Nathan Beall

Contact any member if you have questions about planned giving, the Endowment, or the opportunities discussed in this article.

Application for a Personal Growth Fund Award – 2020-21

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 2020-21: 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.):

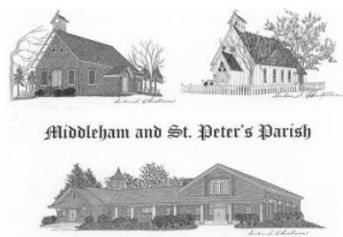
Describe the purpose and amount of your award request (you may use the opposite side of the application if you need more space):

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 12/15/2020



Middleham and St. Peter's Parish

Cemetery Management Policy

Approved by the Vestry on June 23, 2009, updated
November 2020

It is the desire of the Middleham and St. Peter's Episcopal Parish to continue to make its historic cemetery a quiet, beautiful place and a symbol of love and faith. To this end, the following policies and rules have been adopted by the Vestry of Middleham and St. Peter's Parish. All those to whom the right to interment in plots or niches has been sold and visitors within the cemetery shall be subject to these rules and regulations, amendments, or alterations.

1. Persons purchasing a "lot" or niche are purchasing a right to interment. At the time of purchase, the buyer shall designate in writing the names of those persons for whom said rights of interment are purchased. In the event a future decision is made not to exercise said rights for that designated person, the vestry shall have the option to repurchase the right of interment at the original price. In no case can a right to interment in this cemetery be conveyed to a third party without the approval of the Vestry.
2. A right to interment in a cemetery lot may be purchased by the following category of individuals: a) Current communicant in good standing; or b) Former communicant who transferred to another church outside the area.
3. The rector shall have the prerogative to adjust the fee for pastoral reasons whenever the right to interment in a lot or niche is sold.
4. The rector may, in a case-by-case consideration, elect to sell the right to interment in a lot or lots to individuals not qualifying under paragraph #2 above.

Fees are as follows:

The current costs for plots in the cemetery and columbarium niches -

<u>Cemetery plot</u>	<u>Columbarium</u>
<i>for MSP members and relatives of members:</i>	- Single urn niche - \$1400
Cost for a plot \$1400 (two cremains - \$1700)	- Double urn niche - \$1700
<i>For non-members</i>	<i>Prices include the standard urn and inscription</i>
Cost per plot \$2200 (two cremains \$2500)	

5. Generally, only one burial, whether casket or cremated, may be made in each lot in accordance with #1 above. Should there be a request for the interment of two sets of cremains in a single lot, the fee is \$1200 for persons qualifying under #2.
6. Only human remains may be interred in the cemetery.

7. Payment in full is expected at the time the right of interment is sold. A letter bill of sale will be sent to the purchaser at the time of payment.
8. The purchase price includes perpetual care to the same extent as is given all other lots in the cemetery. Perpetual care means that moneys received for the sale rights of interment have been deposited in the grounds fund and will be used for cutting of grass at reasonable intervals, the raking and cleaning of the grounds and the pruning of shrubs and trees that may be placed by the Parish, and other upkeep as approved by the Vestry.
9. The casket must be placed in a burial vault, or in a concrete box, (concrete liner).
10. As a general rule, headstones shall be placed at the east end of the plot, with the inscription facing the west, so that they may be more easily read. The deceased shall be placed in the grave with his/her head to the east.
11. Gravestone styles and inscriptions must be in keeping with other churchyard markers and with the Christian faith as held by the Episcopal Church and are to be approved by the cemetery committee. No above ground tombs are permitted. Military markers are also appropriate. Prohibited items include but are not limited to chains, fencing or edging of any kind, rock borders or rock landscape covering. Grass that can be easily mowed shall cover the plot up to the headstone.
12. If corner markers are installed, this should be done within three months of the burial and such markers must not be larger than 4" x 4", and must be placed flush with the ground to facilitate mowing. The parish reserves the right to remove corner markers that have become an obstruction to cemetery maintenance.
13. Inasmuch as the Vestry retains authority for landscaping and maintenance, no shrubs, trees, or other floral adornments shall be planted.
14. Middleham and St. Peter's Parish is not responsible for the maintenance of headstones or markers. It is the family's responsibility to repair headstones or markers.
15. Flowers and other floral tributes are permitted at the time of interment, and at other appropriate times during the year. Christmas and Easter floral decorations should be removed no later than six weeks following the holiday. The Vestry reserves the right to remove and dispose of any flowers, floral tributes, floral containers or other decorations at any time of periodic maintenance of the cemeteries, and it encourages those who wish to keep such containers to assume responsibility for their prompt removal. U. S. flags may be displayed at appropriate times of the year to commemorate the service of the deceased. (*one week before and three weeks after Memorial Day, Flag Day, 4th of July, Veteran's Day*).
16. Items such as knick-knacks, balloons, windsocks, stuffed animals and non-approved statuary are not permitted in the cemetery. Although the Vestry recognizes that every person and family grieve and remember a beloved member in a variety of ways, tokens of affection other than flowers are not considered appropriate for the cemeteries. These items will be removed.

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

**THE CEMETERY AND
COLUMBARIUM**

Middleham and St. Peter's Episcopal Parish includes St. Peter's chapel in Solomons and Middleham chapel and the Parish Hall in Lusby, with worship in all three locations. The parish cemetery is on the Middleham campus, along with the columbarium. The historic chapel and cemetery have been here for over three centuries. It is the desire of the Parish to continue to make its cemetery a quiet, beautiful place and a symbol of love and faith well into the future.



Cemetery plots and columbarium niches are available to parish members and their families. Persons who are not

parish members may also purchase a plot or niche with the approval of the parish priest. Persons purchasing a plot or niche agree to comply with the cemetery rules which are included on the parish website at www.middlehamandstpeters.org.

The current costs for cemetery plots:

Cemetery plot
for MSP members and relatives of members:

Cost for a plot \$1400 (if plot is intended for two urns \$1700)

For non-members

Cost per plot \$2,200 (if plot is intended for two urns \$2500)



What is a columbarium?

A columbarium is a structure that contains "niches" that hold the urns that contain a deceased person's ashes. The columbarium in the Middleham

Cemetery is constructed to match the colonial brick chapel, and is located in a peaceful and beautiful section of the cemetery. Many individuals and families are turning to this type of burial over traditional casket burials.



The current costs for columbarium niches -

Columbarium

- Single urn niche - \$1400
- Double urn niche - \$1700

Prices include the standard urn and inscription



Contact information: For further information or to purchase a plot or niche

Website:

www.middlehamandstpeters.org

Street addresses:

Parish Hall and Church Offices
10210 H. G. Trueman Road, Lusby,
MD 20657

Middleham Chapel
10200 H. G. Trueman Road, Lusby,
MD 20657

St. Peter's Chapel
14590 Solomons Island Rd., Solomons,
MD 20688

Mailing address:

P.O. Box 277, Lusby, MD 20657

Phone number:

410-326-4948

email (for general inquiries):
office@middlehamandstpeters.org

Middleham & St. Peter's Episcopal Parish



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



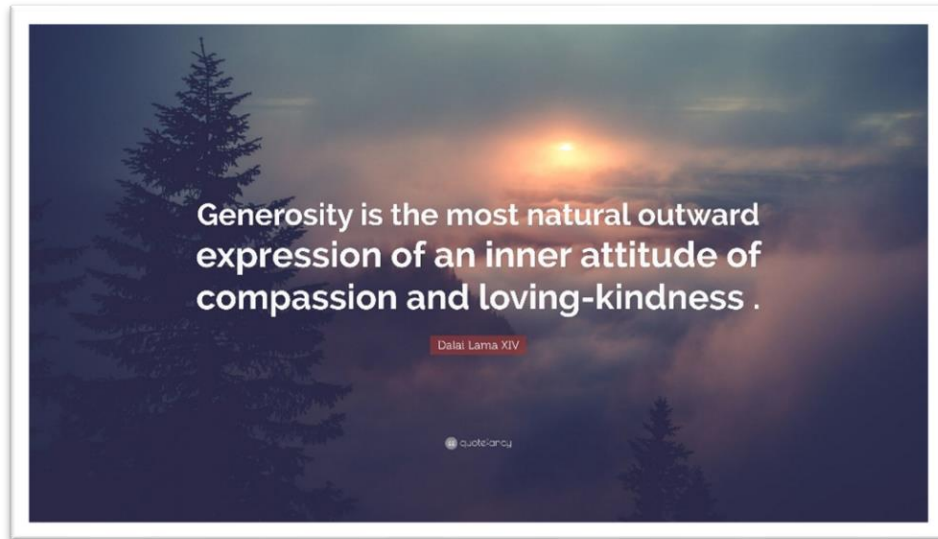
ST. PETER'S CHAPEL

**MIDDLEHAM AND
ST. PETER'S PARISH**

**THE CEMETERY AND
COLUMBARIUM**



**LUSBY, MARYLAND
NOVEMBER 2020**



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](#)



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**

RESUMES ON WEDNESDAY JANUARY 8TH

Start your day, once each week, with Morning Prayer. Started Friday, September 25 -- and continuing every 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=VHFIRzNDL2NoWFZYa01lSFFT0URzdz09>

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

RESUMES ON WEDNESDAY JANUARY 6TH

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=NZFRWViMGRiTFlUUK1udFBHMEVudz09>

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/)

<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/>



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

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jrbstiger@comcast.net

Jim Yoe

Junior Warden

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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.



Middleham and St. Peter's Episcopal Parish

Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



PRAYER LIST

PRAYERS FOR EVERYONE AS THE COVID VACCINE
IS ADMINISTERED ACROSS THE COUNTRY

Dan and Mary Heflebower
Janice Miller
George Buckler
Stanley Buckler
Bill Gallagher
Colleen Davies
Rylie Seymour
Virginia Binger
Mary Wong
Destiny Banks
Beverly Domer
David Domer
Jenn Sodero
Nancy O'Bryhim
Betsy Greer
Judi Jones

Susie Wheely
Phil Lemkau
Ann Davis
Dan Gross
Cindy Henning
John Darling
Eddie Maurer
Grace Worley
Joy Walters
Lisa Greenlee
Millie Baer
Margo Quigley
Finn Quigley
Mark Dingle
Dan
Colton Kirchner
Nicholas White

Maryellen Kalivoda
Vivian Kilsheimer
Grace Korn
Jeff Walker
Stanley Buckler
Frank Seibert
Evelyn Seibert
Rachel Ellison
Dorothy Swan
Freedra Stallings
Marilyn Caske
Freddie Jefferson
Sandy Butler
Penny File
Jimi Stanton
Mary Ellen Elwell
Olga Bennie
Moran Family

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
Perry Peebles

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
Chelsea Whealton

CHRISTIAN FORMATION

Youth News:

The youth are still going with the flow, and in that spirit we kicked off Advent by getting the youth back to somewhat normal, by finding ways to safely bring them back to the altar and back to a service. The acolytes have been wonderful to see again, and after a nine month break, they have been so patient re-learning and remembering their roles.

Our younger children now have their very own short service, that is currently being held outside. The service is all about them, from simple music (complete with dances and drumming), to prayers that are put in an easier language for them to understand. The kids even have their very own announcement time, where they can tell us big events that have happened and that they are looking forward to in the week or so ahead.

Thirsty Theology

We have moved to the first and the third Friday of the month at 7pm on zoom. For January we will cover the topic of Ethics in Medicine. Are some aspects of medicine unethical? How does a belief in God play into people's decisions when it comes to medicine? Does a belief in the will of God change someone's trust when it comes to doctors, scientists and pharmaceuticals? We will meet January 1st and January 15th.

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

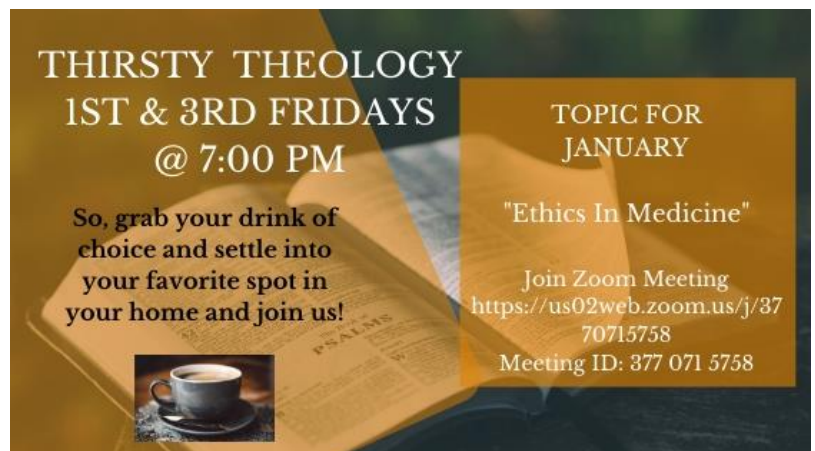
<https://us02web.zoom.us/j/3770715758>

Meeting ID: 377 071 5758

One tap mobile

+13017158592,,3770715758# US (Germantown)

+13126266799,,3770715758# US (Chicago)

A promotional graphic for 'Thirsty Theology' featuring a background of an open book with the word 'PALMS' visible. A cup of coffee sits on a saucer in the foreground. The text is overlaid in white and yellow boxes.

THIRSTY THEOLOGY
1ST & 3RD FRIDAYS
@ 7:00 PM

So, grab your drink of choice and settle into your favorite spot in your home and join us!

TOPIC FOR JANUARY
"Ethics In Medicine"

Join Zoom Meeting
<https://us02web.zoom.us/j/3770715758>
Meeting ID: 377 071 5758

Submitted by Anne Hayes for Christian Formation



Coffee and Conversation at Asbury

Come Join Us! By Zoom on Friday **JANUARY 15th 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

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/>

Monday, January 11

3:00pm EST

With each change in administrations, there is change. Whether the same political party remains in power, or the other party takes the helm, we can expect different priorities and changed areas of focus.

The Church, with its many ministries and far-reaching impact across society, will undoubtedly be impacted by these changes. During this workshop, we will consider what changes in Washington mean not only for our nation but also for our Church, our partners in mission, and the worldwide Anglican Communion.

Our panel will be moderated by Chuck Robertson, the Church's Canon for Ministry Beyond the Episcopal Church. In conversation with Chuck will be leaders of some of the Church's ministries most impacted by shifts in the political environment.

Panelists Include:

- **Demetrio Alvero** - Director of Operations, Episcopal Migration Ministries; New York, New York
- **Rebecca Linder Blachly** - Director, Office of Government Relations, The Episcopal Church ; Washington, D.C.
- **David Copley** - Director, Office of Global Partnerships and Mission Personnel, The Episcopal Church; New York, New York
- **C.K. Robertson** - Canon to the Presiding Bishop for Ministry Beyond The Episcopal Church; New York, New York
- **Margaret Rose** - Director, Office of Ecumenical & Interreligious Relations, The Episcopal Church; New York, New York

Please register here: <https://www.eventbrite.com/e/133800283249>



“From COVID-19 to economic anxiety to the racial reckoning taking place across our Church, in our nation and around the world, we are witnessing change, challenge, and opportunity unlike any other time in our lives. In this historic and defining time, the CEEP Network is excited to announce we will gather on-line to bear witness together at the 2021 Annual Conference.”

For 2021 Annual Conference Information click the below link.

https://www.ceepnetwork.org/2021-conference-online/?mc_cid=26d07bf20a&mc_eid=b7f94b1863

Contact Hugh Davies for information pertaining to interest and registration

daviesh@comcast.net

New Year- New You?!



This has been our theme for a New Year before and I think this is especially important in 2021. I know I am ready for a change, as 2020 has been difficult at best. We need to keep eating healthy, get exercise (walking is a good one), watch our BP, blood sugars, keep our doctor appointments, watch our other health issues, and continue keeping safe.

We now have a plan to get the vaccine that will help get rid of the pandemic. Although we may still wear masks, wash our hands, and keep some distance between, perhaps we can soon join in the worship service and have dinner with friends.

So- what should we know in advance of getting the vaccine:

1. The shot will not give you Covid19
2. You will not test positive for the virus
3. People who have been positive with Covid19, may still benefit from the vaccine

We are not sure how long the immunity will last, and we are learning more and more as we go along. However, I do believe we need to trust the science behind this and go forward with confidence.

We are looking for topics of interest for this new year, so email Dale at yoeda@comcast.net for suggestions. We are looking forward to the time we can do monthly BP's and health programs. Until then- keep safe!

Dale Yoe, Parish Nurse
Certified Community Health Worker

HELPING HANDS OF CALVERT

Helping Hands is coordinating the emergency warming shelter at New Life Church, off German Chapel Road in Prince Frederick during the month of December and until January 31. They are sheltering between 17 – 20 homeless a night and have a need for more volunteers for nightly chaperoning, meal service and cleaning.

Please consider volunteering and SHARE the sign up link below so we can ensure the shelter is supported for the next two months.

Questions can be posed to April Morgan at aprilmorgan@patuxentelectricalservices.com.

Sign Up Genius Link

[https://urldefense.com/v3/https://m.signupgenius.com/*/showSignUp/10c0d45aba929a3ffc52-emergency;lw!!DQNvdwrwp7gU1Q!JxJQsXa5udYGFczJPhh90L9PEX3PfOLgrdNSN11h8VHX6TJUoPZfcDBBh_t3xUXBN1PMzoVygeg1FX6\\$](https://urldefense.com/v3/https://m.signupgenius.com/*/showSignUp/10c0d45aba929a3ffc52-emergency;lw!!DQNvdwrwp7gU1Q!JxJQsXa5udYGFczJPhh90L9PEX3PfOLgrdNSN11h8VHX6TJUoPZfcDBBh_t3xUXBN1PMzoVygeg1FX6$)

*Dale E. Yoe, Parish Nurse
Certified Community Health Worker*

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



Don't wait until you get a notice in the mail.

Take control of the situation now.

Community Partners in Calvert County are here to help. If you or someone you know is in need of rent, utility or mortgage assistance during this time as a result of COVID-19, you can contact these agencies for assistance:

- Calvert County Department of Social Services: 443-550-6900
- Ask the Department of Social Services for a referral to one of the organizations below:
- Calvert Family Advocates
- Community Ministry of Calvert County: 410-414-8007
- LifeStyles of Maryland: 1-866-293-0623
- SMILE Ecumenical Ministries: 410-326-0009
- Southern Maryland Tri-County Community Action Committee: 301-274-4474, ext. 268

For general information, contact the Calvert County Department of Community Resources:
410-535-1600, ext. 8803 | community.resources@calvertcountymd.gov

OUTREACH AT MSP

We had a busy year at MSP with Outreach ministries despite 2020 being a difficult year. MPS's Outreach has touched many people this year, and many thanks are needed. Here are some of the high lights:

Safe Nights:

MSP assisted St. Paul's United Methodist Church host Safe Nights again in 2020. Members made dinners, breakfasts, and provided over night hosts for several nights during the week. Safe Nights is beginning again in January 2021. See the separate article in the Connector and contact Carolyn Steiner to help.

jsteineriv@comcast.net

ECHO Dinners:

The fourth Monday of the every month members of the church made 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. Our youth group has been making the ECHO dinner in December for a few years. Contact Anne Gross to volunteer to provide a dinner. 410-326-4948.

office@middlehamandstpeters.org

HeartFELT Backpacks:

A weekly outreach involves providing weekend food for students at Southern and Mill Creek Middle Schools. About 44 bags are packed and delivered each week. There are shoppers, packers, and deliverers involved in this ministry. Contact Elizabeth Broadus for more information.

elizabethruggles@comcast.net

The Helpful Harvest Garden:

The garden provides fresh produce throughout the summer and fall to people who use the food bank at SMILE and for the Food Drop in the warmer months.. Contact Mark Pesola to help out in the garden.

mark_pesola@hotmail.com

Food Drop:

MSP provides a location and manpower for the monthly food drop. Because of COVID-19 the routine changed from having the people come to the Parish Hall and collecting the food to having food delivered to their homes. This involves getting drivers to wind their way through the communities of southern Calvert County. Drivers are needed every month. Contact Kristin Sandusky to volunteer to help out on the third Tuesday of the month. kristin.sandusky@gmail.com

Parish Health:

Parish Health has had several programs to promote health in our community. CPR and AED training and Mental Health First Aid were two courses offered. There was also Health Fair in the fall where flu shots were available. Contact Dale Yoe for more information. yoeda@comcast.net

Haiti School Nurse Program:

The Haiti nursing program was interrupted by COVID-19, but is now providing RNs to 4 schools in Leogane, and serving 2,000 students. Student nurses have the opportunity to have a rotation in school health, and hopefully decide this is where they would like to specialize. Contact Hugh Davies for more information. daviesh@comcast.net

Inreach:

There have been several "inreach" projects as well. Minor home repairs and maintenance work has been done on 3 homes. The youth are great helpers with this, and the work is greatly appreciated by members of the parish. Work is ongoing so contact Jim Yoe if you would like to help with this.

jmyoe@comcast.net 443-975-6797

Pie Baking by MSP Youth:

To all who purchased delicious pies from the youth group, thanks for your support. Thanks to all who participated in the baking. The apple preparers peeled, cored, and sliced enough apples for 20 pies and included Libby Wheeler, Jess Kury, DebbieCole, Ann Houpt, Skip Steiner, and Father Nathan. Pmakers included Lochlan Weems, Kaileigh Weems, Caroline Fuller, Lillian Fuller, Jordan Jedrey and Riley Jedrey. Anne Hayes and Carolyn Steiner watched as the magic pies appeared and were baked. And Avery Kury, Lainey Kurey, and Franz Kury were on clean up and handed out pies when people picked them up. Contact Anne Hayes for information about youth programs.

mspyouthleader@middlehamandstpeters.org

Christmas Tree of Angels:

Gifts tags were again handed out this year and parishioners at MSP bought gifts for the Calvert County Christmas Tree of Angels. Thanks to all who made Christmas a little brighter for children in Calvert County.

Seafarers:

Instead of wrapped shoeboxes, this year plastic ziplock bags with supplies for the Baltimore International Seafarer's Center were collected and distributed before Christmas. Thanks to those who provided much needed toiletries and gifts for the sailors.

A lot of outreach is not seen by the members of the congregation. This is just to let you know some of what MSP does within our community. Many, many thanks and appreciation to all who organize and all who participate in these programs.

Submitted by Carolyn Steiner, Outreach Chair

A note from the Baltimore International Seafarers' Center:



Christmas at Sea packages! Seafarers are the invisible heroes of our supply chain. Many have been on board for over a year, because COVID travel restrictions have prevented their flying home. Even when their vessel reaches a port, most are not allowed to go ashore, however briefly. Your gifts will truly brighten their lives.

COVID conditions have challenged the Seafarers' Center also. Most of our volunteers are in high-risk groups and have been unable to visit crews now. The rest of us are busier than ever.

Thanks to Middleham and St. Peter's Parish for the approximately 100 gift bags you donated to the Seafarers! The gifts will add a ray of brightness to the lives of many seafarers in need of a little pick-me-up.

Thanks and Blessings,

The Baltimore International Seafarers' Center

Calvert County Safe Nights To Open In January

Calvert County's annual Safe Nights program providing winter shelter for the homeless will run Jan. 3 through Feb. 28, 2021.

Safe Nights provides winter protection for Calvert County's homeless population by offering shelter in a clean and safe environment. The host shelter will provide a warm bed and breakfast, a bag of lunch and dinner. Shelter hours are 7 p.m. to 7 a.m., seven days a week.

To qualify, individuals must:

- Be homeless
- Show identification
- Show proof of Calvert County residency
- Be ambulatory and capable of self-care
- Be older than 18, unless accompanied by a parent or guardian
- Pass a background check
- Sign the guest shelter agreement and agree to abide by its provisions

A one-time in-person registration is required each season. Walk-ins will not be accepted. Call Safe Nights of Calvert County beginning Dec. 10, 2020, at 443-486-8670 for more information.

Safe Nights is working with the Calvert County Health Department to safely operate with precautions to prevent the spread of COVID-19. Program volunteers will provide instructions throughout program registration and participation.

Those in need of shelter before Safe Nights opens can receive assistance by contacting the Department of Social Services at 443-550-6900; Department of Community Resources at 410-535-1600, ext. 8802; or Public Safety at 410-535-1600, option 6.

Contact Carolyn Steiner for more information jsteineriv@comcast.net

Submitted by Dale Yoe for Calvert County Public Information Office

Food Distribution on Tuesday DECEMBER 15th

THANK YOU TO ALL THE VOLUNTEERS FOR THEIR ASSISTANCE

Following are stats from Tuesday December 15th Food Drop; 401 families served which included 1,622 individuals --> 875 children, 550 adults, 197 seniors. Total of 17,444 lbs of food was distributed which included 600 MD Food Bank packaged produce boxes, 1,860 lbs dry goods, and 2,384 lbs additional produce. A THANKS, send out to many who helped with Tuesdays 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



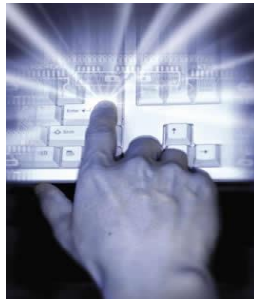
We need volunteers to deliver Food provided by Maryland Food Bank to recipient homes. No-contact food pick-up at church, food is dropped off outside of recipient homes to avoid contact, routes include up to 5 closely grouped addresses in SMILE service area. If

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

Next distribution is Tuesday JANUARY 19th.

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



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



HEARTFELT

Middleham and St Peters Episcopal Church provides community outreach support through the Heart FELT backpack program. Weekly, we pack and deliver bags of food to Middle School Students from Southern and from Mill Creek to support children who receive free and/or reduced breakfast/lunches during the school week but may be food insecure on the weekends. Each bag contains approximately 7 pounds of shelf stable food including fruits, vegetables, protein, grains, milk, snacks, etc.

During extended school breaks such as Thanksgiving, Christmas/Holidays, and Spring Break we pack double that amount in support of the children and their families.

We would like to thank Weis' community support, for their donation of gift cards. This will support the MSP Christmas/Holiday delivery by including Weis gift cards for the families to shop as needed.



HEARTFELT CHRISTMAS HOLIDAYS

HeartFELT packed 44 bags and loading and delivery made for the upcoming holiday break.

Fr. Nathan Beall and Claude Martin made the delivery.

Thank you for all those that support this ministry.

Elizabeth Broadus, MSP HeartFELT Coordinator

elizabethruggles@comcast.net

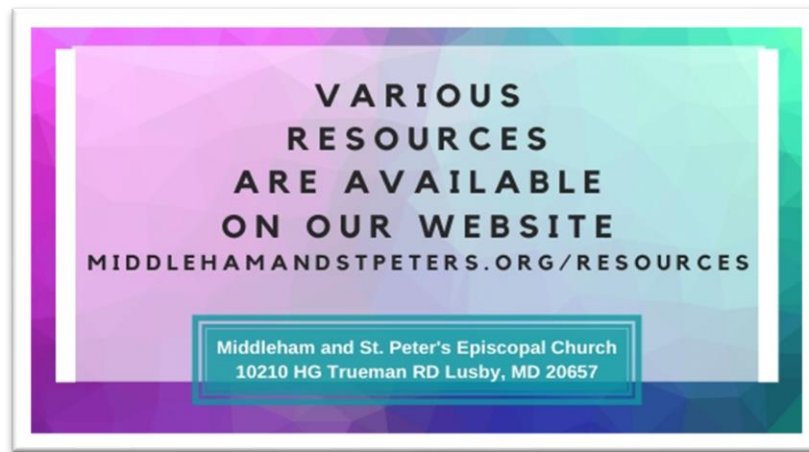


MSP Decorating to Rehearsal to Christmas Eve Service 2020





**DUE TO THE PANDEMIC WE WILL NOT BE GATHERING
FOR OUR ANNUAL CHILI BOWL COOK-OFF IN JANUARY.
CONSIDER SENDING IN YOUR FAVORITE RECIPE TO BE INCLUDED IN THE WEEKLY NEWSLETTER
THROUGHOUT JANUARY.
communications@middlehamandstpeters.org**



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



FEBRUARY CONNECTOR ARTICLE SUBMISSION **DEADLINE** IS

MONDAY JANUARY 15TH

Thanks so much, Karen Timmons, Communications

communications@middlehamandstpeters.org





JANUARY BIRTHDAYS

Lochlan Weems	01/04
Paul Kelly	01/04
Lisa Greenlee	01/05
Henry Meiser	01/10
Riley O'Brien	01/13
Michael Shisler	01/15
Robb Hupp	01/18
Monte Ray	01/18
Carolyn Steiner	01/18
Anna Hall	01/19
Mark Griffin	01/22
David Showers	01/23
Nancy Briggs	01/23
David Deaderick	01/23
Sam Wilkinson	01/23
Bernard Curley	01/24
Diane Davies	01/24
Jenny Magee	01/26
Laura Bennett Majsztrik	01/27
Lucy Tonacci	01/28
Skip Barrett	01/29
Colleen Davies	01/29
Jennifer Hupp	01/29

JANUARY ANNIVERSARIES

Stuart & Alyson Simmons 01/17

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!