

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

JULY & AUGUST 2021

Praying in Color (or Doodle Praying)

Being able to read is a gateway to being able to live life to the fullest.

Being able to pray is a gateway to having a relationship with God.

When I was working on my Masters of Education in Reading I learned that there are many ways people learn to read and strategies to use to teach reading based on the individual's strengths and weaknesses. Learning the alphabet and the sounds letters and combinations of letters make is the basic foundation for learning to read. Visual, auditory, tactile, and kinesthetic options are used to achieve success. One unique method used for some dyslexic individuals is *Words in Color* whereby color coding letters and letter combinations enables the learner to decode the words and master the skill of reading. The idea of using colors to teach reading seemed perfect, especially for children, whose natural creative ability is unleashed by coloring at a very early age. While memories of a box of Crayola crayons linger, the creativity seems to diminish with age.

These days coloring books are available for all ages. Some are quite sophisticated and the expectation of utilizing the proper tools; colored pencils and fine tipped markers, and coloring within the lines of the designs, is encouraged. Sometimes, though, the kid in us resurfaces and creativity begins to flow again.

How many of you have doodled? Not everyone can draw, but everyone can doodle. How many of you pray? Praying and doodling actually go together very well. The act of doodling helps your mind focus on your prayers and increases your ability to engage with God. Whether it's just a name or a phrase, enhancing it with prayer doodles and coloring them creates a spiritual intensity that brings you and your thoughts closer to God.

How, where, when and why you pray is a completely individual experience. Sometimes I pray on the go, whenever and wherever I'm inspired to reach out to God. Sometimes I'm more focused; when I pray before I go to sleep, when I wake up in the morning or when I'm in church. When you intentionally have a piece of paper and write down who you want to pray for and what you want to say to God, and then doodle around and color it in, you truly have a connection with God. You can use a computer, tablet or phone as well.

Praying for others (intercessory prayers), or for yourself (prayers of petition) is limitless. There is no right or wrong way or time or place to do it; it's simply letting your creative energy flow and reaching out to God. Creative praying inspired by colors and visual doodling is one way to give you the freedom to pray any way you want. In her book, *Praying in Color*, Sybil MacBeth guides us to release our inner creativity by doodling and coloring our way to praying with intention and focus, ultimately resulting in a satisfying, calming and spiritual experience. Prayer is the world's greatest wireless connection. Prayer is a very powerful.

Through prayer we are able to communicate directly with God and if we listen closely, we can hear Him. Prayer is how we can petition Him regarding our needs and the needs of others and also thank Him for the blessings He has so graciously bestowed upon us. Prayer gives us a chance to tell Him we are here to do His will and ask Him to guide us so that we can do so.

Try it, you'll like it! During July and August take some time to try prayer doodling and coloring. Use whatever tools you are comfortable with or whatever you have on hand. Your doodles can be as simple or intricate as you feel guided to produce. Pray for whomever or whatever you choose. God created you to be you. Now try creating a prayer doodle to stay in touch with God. Just pray!

Praying in Color =

Praying + doodling + coloring

Here are some reasons to *Pray in Color* and enhance your praying experience:

- 1) You want to pray, but words escape you.**
- 2) Sitting still and staying focused in prayer are a challenge.**
- 3) Your body wants to be part of your prayer.**

4) You want to connect with God, but don't know how.

5) Listening to God feels like an impossible task.

6) Your mind wanders and your thoughts ramble.

7) You want a visual, concrete way to pray.

8) You are not quite sure how to pray.

9) You need a new way to pray.

10) This is your chance to pray creatively.

Here's how to get started:

Write your name for God on a piece of paper using a pen, a pencil, colored markers, colored pencils, colored gel pens or crayons.

Draw / doodle a shape around it or make the name or reason for the prayer a shape of its own.

Then you can either add more shapes, squiggles, dots, dashes and lines to your paper and put the names of the people you want to pray for or something you are praying for inside one of the shapes or start with names and prayers and doodle around them.

Color your designs any way you want.

As you doodle, ask God to be a part of your prayer time with or without words.

Be free to create from there.

Blessings,

Joan Shisler

Senior Warden

FOR EXAMPLES OF HOW TO DO PRAYING AND COLORING CLICK LINKS BELOW.

<https://prayingincolor.com/>

<https://www.google.com/search?q=praying+in+color+examples&oq=praying+in+color&aqs=chrome.69i59j69i60j69i57j69i60l2j35i39.2761j0j7&sourceid=chrome&ie=UTF-8>

Thoughts From The Rector

Summer Growth

Life tends to slow down in the summer. Children are home from school, and families go on vacation. Plant life reaches a bit of a plateau after the frenzy of blooming. Certain animals slow down a bit after the spring season. Churches sometimes see a reduction in attendance, and cut some programs accordingly.

Part of this is natural and good. Life needs to slow down a bit after the springtime burst of energy. Children need to give their minds a break, and we sometimes need a break from programs in an overprogrammed society. I, for one, am a little relieved to attend fewer meetings during the summer.

But summer is also a time of growth, and that can hold true for our souls, as well as for the plants. We can use time when we are doing less in the world to do more with God. Rather than plan more structured activity, we might find the time to take a walk on the beach and pray. We might find the time to finally read that book that has long been on our list. We might find more time to spend with our families, travelling or at home. Perhaps this summer will provide a time for many extended families to finally reconnect after the past 18 months. What opportunities does this summer offer for your soul? What about for your family or our church?

As I said, many parishes see a drop in attendance during the summer, and that is understandable as people travel. But how could we grow spiritually, in order for us to grow numerically? What kind soul-searching could we do in order for us to understand more deeply who we are, and who God is calling us to be? This summer may give some of us a break from work, including some parts of the work of our church, but that does not mean a break from Jesus. It means rather to grow deeper in his love. If you would like some help in finding ways to do that, I would be happy to talk with you further.

I can feel that we are just upon the cusp of something new. We will be moving to one combined service for the summer, and hoping to reopen the chapels soon. I have been here almost a year now, and can feel us turning a corner in the life of our church. The beauty is that I have no idea what that will look like. Right now, it will not look like more programming, but rather a temporary stepping back from some of our usual work in order to let God work in us. I cannot wait to see what He will do.

“So neither the one who plants nor the one who waters is anything, but only God who gives the growth.” -1 Corinthians 3:7

Peace,

Nathan+

Middleham and St. Peter's Community Labyrinth

Please consider during the summer, some quiet reflective time at the Community Labyrinth on Middleham and St. Peter's Campus grounds, located behind the administrative offices and Smith Hall.

Deb and Eric Barger have been maintaining the labyrinth by keeping weeds out and mulching. We thank them for their continued dedication to the Community Labyrinth.



Remember When...Planning Ahead

Remember when...

The chairs the parish purchased for Father David Shower's retirement gift finally arrived and have found a home in Father David's sunroom / library. The chairs were made by Donald Shurlow, a Michigan craftsman. It only took two years!

Planning ahead...

SAVE THE DATE

On August 29, 2021 we will have a Celebration of New Ministry (not so new or one year anniversary) of Father Nathan Beall joining our Middleham family.

There will be one service at 9:30 am on Sunday August 29, 2021 in Smith Hall with Bishop Robert Ihloff presiding and a reception will follow. More details on this wonderful celebration will be coming as they unfold.



Taking Steps Out of the Pandemic

We knew we'd get here but getting here was not easy. Finally, we are coming out of the Pandemic tunnel and the light is shining bright. Thinking about what has transpired over the last fifteen months makes my head spin. Here at Middleham and St. Peter's Parish we have followed the guidelines set by the State, the County and the Bishop to make sure everyone stayed safe, healthy and sane. We've enjoyed each other's company from afar and our live stream of our service(s) which will continue for the foreseeable future. We've gone from hunkering down in place to moving outside with social distancing and masks and then holding services in Smith Hall. We're about to take another big step.

On June 20, 2021 we started our summer schedule. There will be one service only from June 20 through August 29 at Smith Hall. The service will be at 9:30 am and we will move outside under the tent in front of Smith Hall with seating availability inside Smith Hall for those who prefer that. We will be able to sing and masks will be optional. Should the temperature and humidity become increasingly uncomfortable (as it is inclined to do in Southern Maryland summers), we will move inside Smith Hall.

Taking steps out of the pandemic is to be done at the comfort level of every individual. We are moving forward with worship options that are supported by Governor Hogan, the County Health Department and Bishop Sutton. Please move at your own pace.

Joan Shisler, Senior Warden, Jim Yoe, Junior Warden, Father Nathan and the Vestry: Sally Arbuthnot, Tom Briggs, Will Broadus, Laura Carpenter, Franz Kury, Mark Pesola, Anita Shepherd, Karen Wilson.

Please stay home if you are not comfortable venturing out just yet or especially if you are sick. Online services will continue to be available and the 9:30 am service will be live-streamed to be viewed on Facebook and later on our YouTube channel.

[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/>

Middleham and St. Peter's Episcopal Parish

SUMMER SERVICE SCHEDULE



The
EPISCOPAL CHURCH
Welcomes You

ALL ARE WELCOME

Join us on Sunday mornings

@ 9:30 AM.

**Services will be held at Smith Hall
on Middleham and St. Peter's
Campus Grounds.**

Middleham and St. Peter's Episcopal Church

10210 HG Trueman RD Lusby, MD 20657

Office - 410-326-4948

www.middlehamandstpeters.org

CONTACT INFORMATION

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

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

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

Anne Gross
410-326-4948
office@middlehamandstpeters.org
grossanne@comcast.net

Anne Hayes
Youth Representative
443-624-6959.
mspyouthleader@middlehamandstpeters.org

Middleham and St. Peter's Parish News



Deacon Laura Carpenter has been assigned to Middleham and St. Peter's Parish as her anchor church. We are so blessed to have her here!



Greetings All! I am excited to report that I have completed my first year of seminary! What a wild ride it was to start out seminary during a pandemic, but there were so many gifts and graces to support both my family and my fellow seminarians during a tumultuous time. I feel so much gratitude for the professors and teachers who were able to adapt to new ways of teaching. Due to their resilient efforts, both my sons and I completed this school year fully online. Regarding placement for next year, I plan to serve at Christ Church Port Republic under the supervision of Rev. Christopher Garcia, and as part of that arrangement I also plan to spend one Sunday a month at All Saints Oakley

in St Mary's County to lead morning prayer. I am eager to join this community in the Fall and look forward to this time of formation and growth. Lastly, I was invited to be with you all at Middleham and St. Peter's on September 5th to join you in worship and preach the sermon. I am excited to be able to start this next academic year on a strong footing--after reuniting with you all--as I am so very grateful for the sponsorship that you have provided to me throughout my discernment. As a side note, I will be working at Chesapeake's Bounty this summer--when you get a chance stop by and say hello. All the very best to you and your families this Summer.

With Gratitude,
Charity Humm, Postulant for Holy Orders in the Diocese of Maryland



A Reminder from the Planned Giving and Endowment Committee

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



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

To request a PDF version of the MSP Directory, send an email to daviesd@comcast.net. The digital directory will be emailed to you.



Friends of the Haiti School Nurse Project Newsletter

Volume 3 Edition 3

June 2021

Services being provided

The school nurses (Claudine Cadio, Yola Clervil, and Alin Thevine) continue to provide a range of nursing services at four schools in Leogane with a total school population of over 2,000. Middleham and St. Peter's School Nurse Team has been providing support for this program since 2018 and at other locations in Haiti since 2011.

For the latest report period (January – March 2021) the three school nurses, with support from the student nurses at FSIL, have provided the following:

- ✓ Student health assessments – 197
- ✓ Immediate health care – 172
- ✓ Referral to other health services – 25
- ✓ Health education sessions for students – 88 for parents – 147

Immediate care was provided most often for the following –

- ✓ Headache and fever – 35
- ✓ Stomach and related pain – 40
- ✓ Injuries (burns, scrapes, falls, etc.) – 20
- ✓ Skin disease – 20

Referrals were made to the following –

- ✓ Eye – ophthalmologist - 12
- ✓ dental - 1
- ✓ cardiologist - 1
- ✓ gynecologist - 1
- ✓ ENT - 1
- ✓ dermatologist - 9

About conditions in Haiti

Reports both from Dean Hilda Alcindor, Board Chair Jessie Colin and other news sources indicate that conditions are worsening both in terms of political unrest and covid incidence. At the outset of the pandemic, covid incidence in Haiti was relatively low compared to other Caribbean countries and the world. Just as covid has increased in areas not impacted early on, that is the case in Haiti. While efforts are under way to distribute vaccines around the world, none have reached Haiti as yet. Further complicating this are the real limitations regarding keeping vaccines cold and the general distribution capability of the government.

In spite of these conditions, the FSIL Nursing School continues its remarkable work of training students to become nurses and reaching out into the community, including the four schools served by the nurses and student nurses.

We need your help

Provide financial support for the Haiti School Nurse program by making donations through our church. We need your continuing support. Please send contributions to Middleham and St. Peter's Parish, PO Box 277, Lusby, MD 20657 with the notation: Haiti School Nurse Project.



Building Trust in Our Health Care Systems

On June 13, The Big Conversation successfully concluded its three- part webinar series **Building Trust in Our Health Care Systems**. Participants included: physicians, nurses, health administrators, school nurses, representatives of related health care fields, and members of the Southern Maryland community. The series was in response to the community feedback to “learn more” from the 9/13/20 Big Conversation: *Many Wounds to Heal: Health Care (In)Equity, How Does it Affect Me?*

For the first two sessions Steven K. Ragsdale, a member of the Johns Hopkins Bloomberg School of Public Health was the presenter. Mr. Ragsdale is a former hospital administrator, systems expert, lawyer and historian. In the first session on April 25, he presented a historical perspective on the treatment of African Americans from slavery to modern times. This included how black health care professionals were treated. In the second session on May 23, Mr. Ragsdale concentrated on systemic discrimination and bias in health care. He related that that for three centuries in the West, we evolved a race-based mythology that people of color were less than human. He stated that, “doctors, research scientist and hospitals were complicit in systemic discrimination of a variety of groups”. Even today, only two percent of American physicians are Black men. This percentage has not changed since 1940. He stated that because of these practices and beliefs, African Americans are not present “at the table” where health care decisions and practices are made. Since healthcare laws are state and local oriented, decisions and policies are often made without understanding how they impact People of Color.

Addressing implicit bias, Mr. Ragsdale stated, “It can literally happen anywhere in healthcare from when you call to make an appointment, all throughout care, all the way until you are discharges and, in the pharmacy, or rehab.”

The third session on June 13, focused on the ideas participants had regarding how to create a better health care system. The topics were, reimagining future healthcare for Southern Maryland. How can we implement it? In facilitated, small groups the participants generated a number of ideas for positive change and practical methods of implementation. It was a very “high energy” session.

The Big Conversation is processing the results of these sessions, as well as the feedback from the Exit Survey. The end product will be an executive summary to be distributed to the tri-state community. The summary will be available in the next edition of the Connector.

Brought to you by the founder, Middleham and St. Peter’s Parish with **The Big Conversation Partners in Dismantling Racism and Privilege in Southern MD** including: All Saints Episcopal Church, Calvert County Public Schools, CalvertHealth, Calvert Interfaith Council, Community Mediation Centers of Calvert, Charles and St. Mary’s Counties, College of Southern Maryland, Concerned Black Women of Calvert Co, Emmanuel SDA Church – St. Leonard, Historic Sotterley, Inc., NAACP Branches of Calvert, Charles and St. Mary’s Counties, Patuxent Friends (Quaker) Meeting, Public Libraries of Calvert, Charles, and St. Mary’s Counties, Remnant Center of Excellence, Inc., St. Mary’s Co. Health Department and St. Mary’s Co. Public Schools.



This project was made possible in part by the MD Humanities, through support from the National Endowment for the Humanities, the Maryland Historical Trust in the Maryland Department of Planning, and the Maryland Department of labor. Any view, finding, conclusions, or recommendations expressed here do not necessarily represent those of the National Endowment for the Humanities, Maryland Humanities, Maryland Historical Trust, Maryland Department of Planning, or the Maryland Department of Labor.



This project is supported in part through a grant from the National Episcopal Church USA to Middleham and St. Peter’s Parish for groups working specifically to address the racial disparities laid bare by the coronavirus pandemic.

Juneteenth Day Celebration



First, Middleham and St. Peter's through our Big Conversation Project was represented with a booth at this year's NAACP Juneteenth Day. Hugh and Diane Davies, Nancy Briggs, Rev. Skip Steiner, and Rev. Nathan Beall staffed the booth.

The event was held at Jefferson Patterson Park with several hundred attending. This year was even more significant with the passage of the Juneteenth federal holiday. For MSP and the Big Conversation, it is an opportunity to meet with and talk to many people about who we are and our role in the community and sign them up to be a part of our work. Among the many people we met with were Board of Education members Pam Cousins and Antoine White (see the picture of Father Nathan shaking hands with Antoine). Hugh and Diane are pictured with Robert Holland, who has been a strong supporter of the Big Conversation for years. It was a time for us to renew friendships and make new ones. It was reassuring for those of us working on the Big Conversation that so many people knew about us. We especially appreciate the work of Malcolm Funn, who is a leader of this event and in the community, who also guides us as a member of the Big Conversation steering committee.

Submitted by Hugh Davies



An Update from the SMILE Board

The quarterly SMILE board meeting was held at the Southern Community Center on June 17. Father Nathan Beall, Mark Pesola, and Hugh Davies represented Middleham and St. Peter's.

Board chair Bill Brier reported that the pandemic has had a significant impact on SMILE operations.

Service to families – there are significantly fewer families coming to the pantry during 2021 to date, and during 2020 in comparison to 2019. Reasons for this are the limitations imposed by Covid and the resources made available for food for families. The SNAP (Supplemental Nutrition Assistance Program) maximum benefits have been extended to September 30. In the same way applications for financial assistance are down, likely due to national and state administered programs providing homeowner and rental relief.

Finances – The funds needed for the pantry are significantly down because the food from the Maryland Food Bank are currently free. The general financial condition for SMILE is quite strong. However, there is concern that need will increase and supports will end in a manner that provides much greater demand on finances later in the year.

Volunteers – The covid constraints on individuals have made a considerable impact on the availability of volunteers and has caused the closing of the thrift store on Saturdays. SMILE leadership is working hard to bring back volunteers and recruit new ones. Plans are to reopen the thrift store in the fall.

Parking expansion – Russell Bowie presented a plan for extending the parking in front of the store and widening the driveway. He will have greater detail at the next meeting.

Pantry news – Kathy Mazur reported that all county pantries are experiencing lower client visits.

Several local merchants are donating food. Asbury continues with donations of fresh produce, and garden produce is coming in, including the Middleham garden.

Submitted by Hugh Davies, SMILE Board Member and MSP SMILE Representative

CHRISTIAN FORMATION

Youth Activities

The week of July 12th, we will be joining Christ Church at their campus for a joint VBS. Our theme is Rocky Railway "Jesus' Power Pulls Us Through". The children will learn how powerful Jesus can be in all aspects of their lives, while enjoying the sights and sounds of trains. It will undoubtedly be a fun packed week for all involved. If you would like more information, or to register, or to volunteer please email me at mspyouthleader@middlehamandstpeters.org

Christian Formation, Youth Group, and Youth Services

Throughout the course of the summer none of these groups will actively be meeting, however in the background we will still be working on coming back in the Fall with some new ideas, perhaps new schedules, new curriculums. Once we figure out exactly what we will be able to do, and how we will be operating in the Fall we will make sure to put out the information in the weekly and on the Middleham Facebook. If anyone is interested in teaching Sunday school, or has a talent or passion that they would like to share with the youth, please contact me.

Thirsty Theology

Thirsty Theology continues to meet the first and third Friday's of the month at 7 pm. We meet at the fire pit behind Smith Hall, to enjoy a small campfire, conversation and our drinks of choice. We are currently exploring what community feels like, what makes us drawn to certain communities, how we can best use our own passions in a variety of communities that can be found in the areas around us? There are no right or wrong answers, there is just conversation as to different outlooks on life and how they play a part in our experiences within our groups and activities. So come on out, and tell us what makes for a great community? Was there ever a group that you were a part of that felt so solid, so comfortable, that you were just in your element every time the group came together?

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

Submitted by Anne Hayes, Youth Representative



**JULY 12TH-16TH
9AM-12PM**

**PREK-RISING 6TH
GRADERS**

**Middleham & St. Peter's
with
Christ Church in Port Republic**

**REGISTRATION OPENS
JUNE 1ST**

**CONTACT ANNE HAYES
TO REGISTER OR VOLUNTEER
MSPYOUTHLEADER@MIDDLEHAMANDSTPETERS.ORG
443.624.6959**

**VBS is located at
3100 Broomes Island Rd. Port Republic, MD**

Middleham and St. Peters Parish had 7 people confirmed at the Cathedral of the Incarnation in Baltimore on Sunday, June 13, 2021.



**Zachary Kyoo Connolly
Caroline Anita Fuller
Lillian Elizabeth Fuller
Avery Frances Kury
Mark Douglas Pesola
Kaileigh Elizabeth Weems
Lochlan Aiden Weems**





	<p>RESUMES THIS FALL</p> <p>Coffee and Conversation Sundays and at Asbury 3rd Fridays</p>
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Call Hugh if you have questions at 410-326-0370.

daviesh@comcast.net

Hugh Davies, Charles Bennett and Claude Martin



Education for Ministry (EfM), administered by the Sewanee School of Theology, is a unique four-year distance learning certificate program in theological education based upon small-group study and practice. Since its founding in 1975, this international program has assisted more than 80,000 participants in discovering and nurturing their call to Christian service. EfM helps the faithful encounter the breadth and depth of the Christian tradition and bring it into conversation with their experiences of the world as they study, worship, and engage in theological reflection together.

EfM has been in the Parish over 25 years and graduated more than 35 participants from Middleham/St. Peter's and other local churches. Inquirers may join me on Zoom, August 19th. at 7:00 pm. More information on EFM and possible scholarships will be discussed. This year I plan to start the first session on August 26th 7:00 pm on Zoom. We meet almost every Thursday through mid-May.

For more information you can contact me at Billm0785@gmail.com and I'll send you the link for the August 19th meeting or the EfM website at <http://efm.sewanee.edu/> has much information about the program.

Bill Miller,
Certified EfM Mentor



The Caring Network continues to contact parishioners. 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.

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



If you are interested in starting to have Lay Pastoral Visitors come to be with you, (or if you know someone else who would like to start that) please contact the Parish Office.

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

Pastoral Care

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

To pray.
To listen.
To share.



MSP PRAYER LIST



Grace Korn
Douglas Pardoe
George Buckler
Marjorie Caya
Russ Horton
Dick Hu
Sue Hu
Janey Knox
John Cole
Jimmy Holesapple
Becky Dingle
Mark Dingle

Jimi Stanton
Mary Ellen Elwell
Dorothy Swann
Lisa Greenlee
Stanley Buckler
Phil Lemkau
Colleen Davies
Maryellen Kalivoda
Mary Heflebower.
Susie Wheely
Bill Gallagher
Sandy Sweet

Departed List



Rev. G. David Cesar

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
Justin Forrest

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

REV. G. DAVID CESAR



I just learned that Rev. G. David Cesar, Director of the Holy Trinity Music School, has died. We all fondly remember Rev. David bringing Les Petits Chanteurs to MSP on two occasions - and the great music and fellowship that we enjoyed. We have had a special relationship with Father David and their strong supporters, Rev. Tracy Bruce and Steven Davenport, and having visited Holy Trinity in Port-au-Prince and seeing the total devastation caused by the earthquake. Our first response was sending them musical instruments, then hosting them here at MSP, then reaching out with the school nurse program.

Rev. David exemplified the extraordinary people of Haiti whom we have grown to admire and love and stirs our hearts to reach out. Let us keep him in our prayers at this time.

Pictures: Of Rev. David and the choir members who we enjoyed hosting in our homes, playing soccer on our lawn and singing to a packed hall.

more on Rev. David Cesar [at The Nouvelliste | Father David G. César: the conductor and pastor of Haitian musicians now in heaven \(in-24.com\)](#)

Submitted By Hugh Davies



Parish Health

Most of us have already received our COVID-19 vaccine. Maybe we know someone who is hesitant to get theirs. I hope this article helps explain some of the concerns.

Let's start with a brief history of vaccinations. Inoculations go back to as least 1000 AD, when Chinese and India's people scratched smallpox sore matter into skin of healthy people to prevent smallpox. Vaccinations were first noted in America in 1721 at Boston's Harvard University. In 1738, in Charleston, SC, promising results of the small pox vaccination studies encouraged and increased advocates of vaccines. In 1800, Thomas Jefferson declared, "A Prospect of Exterminating Smallpox." In 1813, the U.S. Vaccine Agency was established. In 1855, Massachusetts passed the first US law mandating school children be vaccinated. In 1864, the use of calves for vaccine material became widespread. The use of animal lymph from calves reduced transmission of human illnesses such as leprosy and syphilis. In 1895, the US began to test and produce diphtheria antitoxin using horses. In 1896, research around the globe demonstrated that inoculation with killed typhoid bacteria resulted in human immunity against typhoid fever. In 1907, discovery of combining toxin to elicit active immunity and antitoxin to prevent disease was made. In 1914, the Typhoid vaccine became available in the US. In 1940, researchers discovered that more than one influenza virus existed. In 1945, the first influenza vaccine was approved with whole virus, inactivated. In 1949, a new way in culturing viruses led to simpler, less expensive methods of producing large quantities of virus for study which led to eventual vaccines.

So, vaccines have nearly eliminated polio, rubella, whooping cough, meningitis, measles, and chicken pox in the US. Vaccines work by introducing dead or inactivated virus or bacteria into the body so the germ can be recognized by the immune system without disease and stimulate the production of antibodies that can attack the virus if we are later infected by it.

New vaccines, including COVID-19 Pfizer and Moderna vaccines use a new technology, mRNA vaccines. The mRNA vaccines have been being developed for the past 20 years, eliminating the need to inject whole virus. mRNA is a molecule produced by our cells to translate genetic information from our DNA into proteins our bodies use to function. Researchers were able to identify the genes that code for a key protein on the virus's surface (spike protein). Only this specific segment is used.

There is no risk of COVID infection. There is no live virus. Please read Dr. Polsky's complete article for more information.

Facts from the CDC.gov website: You should get the vaccine even if you have had COVID as experts do not yet know how long you may be protected from getting it again with the natural immunity your body may have developed. You should get the vaccine if you are pregnant. Yes, studies are still being done, but severe illness from COVID can be detrimental to the mother and the baby. The vaccine is free. You can get the vaccine if you have allergies. All COVID vaccines offered in the US do not contain eggs, preservatives or latex. If you are allergic to OED (Polyethylene Glycol) you should not the mRNA vaccine. Ask your health care provider about receiving the Johnson & Johnson vaccine instead. If you are allergic to polysorbate, you should not get the J&J vaccine; so ask your provider if you can receive the mRNA vaccine instead. All COVID vaccines cannot change or interact with your DNA. The vaccine sends instructions to our cells, but don't enter the nucleus of the cell, which is where our DNA is kept. The CDC website has all of this information in detail. I invite you to check it out if you have more questions and /or concerns.

History of vaccines: historyofvaccines.org – The colleges of Physicians of Philadelphia
Calvert County Health Department, Lawrence Polsky, MD, MPH, F.A.C.O.G. – Health Officer:
www.calverthealth.org

Center for Disease Control <https://www.cdc.gov/>

Submitted by Janet Werner for Parish Health



<p>JULY is JUVENILE ARTHRITIS AWARENESS MONTH</p> 	<p>JULY <i>Sarcoma</i> CANCER awareness MONTH</p> 
<p>July is UV Safety Awareness Month</p> <p>Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer.</p>  <p>Clothing, Sunscreen, Hats, Shade and Sunglasses can protect you from harmful UV rays.</p>	<p>AUGUST is <i>National</i> PSORIASIS AWARENESS MONTH</p> 
<p>AUGUST IS</p> <p>AUTOINFLAMMATORY AWARENESS MONTH</p>  <p>autoinflammatory.org</p>	<p>AUGUST IS</p> <p>national IMMUNIZATION awareness month</p> 

OUTREACH AT MSP

ECHO Dinners

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

We need volunteers to sign up for August - November 2021. There are funds available provided by an Endowment Grant to help cover your costs. You can team up with someone to make a dinner. Contact Anne Gross to volunteer to provide a dinner. 410-326-4948. office@middlehamandstpeters.org

Submitted by Carolyn Steiner, Outreach Chair



IN-REACH OPPORTUNITIES

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

Jim Yoe 443-975-6797 jmyoe@comcast.net



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 Pack Up Of The 2020/2021 School Year

Due to the congregation's and Community Life Center's generous donations our Middle School kids will take home significantly more than a weekend's worth of food and will enjoy Rita's frozen treat with gift cards added to the bags.

Over the summer, the HeartFELT team will do some housekeeping, donating used plastic bags to Asbury for their recycled bench project, checking expiration dates (and donating to SMILE as needed) and considering changes and improvements for the next school year.

A sincere thanks for ALL the volunteer hours - this is truly a team effort! And for all the interest, well wishes, donations, and prayers of our MSP family.

As a side note, in recent months my son, Coleton, has joined in packing bags and has a true love for the effort which pleases my soul!

Elizabeth Broadus, MSP HeartFELT Coordinator

(Pictured Coleton Broadus and Betty Eble)



FOOD DROP JUNE 15, 2021

All, the following are stats from yesterday's food drop: total served 1,405 individuals from 353 families. Volunteer drivers delivered 567 boxes of produce and approx. 3,000 lbs canned items. Total weight delivered was around 14,000 lbs.

The food distribution was done June 15th. We were thankful for the glorious weather

The food boxes were full of fresh produce

Julie Fuller set a local record for having 47 food boxes in her van.

Each driver also had a bag of canned goods and a four pack of lightbulbs (donated from SMECO) to distribute to every family who received food!

Thanks again, Kristin Sandusky

Mark Pesola, 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.

Summer distribution dates:

Tuesday July 20, 2021, and Tuesday August 17, 2021

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

NEEDED VOLUNTEERS AT COMMUNITY GARDEN

Saturday Mornings @ 8:00 AM To Help Harvest Vegetables For Smile



Reading Camp and Middleham and St. Peter's Parish

Reading Camp Calvert South held it's inaugural season in July 2019. For one week, Ted and Laurie Haynie co-hosted the camp with assistance from other Calvert County educators and volunteers to provide instruction, fun and games to "encourage reading as a fun and leisure activity instead of a chore." The campers worked on a theme, "Superheroes" and finding one's own superpower. Middleham and St. Peter's was the host site for this camp and served breakfast and lunch for the campers. Morning sessions included rotations to a reading room, a writing room and an activity room. The four afternoon sessions included two field trips: to the Marine Museum and the County indoor pool in Prince Frederick, and two special activities: Ms. Carmen Sanders from Carmen's Gallery held an art session one afternoon and Dr. Mike Shisler held a chess event on another. On the final afternoon the campers presented their projects to a room full of parents and guests. Each camper received a backpack full of books to take home. We had every intention, based on the huge success of this camp, that we would continue this program every summer.

Well, COVID-19 derailed the in-person, onsite camp last summer, but the program continued to provide material, books and activities to be sent home to the kids eligible for the program as identified by teacher recommendation. Rising third, fourth and fifth graders continued to receive the attention they needed to encourage reluctant readers to pick up a book.

This summer we will still not be onsite, but continue to support the Reading Camp program. Maybe next summer we will be able to hold camp at the Parish Hall again and we look forward to the continued association with a very worthwhile program.

Article from The Calvert Recorder

Community Section B

Friday July 26, 2019



**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/>

SEPTEMBER EDITION OF THE CONNECTOR

ARTICLE SUBMISSION DEADLINE IS

NO LATER THAN MONDAY MORNING AUGUST 16TH

Thanks so much, Karen Timmons, Communications

communications@middlehamandstpeters.org





JULY BIRTHDAYS

Coleton Broadus	07/06
George Buckler	07/09
Rachelle Barrett	07/10
Caroline Fuller	07/10
Lillian Fuller	07/10
Rosemary Staley	07/11
Jennifer Mehl	07/12
Margo Shisler Quigley	07/17
Bruce Calvin	07/17
John Wilson	07/21
Wendy Briggs	07/23
Linda Barrett	07/24
Emma File	07/26
Hugh S. Davies	07/28
Judy Seymour	07/30

JULY ANNIVERSARIES

Dick & Sue Hu	07/02
Will & Elizabeth Broadus	07/03
Rick & Lisa Greenlee	07/05
Jim & Dale Yoe	07/05
Erin & Jason Shank	07/20
Bill & Liz Miller	07/22
Charles & Gail Bennett	07/30

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!



AUGUST BIRTHDAYS

Ethan Carpenter	08/01
Emily Richardson	08/01
Mason Garland	08/03
Bill Favor	08/06
Evan Shisler	08/09
Susie Wheeley	08/09
Teagan Stanley	08/10
Wilma Garcia	08/10
Sam Bergeson-Willis	08/10
John Pardoe	08/11
Perrin Hupp	08/14
Sharleen Wagner	08/15
Katie Shepherd Dredger	08/15
Jordan Jedrey	08/16
Louise A. Smith	08/19
Lainey Kury	08/19
Caleb Patten	08/23
Sally Arbuthnot	08/24
Sally Ray	08/29
Connor Davies Townsend	08/31
Tom Briggs	08/31

AUGUST ANNIVERSARIES

Skip & Linda Barrett	08/09
Mark Pesola & Kristen Sandusky	08/14
Nathan Beall and Hong Kyunghee	08/27

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