



The **CONNECTOR**

Jim Yoe
Jr. Warden

Karen Timmons
Editor

 <p>Middleham and St. Peter's Parish</p>		<p>The Rev. Nathan Beall, Rector The Rev. Skip Steiner, Adjunct Clergy Beth Lanier, Minister of Music</p>
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JULY & AUGUST 2022

God and Origami

Some of you have seen me fold the palms on Palm Sunday and make them into small crosses. It helps me focus on our church family and encourages myself and hopefully others to remember that Christ died for us and was raised up to give us eternal life. Folding palms is also a mindfulness activity that helps me focus on God, prayer, gratitude, and faith. The palm cross is also a visible reminder of that and can be with me and you throughout the year.

Folding palms reminds me of another story about the girl who folded paper cranes, one thousand to be exact. Sadako Sasaki was 12 years old in October 1955 when she succumbed to an illness caused by radiation exposure when the atomic bomb was dropped on Hiroshima on August 6, 1945. During her illness she folded 1,000 paper cranes in the hope that her wish, to be healthy again, would be granted. Although she did accomplish her mission with the help of her classmates, sadly her wish did not come true.

What did happen was that as a tribute to her, the classmates in her Bamboo Elementary school class started a national campaign to build a monument, a Children's Peace statue. Inspired by Sadako's unwavering faith, courage, and determination the fundraising efforts blossomed into an international appeal. As a symbol of peace for all the children in the world, a statue of Sadako holding a massive crane above her head was unveiled on May 5, 1958, in Peace Memorial Park in Hiroshima.

Since then, the 1,000 paper crane story has come to mean many things. Primarily it's uplifting and positive message supports people who are ill, a long-lasting marriage, a message of hope, good luck, good fortune, and a call for peace. It's also about making a promise to keep a memory, a passion, or a cause in your heart. Making 1,000 cranes is a monumental undertaking. Completing an origami "Senba Zuru" is a task people attempt to draw attention to a something that is important to them.

A goal of making 1,000 should not overshadow why you are making them. The process is more important than the goal. This is also important in life. The journey is more important than the destination. Whether you make one, or ten, or 999, the act of making them is as important, if not more, than completing the task. Don't be disappointed in the number, be inspired by the process and the task. Making just one paper crane is something to be proud of. Making one paper crane takes time and patience but can be completed by following simple directions using a square piece of paper. Origami teaches us how to transform one form to another. The options of designs to make are quite numerous as are the benefits of folding, such as mental acuity, fine motor skill improvement, spatial awareness, and focus. Plus, you get a tangible reminder of something or someone you hold dear to your heart.

Origami can be meditative, relaxing, and a way to focus on God and your life. Origami can be a devotional tool or a spiritual discipline, an opportunity for prayer, or even a means to promote spiritual growth. As you fold, ponder God's plan for you and allow the Holy Spirit to move within you.

God is the master folder. He develops things, including us, in precisely the way He has planned. We are always being folded, unfolded, shaped, and reshaped because we are held in His loving hands. "We are all the work of Your hand." Isaiah 64:8. Even though we might not see it, God has a clear view of us as He intends us to be. Even when we doubt where we are going, who we will be or how we will get there, God has a master plan.

So, how about trying your hand at creating an origami design this summer? Making a paper crane is not as difficult as you think. Be patient and as exact in your folds as possible. Don't be discouraged if your first attempt or even subsequent attempts are not perfect. Just remember that slight imperfections are what make everything special, even us.

Blessings,

Joan Shisler

Senior Warden



Monument to Sadako in Japan



My attempt at folding a paper crane

Directions for folding a paper crane.



<https://www.youtube.com/watch?v=KfnyopxdJXQ>

FR. NATHAN BEALL

Psalms

The Psalms provide us with some of the most ancient and continuously offered prayers in the history of the world. These poems, translated from Hebrew, to Greek, to Latin, and countless other languages, have not only been prayed daily by the universal Church since the days of its inception, but were prayed communally by faithful Jews for centuries before that. As such, they have taken on layers of meaning over time, and connect us both to God and to our spiritual forebears. Call to mind the well-known words of Psalm 23, for example: “The Lord is my shepherd, I shall not want.” Imagine them prayed by King David fleeing from his enemies in the wilderness, recited by Christians in the catacombs under persecution, sung by English schoolboys in the 18th century, and being read aloud at funerals in our own parish today.

The Psalms also confront us with some of the most violent and repulsive language in the Bible. Anyone who has ventured beyond the pleasant Psalms of praise that we recite on Sunday mornings knows that these poems are also filled with hatred and vengeance, sometimes drawn out for agonizing lengths in excruciating detail. See Psalm 109, for example. Why then, do we read them? How is it that such strange and ambivalent texts have formed the hearts of saints throughout the centuries? Perhaps part of the reason lies in their very ambivalence itself. These texts are not necessarily meant as moral ideals, but as brutally honest expressions of the human heart. You and I may sometimes give thanks and praise to God, but we also have thoughts of vengeance and misguided desire floating around in our heads. Reading the Psalms confronts us with those thoughts and feelings, and brings them into the context of our relationship with God. It reminds us that nothing can shock him, because there is nothing that he has not heard before. Honesty with God leads to honesty with ourselves, and that is a mark of a saint.

So how are we to pray the Psalms? The Daily Office lectionary of the prayer book provides us with a start (it begins on page 934). Each day of the week has Psalms to read for the morning and the evening, which are more easily formatted in the *Forward Day by Day* booklets found in the back of our worship spaces. Please let me know if you would ever like some help in navigating these.

How are we to interpret the Psalms? The Church has given several answers through the years. One is to not dwell too much on the specific meaning of the words, but to simply lift them up as offerings to God, in connection across time and space with all who have offered them before. You might offer each Psalm for a particular prayer intention, such as a friend who is sick. If we find ourselves stumbling over

the less agreeable language, we might think about these words as applying to our inner struggles: that is, referring the prayers for victory in battle and destruction of enemies to spiritual warfare against evil thoughts and forces within ourselves. For “our struggle is not against enemies of blood and flesh...” (Ephesians 6:12)

Finally, the Psalms are always prayed with Christ. Jesus prays to the Father from the depths of his humanity, even crying from the cross, “My God, my God, why hast thou forsaken me?” (Psalm 22:1). Our praises, our laments, and our sighing join with his. By praying the Psalms in the person of Christ, his prayer becomes ours, until finally our words move us beyond words, so that “the Spirit intercedes with sighs too deep for words.” (Romans 8:26)

Peace,
Nathan+



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



SUMMER SERVICE SCHEDULE

**BEGINS SUNDAY JUNE 19TH
THROUGH AUGUST 28TH**

**1ST SUNDAY ON JULY 3RD & AUGUST 7TH
JOINT SERVICE IN SMITH HALL @ 10:00 AM**

ST. PETER'S CHAPEL @ 8:15 AM

MIDDLE SERVICE @ 10:00 AM IN SMITH HALL

**10:00 AM Middle Service will be Live-Streamed,
if you are unable to attend.**

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

**Every Wednesday At 9:00 AM
Healing And Holy Eucharist Service
St. Peter's Chapel In Solomons**

**Starting July 13TH
Evening Prayer - Middleham Chapel @ 5:00 PM**



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

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



Also, we have our online giving option through Vanco.

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

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



Video Link - How To Setup Text Giving Option

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

<https://vimeo.com/262291796>

This information will also be available on our website.

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



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

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

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

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



**THE EPISCOPAL DIOCESE
 OF MARYLAND**

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

Every Tuesday Live on Facebook Noon Day Prayer

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



General Convention in Baltimore, MD 2022

**The 80th General Convention will take place
 from July 8-11, 2022, in Baltimore, Maryland**

[GENERAL CONVENTION INFO](#)

**JUNE 19TH FATHER'S DAY - ST. PETER'S CHAPEL
SUNDAY SERVICE
FR. NATHAN BEALL, JIM YOE AND DEACON LAURA CARPENTER**



**MSP YOUTH GROUP - END OF YEAR GATHERING
AT FR. NATHAN'S HOME**





**The Community Life Center of
Southern Calvert County invites you to**

**A Community Conversation about Violent
Critical Incident Response**

August 20th, 2022 @1p.m.

**Middleham and St. Peter's Parish Hall
10210 H.G. Trueman Road, Lusby MD**

The afternoon Will include:

A presentation of Active Shooter Training and situational awareness by the Calvert County Sheriff's Office Special Operations Team.

Followed by a conversation between local law enforcement and community members.

Find out about the **STOP THE BLEED program in Calvert County!**

FREE ADMISSION/SPACE IS LIMITED /EMAIL yoeda@comcast.net

Big Conversation 2022

Living and Coping with Trauma: The Unseen Force

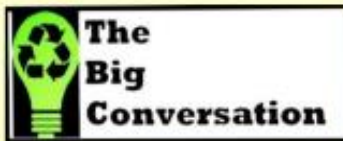


Sunday September 11

2 – 5 pm By Zoom
Mark your calendar!

- Many people experience trauma in their lives. Most experienced trauma during the pandemic.
- A panel will address the causes and impact of racial trauma.
- Small group discussions will explore trauma in greater depth and solutions.

The mission of the Big Conversation Partners is to cultivate public understanding of the need to uproot racism personally and in the systems that derive benefit and, therefore, perpetuate racism and privilege. This event addresses racial trauma.



Brought to you by Middleham and St. Peter's Parish with The Big Conversation Partnership for Dismantling Racism in Southern Maryland including: All Saints Episcopal Church – Sunderland, Calvert County Public Schools, CalvertHealth, Calvert Interfaith Council, Calvert Library, Calvert NAACP, Charles Library, Charles Co. NAACP, Community Mediation Centers of Calvert, Charles and St. Mary's, Concerned Black Women of Calvert Co, Emmanuel SDA Church – St. Leonard, Remnant Center of Excellence, Inc., Patuxent Quaker Friends, St. Mary's College of Maryland, St. Mary's Co. Library, St. Mary's Co. NAACP, St. Mary's Co. Health Department, St. Mary's Co. Public Schools

More information at: bigconmsp@gmail.com /dismantleracism.org

Calvert County NAACP Juneteenth Community Celebration



More Memories: A Gift from Emily Tongue Richardson

Emily Richardson, a lifelong and beloved parishioner of Middleham and St. Peters, died on April 24. Emily and her Episcopal priest husband Reverend Ramsey Richardson, lived in Charlottesville but would come many weekends to their family home on Solomons.

Emily loved her Tongue family and history. She was an active member of multiple historical societies and was a docent at DAR Constitution Hall. For the 325th Anniversary of Middleham, she provided the oral history which is included below. She also provided a special gift, which is described at the end of the article.

Interviewee: Emily Tongue Richardson

Papa (Emily's grandfather) built the house. I knew Mr. Mount, Mr. Bailey, Mr. Thompson, Mr. Eager Wood, Mr. Van Street. The oldest person that I can remember was Miss Jennie Tongue - Miss Jennie and her brother Uncle Charlie. I can remember going to see Aunt Jennie and Aunt Eva. I can remember playing the organ up at Miss Eva's. It was an upright, and I assume it came out of one of the churches.

Growing up I would like to swim, so we would go to Moll's Leg Island. You could put your rowboat up and swim out there. I remember going to the pier to a movie. I can remember as a child that everyone would come out and sit on the front porch, and when the movie was over, you would recognize the cars going by and you would call out to people as they went by. My grandfather (Frank Tongue) was a very quiet man. He always said that I was going to marry a clergyman. He didn't live long enough to see that. He was a waterman all his life. He captained a work boat. He would take things to Baltimore. He worked in the south seas and the Caribbean for a while. As a young man he was very often away. He always lived around the water. He would oyster. He had oyster beds. I did not know about the shirt factory until later on. He was a churchman. Daddy moved away and worked for Davison Chemical, where he was President, which became a part of W. R. Grace and Company, where he was executive vice president. Daddy authored the book because Papa and Grandma were such a part of St. Peter's, and it was a tribute to them for the 100th anniversary.

Solomons was very quiet when I was growing up. When people started coming down for the fishing, my grandfather would rent boats. He rented a row boat six hours for five dollars. He built the wharf, we still have the wharf, between J. C. Lore and the Catholic church. Daddy had a boat until it was impossible for him to get into it. Our children - at age 13 - were disappointed when he sold it. Sometimes I would go to Middleham - I was fascinated by the organ, and it was when Vangie (Bennett) would be playing the organ. I got to sit up near the sexton at Middleham. He would sit in the alcove, and he would ring the bell, and stoke the fire and it would be warm in there. He would sit there and watch. He wouldn't go to communion. All of the men would stand on the sidewalk outside of the church. My mother is buried right

next to the sidewalk. She would have been furious if she knew that was where she was going to be buried. Because she kept telling us that I don't want to be there where they are standing on me and spitting tobacco! One of our grandchildren Ramsey christened at St. Peter's and one he christened at Middleham. When we were here (at Grandfather's in Solomons) we ate at definite times – the big meal on Sunday was at noon – and if you weren't here it caused a big fuss. We would be out catching crabs and have to come back for dinner. And then you would have a cold supper at night. Looking back on it, it was great. Everybody had to sit together. Today it isn't like that.

As more and more people had motor boats, papa said that this would be the death of the seafood industry. And then during WW II when everything came in. All of these things are tearing up the oyster beds, polluting with chemicals. I can hear daddy and papa talking about how too many people were coming into the county who didn't understand that you can't dump things into the bay. And then there were the speedboats, with all of the noise. So its changed, I can't say for the worse. I go back to the time when Woodburn's was just three doors down.

About the special gift:

Emily was interested in and supported our parish's work on our history, including our work on dismantling racism and the "Trail of Souls". She shared with us that her great great grandfather Dr. James Tongue owned slaves right here in Southern Calvert and in 1842 emancipated those slaves as recorded in a family Bible. They were: 1. Anthony 2. Richard 3. Cesar 4. Abraham 5. Robert 6. Harriett 7. Alfred 8. Henrietta 9. Thomas 10. Maryellen 11. Rachel.

On Emily's passing, the family asked on her behalf that donations go to the reconciliation project at Middleham and St. Peter's to support the Trail of Souls Project to honor those enslaved who labored in the construction and maintenance of the brick church. Memorials that have been received will support the parish's continuing work on dismantling racism through the Big Conversation.

NOTE: Go to the parish history on the MSP website at

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

Click on the red history book and go to page 34 for a whole series of great stories of MSP's past.

Updates from the Cemetery

The Cemetery policy and tri-fold have been updated to reflect the following:


Costs for a niche in the Columbarium and plot in the cemetery have been increased by \$200 to reflect their increased costs: To \$1600 for a single niche or plot, and \$1900 for a double niche or two cremains in a plot. NOTE: the new rates will not go into effect until September 1, so take advantage and purchase a niche or plot at the lower rate. (Yes, this is a cemetery sale!)

Green burials – are allowed on a case-by-case basis with the approval of the junior warden. As noted in the new policy: *Natural (or green) burials may be permitted on a case-by-case basis with the approval of the junior warden and the cemetery committee. (Natural burial, sometimes called green burial, is a way of caring for the dead with dignity and minimal impact on the environment. Natural burials use non-toxic and biodegradable caskets or shrouds, and the body is not embalmed.)*

**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 \$1600 (if plot is intended for two urns \$1900)

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 - \$1600
- Double urn niche - \$1900
Prices include the standard urn and inscription



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

Middleham & St. Peter's Episcopal Parish



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

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



ST. PETER'S CHAPEL



**MIDDLEHAM AND
ST. PETER'S PARISH



THE CEMETERY AND
COLUMBARIUM**



**LUSBY, MARYLAND
NOVEMBER 2020**

Submitted by Hugh Davies

[CEMETERY TRI-FOLD 2022](#)

 <p>Middleham and St. Peter's Parish</p>		<p>A Reminder from the Planned Giving and Endowment Committee</p>
<p>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 <u>Planned Giving and Endowment Middleham and St. Peter's Parish.</u></p>		

Apply Anytime Time for a Personal Growth Award

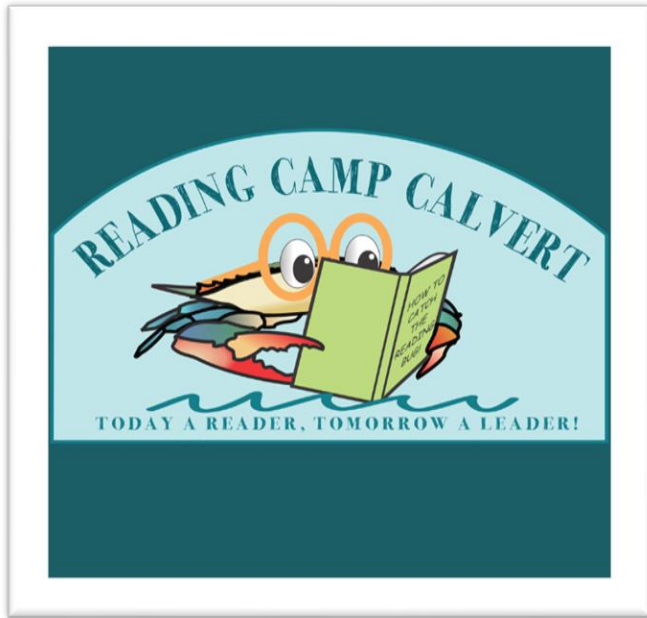
The Planned Giving and Endowment Board makes available awards up to \$750 for a wide range of activities – including but not limited to church-related conference costs, summer camp attendance, tuition or supplies for skilled trades training, and support for higher education expenses. Awards are made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

The current application is on the Middleham and St. Peter's website:

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

Revised February 2022

Submitted by Hugh Davies



Reading Camp Calvert South

July 18-22nd

9:00 – 4:00 PM

Middleham and St. Peter's Parish

Volunteers are needed to help in classrooms and in the kitchen preparing and serving breakfast and lunch.

Contact Joan Shisler for information.

jrbstiger@comcast.net

Over the last two years, Reading Camp Calvert has been a virtual experience thanks to Covid-19 safety protocols. We are excited to kick off our return to a one week, in person day camp, designed to help underachieving students improve their reading skills, while experiencing just how fun reading can be.

Reading Camp Calvert serves rising 3rd, 4th and 5th grade students who are reluctant or emerging readers and are at least one grade level behind in reading based on their teacher recommendation. During the week, campers will engage in reading and writing activities in the morning, and traditional camp and field trip activities in the afternoon. They also receive breakfast, lunch and snacks during the day. At the end of the week campers will take home a new backpack with books they choose from our camp library. We all know that as a community, we are only as strong as our weakest link, so helping struggling readers become proficient readers benefits us all. Helping our campers changes their lives in so many ways.

Christian Formation

As a member of the tech team, I can promise that sometimes things don't always go the way you want them to, the way you planned, or the way they should. Much of our troubleshooting comes down to making minor adjustments and hoping for best, and at last resort, we turn it off and then back on again and pray that it works. This past year, we found ourselves having to follow that sequence of events in Christian Formation. We learned that some of our quick fixes were keeping programs running, but they were not the quality that they could or should be, and we care too much to not do our best to fix it. Behind the scenes we have been working, meeting, learning, exploring and essentially trying to reprogram Christian Formation so that when we turn it back on, it is a much better experience for everyone involved. I am happy to say that in September, we will be turning back on many of the programs that we paused back in the Winter/Spring. Some of our programs are currently on summer break, updating and relaxing in the background. EFM, Youth Group, the Wednesday night book study will all return in September. In September we are also going to bring back more opportunities for our younger children, and those that are young at heart. In July we will kick off some of our paused programs for children by hosting VBS on our campus for the first time in 5 years, and we have been blessed with support coming from within our parish, other parishes and our community. Turning things off and back on again is a hard decision to make, but I can promise that the result is well worth it. I appreciate everyone's patience, support and encouragement over the course of us reconfiguring, and I look forward to kicking off another great program year after a restful summer hiatus.

Submitted by Anne Hayes



Vacation Bible School is Back!!

This year we will be hosting a VBS on our campus during the week of July 25th from 9 am – noon. We will invite children age 3 – Fifth Grade to join us for a week of fun, games, music and bible study. The theme for this year is Monumental. Go off-road for a Monumental adventure through the colorful canyons and sunbaked trails of the southwest. By exploring God’s awesomeness, kids form a rock-solid faith for the road ahead., and we are hoping that is just what this week will be.

If you are interested in volunteering, please contact me at 443-624-6959 OR

mspyouthleader@middlehamandstpeters.org.

Any and all help is always appreciated, registration and signing up to volunteer is available online.

<https://vbspro.events/p/events/8d61ff>

VBS VIDEO MONUMENTAL 2022

<https://youtu.be/yZPfpZlWqQQ>

Submitted by Anne Hayes, Youth Representative

EfM

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.

This year I plan to start the first session on September 1st at 7:00 via ZOOM. We meet almost every Thursday through mid-May. Sessions are scheduled for ZOOM.

For more information you can contact me at Billm1@comcast.net or the EfM website at <http://efm.sewanee.edu/>

Bill Miller,

Certified EfM Mentor



ASBURY SOLOMONS EPISCOPAL FELLOWSHIP

Thursday, July 21, 2022

IN THE RIVERVIEW DINING ROOM,

10:30 FOR EUCHARIST, 11:00 PROGRAM: 11:30 CATERED LUNCH

PLEASE NOTE CHANGE IN TIME!

PROGRAM: Deacon Joan Crittenden will speak in July on senior spirituality.

RESPOND to Mary Beth Dent #3162 or #412, for lunch reservation by 7/6/22

If Lunch, PAYMENT BY A/S FOOD POINTS; NON RESIDENT BY CASH OR CHECK

LUNCH RESERVATIONS MUST BE HONORED. EXCEPTION IS ILLNESS.

ASBURY SOLOMONS EPISCOPAL FELLOWSHIP

Thursday, August 18, 2022

10:30 FOR EUCHARIST, 11:00 PROGRAM, 11:30 CATERED LUNCH

PLEASE NOTE CHANGE IN TIME!

PROGRAM: Fr. Nathan's Presentation Conference in Oxford, England

RESPOND to Mary Beth Dent #3162 or #412, for lunch reservation by 8/5/22

If Lunch, PAYMENT BY A/S FOOD POINTS; NON RESIDENT BY CASH OR CHECK

LUNCH RESERVATIONS MUST BE HONORED. EXCEPTION IS ILLNESS.

Lay Pastoral Visitors Group



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

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

Pastoral Care

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

To pray.
To listen.
To share.



MIDDLEHAM AND
ST. PETER'S
CARING NETWORK

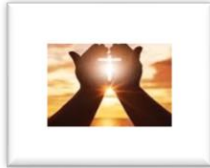
If you or someone you know
should be on our prayer list please
send it to...

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

office@middlehamandstpeters.org or daviesd@comcast.net

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

daviesd@comcast.net



MSP PRAYER LIST



MSP Prayer List

Thomas P. Favor
 Penney File
 Grace Korn
 Douglas Pardoe
 George Buckler
 Marjorie Caya
 Dick Hu
 Sue Hu
 Mary Ellen Elwell
 Dorothy Swann
 Lisa Greenlee
 Stanley Buckler
 Phil Lemkau
 Colleen Davies
 Mary Heflebower.
 Susie Wheely
 Bill Gallagher
 Louise Smith
 Barry Grier
 Bonnie Tolson
 Richard Oliver
 Laurretta Grier
 Dan Gross
 Jane Spencer (Jayci Dale)
 Burke Family
 Debbie
 Rachel
 Eileen Curley
 Sandy Butler
 Laurie Butler
 Debbie Cole
 Lee Garland
 John King
 Paul Krumsiek
 Lauralee Owens-Chylinski
 Jess Davis
 James Stuart

Leon Sykes
 Dr. Clifford (Cliff) Hudson
 Carolyn Korn
 Laurie Oliff
 Patricia Caggiano
 Carol Miller

MILITARY LIST

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

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

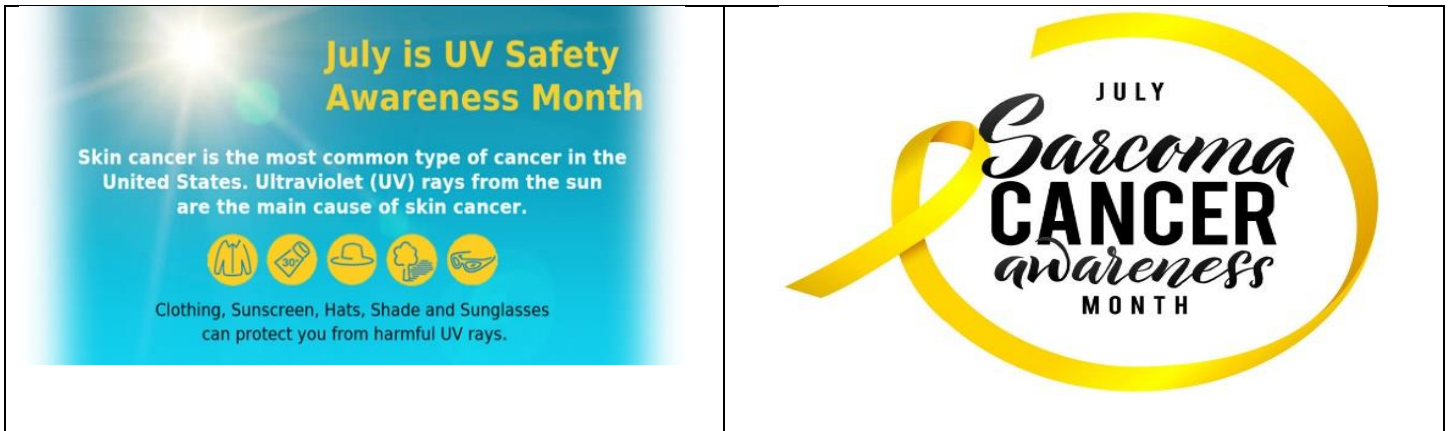
DEPARTED LIST

Paul Rhodes
 Damon Gross
 Rick Rose
 John Sampson

If you need an addition to the prayer list please contact Diane Davies. 410-326-0370 daviesd@comcast.net

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

PARISH HEALTH



Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. **Cover Up:** Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

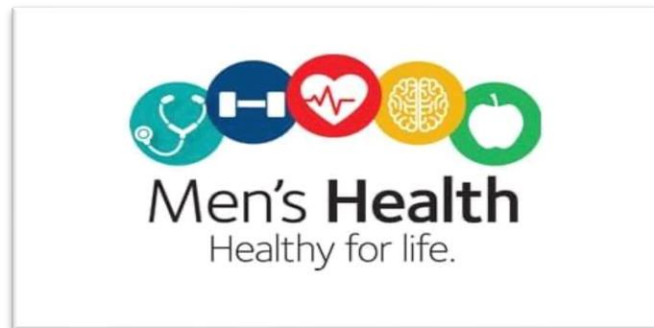
3. Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Submitted by Karl Garland for Parish Health



Fr. Nathan Beall and Dale Yoe



OUTREACH AT MSP

Carolyn Steiner, Outreach Coordinator

email at jsteineriv@comcast.net

HEARTFELT

The final 2021-2022 school year HeartFELT pack up was completed on 6/12/22. Each of our 20 middle school students received two bags of food to start their summer break. Pictured here is Elizabeth and Grayson Broadus. Not pictured contributors of the final pack were Father Nathan and Diane Beall. The 40 bags were delivered Wednesday, 6/15/22, by Diane and Hugh Davies. Thanks to all our long time contributors, sponsors, supporters, and volunteers!

Elizabeth Broadus, MSP HeartFELT Coordinator





OPPORTUNITY TO BE A CHEF



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

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

MSP SUPPORTING PROJECT ECHO

Four crockpots in action for Project Echo in June

Thank you, Elizabeth Brodus



Hope for the Homeless



In January 2023, Project ECHO will recognize its 30th year of providing Hope for the Homeless. To honor this, we're sharing a monthly series of "Stories from the Shelter".

Through this series, we'll introduce you to the homeless members of our community. In turn, they'll introduce you to Project ECHO

Story 3 - Through this experience, I have finally found myself...

I had been living with my eldest daughter and her fiancé. I'd made a terrible mistake because now I realize that I was co-dependent – my eldest daughter and I were like oil and water and her fiancé and I did not get along. The situation was so stressful, I began to lose massive amounts of weight and was ready for a nervous breakdown.

Somehow, through all of this there was a Divine Intervention. I did not know where I was going or even where I was. I had no transportation. I felt lost, alone and that all hope was gone. I spent one night in a motel and while there I learned of a place called Project ECHO. I called and Miss Lori answered the phone and told me a bed would be open soon. I did not know what to expect and actually went to another house near Project ECHO. It was run-down but that is what I expected a shelter to look like. I was then told about the big white house at the back of the long driveway. When I walked through those doors I was amazed.

The home was beautiful. I was still afraid though, and did not know what to expect. I was sick, run down and frightened of the future. The loving kindness from Miss Lori gave me some inner strength that I thought I had lost.

I stayed for three months. I became healthy again and I learned to watch my signs and trust my instincts a little better. I have learned a lot about myself. The time there helped me to grow stronger and wiser. I thank the Lord for such kind, loving, honest people. I believe that there are angels that walk the earth helping lost souls. Project ECHO has been my rock and I will always remember Miss Lori, Mr. Henry and Mr. Dave as my Guardian Angels. I ask the Good Lord to bless them for their love, patience, compassion, and for truly caring. This has edified my faith in knowing there are good people in the world!



PLASTIC BAG COLLECTION FOR BENCHES

Please continue to collect plastic bags.

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

Thanks so much, and keep those bags coming!!!!

And, once Banneker has benches for the butterfly garden we will keep collecting for the grounds of MSP!

Thank you, from Carolyn, for help with this project.
*Contact Carolyn Steiner if you have any questions.
at email jsteineriv@comcast.net.*

IN-REACH OPPORTUNITIES



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



LiveStream Tech Opportunities

We are looking for more tech people for the live stream on Sundays. Most of the work is handled by the software. It can sound very technical, but the major task is making sure the stream is still running, and that the camera is pointed in the right place. Interested in a training session.

For information contact Jim Yoe - jmyoe@comcast.net

Food Drop Delivery Driver Opportunity- Safely Help Others



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

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

NEXT DATES ARE FRIDAY JULY 15, 2022 AND AUGUST 19, 2022

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

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

Middleham and
St. Peter's Parish

**FOOD
DISTRIBUTION
NOW ON FRIDAYS**

**BAGGERS
NEEDED**

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

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

**VOLUNTEER
DRIVERS
NEEDED!**

Food Distribution June 17th

494 FAMILIES SERVED WITH 1,624 INDIVIDUALS

Thank you, Dr. Charles Bennett for the assistance, narration and the pictures.



Hugh's truck and volunteers.



Julie Fuller gets loaded with one of the first trips of the day.



Father Skip and Carolyn get ready for another large delivery.



Bread was part of this day's distribution.



There were drinks...



and spaghetti delivered today.



The food boxes this month had a very nice variety of apples, oranges, fresh corn on the cob, onions, peppers, etc.



The foam insulation covers helped to keep things a little bit cooler in the over 90 degree heat.

MSP COMMUNITY GARDEN & GRACE'S GARDEN



GARDEN UPDATE: THE TOMATO PLANTS LOOK GREAT!



EGGPLANTS SHOULD BE READY TO SCRAMBLE SOON.



WHAT'S UNDER THE MYSTERY NETTING? COME TO A GARDEN SESSION TO FIND OUT...



THE VINES ARE SPREADING OUT.



THE SQUASH, PEPPERS, AND BEETS LOOK GREAT BUT THEY WERE WILTING A LITTLE IN THE HEAT.



SOMETHING IS ALWAYS BLOOMING IN THE BEAUTIFUL GRACE'S GARDEN.



LIKE THEIR BEAUTIFUL NAME SAKE, EVEN IN THE 90'S (YOU KNOW THE DEGREES) THESE LILIES ARE BEAUTIFUL.



THIS MONTH, NANDINA AND LILIES ARE BLOOMING.



Dinner with Friends

Would you like to get to know other members of the Middleham and St. Peter's congregation? Consider participating in the Dinner with Friends summer event. This will involve fellowship groups of 6 or 8 (or so) that will meet once a month at the home of a parishioner in the group. Group members will take turns hosting the members of the group for simple meals over the summer or early fall at times that are mutually determined.

The host provides the main entrée, and the other guests provide bread, side dish/salad, or dessert. Single parishioners and couples are both encouraged to participate. Groups will be reformed periodically to provide new opportunities to meet parishioners.

To sign up ...

- Please sign up in any of the worship spaces, or
- Email or call Warna Gillies, wg.leeward@gmail.com, 703-798-5570



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



SEPTEMBER EDITION OF THE CONNECTOR

ARTICLE SUBMISSION DEADLINE IS

NO LATER THAN TUESDAY AUGUST 16TH BY NOON

Thanks so much, Karen Timmons, Communications

communications@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

Beth Lanier
Music Ministry

music.ministry@middlehamandstpeters.org



PHYSICAL ADDRESS:

Church Office, Smith Hall & Middleham Chapel

10210 H G Trueman Rd, Lusby, MD 20657

St. Peter's Chapel

14590 Solomons Island South RD, Solomons, MD 20688

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

CONTACT:
office@middlehamandstpeters.org
410-326-4948





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
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 Kyunghiee	08/27

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