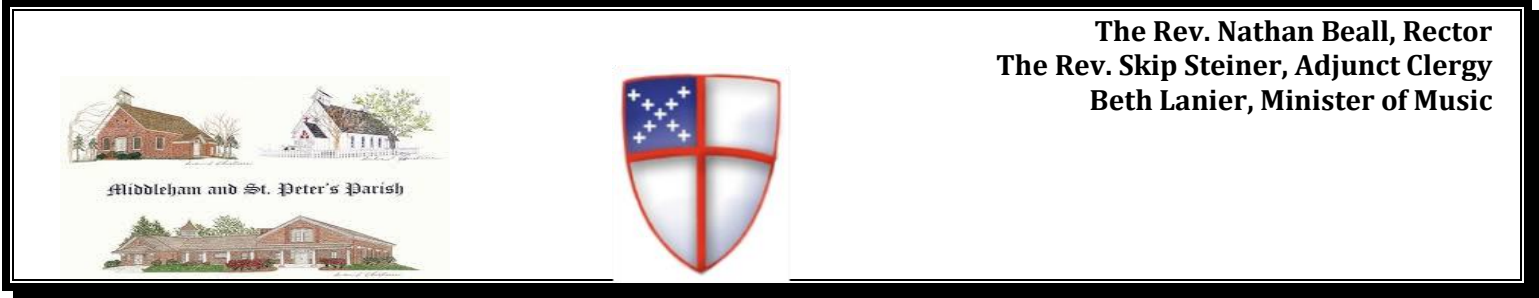


# The **CONNECTOR**

Jim Yoe  
Jr. Warden

Karen Timmons  
Editor



## MARCH 2022

### **What Is It That We're Supposed To Do In Lent, Again?**

The season of Lent is an annual liturgical event. Repeat. It happens every year. You would think by now we all would know what Lent is and what we're supposed to do during the 40 days that Lent lasts. So why is it that every year we find ourselves asking, "What is it that we're supposed to do in Lent, again?" Or maybe it would be better to ask, "What are we not supposed to do?" "Aren't we supposed to give up something?" To do or not to do is all part of the Lenten experience and while there are no specific instructions or behaviors for taking part in Lent, there are some things each of us could do to participate in the season of Lent.

Technically Lent is supposed to be a solemn time during which we seek penance or repent for our sins as we wait for the Lenten season journey to lead us to the more hopeful season of Easter. It is suggested that during this journey we focus on three things: Prayer, Fasting, and Almsgiving. I see this as more of a recipe and I don't know about you, but I have yet to follow a recipe exactly as it is. I tweak it here and there, adding something, leaving something out, or substituting an ingredient for one I think fits better. Sometimes it works out, sometimes it doesn't, but the end result is usually still edible. So, for Lent this year, I'm taking creative license from the recipe and focusing on one of the key words above which is "focus," and stressing the positive and happier verses the negative and serious. If we're going to make a connection with God, shouldn't a more pleasant relationship be preferable to a tense, apprehensive one?

Focus on prayer. Why do you pray? How do you pray? Where and when do you pray? Maybe you don't pray at all. Where is your focus when you pray? The reasoning behind prayer is to connect with God. How, where, when, and why you connect is up to you. The recipe begins with your intention to connect and needs to be tweaked to fit you. You can follow guidelines for praying: Fold your hands, close your eyes, sit in church, take a moment before going to sleep or when you wake up, write it down, just blurt it out, etc. But the key ingredient here is you. What works for you to focus on God and your relationship with God is for you to discover. The season of Lent is a great time to think about your praying habits or non-habits and find the recipe for prayer that works for you. However you connect with God is good. Start small and go from there. Don't forget to breathe and be open to the connection.

Focus on fasting. First of all, fasting is not that great. Some believe that fasting boosts your consciousness, makes you more alert, and causes you to pay attention to what you eat. I think fasting makes you hungry, cranky, and causes you to only think about what you are not eating. Giving up certain foods for Lent is usually the expectation. No chocolate, sweets, and junk food top the list. Some consider giving up something other than food like watching television, social media, or a bad habit. This seems slightly more reasonable than food fasting, but like New Year's resolutions, most people can do or do without most things for a month, but after Lent is over, reverting back is the norm. So, let's focus on something else. The purpose of "fasting" in Lent is to help you heighten your awareness of God in some way. What can you abstain from that allows you to do that? If giving up certain foods or "things" allows you to do that, that's great. At least for the 40 days in Lent you will improve your connection to God. Maybe short term is enough. On the other hand, maybe you could start something in Lent that will connect you to God and continue after Lent is over. What if instead of giving up something you changed your focus to start something like eating healthier foods once a week, taking a walk once a day, laughing out loud once in awhile, or finding something you enjoy doing and while you're doing it thank God that you were put on that path to improve your life. God is everywhere. Fasting or abstaining may give you a temporary God fix, but finding Him so there is a long term connection should be your focus.

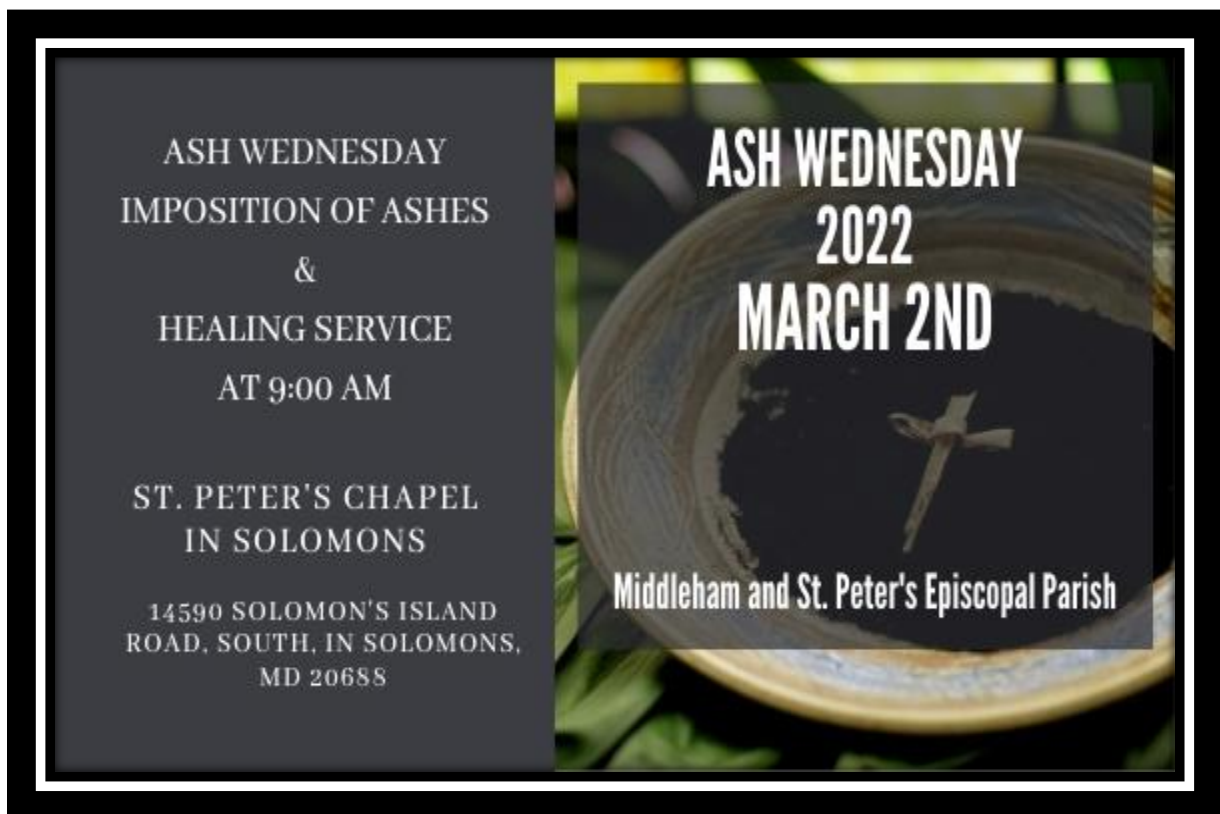
Focus on almsgiving. Almsgiving is about donating your time, money, services, possessions, or resources to others. Or is it? Giving stuff away should not simply be about "Spring Cleaning" out your closets or feeling you have to give away more than you can afford. It's not about running yourself ragged trying to be there for everyone all the time. While giving to help others in any form is a good thing at any time, the focus in Lent should not be on what you can spare to give away or after assessing what your needs are first and giving away what is left over, it should be on the spirit of self-less giving and an attitude of gratitude that sharing your gifts from God with those less fortunate brings you closer to God. Focusing on giving as a personal priority and realizing a solidarity with those who have less than you can be practiced not only in Lent but throughout the year. How, where, what, and to whom you give is entirely up to you. Mix it up. Volunteer here. Donate there. Give a coat here. Be kind to someone there. Listen here. Give your support there.

Lent is a time to help you focus on your relationship with God. The praying, fasting, and almsgiving recipe is there as a guide, but tweaking it makes it work the best for you. At the very least, take the time during the 40 days of Lent to find the best ways to prepare yourself for the coming focus on Jesus' life, death, and resurrection and for finding ways to communicate and develop a lasting relationship with God. There are many recipes for Lenten practices. Find the ones that work the best for you that help you connect with God. The benefits to your life will be like having a veritable feast.

Blessings,

Joan Shisler

Senior Warden

A poster for Ash Wednesday 2022. The left side has a dark grey background with white text. The right side features a photograph of a wooden bowl containing ash with a small wooden cross on top. The text is overlaid on the image.

ASH WEDNESDAY  
IMPOSITION OF ASHES  
&  
HEALING SERVICE  
AT 9:00 AM

ST. PETER'S CHAPEL  
IN SOLOMONS

14590 SOLOMON'S ISLAND  
ROAD, SOUTH, IN SOLOMONS,  
MD 20688

ASH WEDNESDAY  
2022  
MARCH 2ND

Middleham and St. Peter's Episcopal Parish

## **State of the Parish Address - Annual Parish Meeting - February 6, 2022**

One of the things I like about the Annual Parish Meeting is that it gives us the opportunity to reflect back over the year. We can see how things went, what we accomplished, and then figure out from that information where we go from here.

The past two years have been challenging to say the least. COVID has taken its toll. It has forced us to change the way we “do church” as in person / on site worship has been drastically altered and constantly adjusted. It has also forced us to seek alternative ways to meet the needs of our congregation in worship, Christian formation, pastoral care, and communication. As you can see, we are still here, meeting our challenges, and helping each other in every way possible.

COVID, though, has affected our numbers both financially and in our population. For the past several years we have had a balanced operating budget, but this year things caught up to us and the Vestry passed a budget with a deficit. Hopefully, when we close the books on 2021 there will be some surplus to carry over to balance the 2022 budget, but currently there is still a (\$19,000) difference. Next year we most likely will not have an option of any cushion. While we are reaching many people through our live-stream and recorded services, the financial support we would normally receive from in person attendees does not carry over, even though we offer several electronic methods for giving. People, during COVID constraints, have put coming to church way down on their list of things to do. Out of sight, out of mind seems to be the norm, whereas before, Sunday church was an important part of daily life.

The important thing to take note of is what hasn't changed. Middleham and St. Peter's has and will continue to do so much for so many in so many ways. We continue to live into our mission and visions for the parish. We still have strong support for outreach ministries like the HeartFELT backpack program, ( thank you Elizabeth Broadus and volunteers), the Food Drop (thank you Mark Pesola and Kristin Sandusky and volunteers), Angel Tree, Seafarers, Safe Nights, (thank you Carolyn Steiner and parishioners who support this), Big Conversation (thank you Diane Davies and partners), and ECHO dinners and inreach ministries, (thank you Jim Yoe for organizing volunteers), helping parishioners with household repairs, meals, and medical support. Pastoral Care is always available from clergy and lay pastoral ministers (thank you Dr. Charles Bennett and committee). Worship at our three separate spaces is still available and gathering together in a joint service on the first Sunday of every month fosters our need for fellowship with the whole congregation. Our Christian formation offerings for youth and adults continues with several diverse programs that engage all ages. Bible studies, Sunday Youth meetings and events often in conjunction with other nearby parishes are still a part of our church life.

At the Annual Parish Meeting Jim Yoe reviewed our financial health and budget implications. Repair, maintenance, and improvement projects being evaluated for 2022 were mentioned and an update on the Community Life Center was presented. The Community Life Center, an independent 501c3, has donated significant funds to support the HeartFELT backpack program and focuses on addressing community / county needs like homelessness. Jim and Dale Yoe spearhead this organization. Carolyn Steiner offered an update on the outreach ministries we are

involved in, and Hugh Davies briefed us on the Planned Giving and Endowment options that are available to all. We also elected three members to the Vestry: Tom Briggs, Anne Hayes and Janet Werner. Outgoing members, Laura Carpenter and Franz Kury were thanked for their 6 years of service on the Vestry. Vestry members and officers are listed below. Father Nathan addressed the State of the Parish in his sermon.

We are strong in our resolve to meet the needs of our congregation in all ways. We appreciate the support of all parishioners who give their time, talent, and treasure throughout the year. We rely on clergy and volunteers to help with whatever it takes to make sure Middleham and St. Peter's continues to be a welcoming, engaging, and supportive place for people who are looking for spiritual nurturing, worship, and care. We are truly blessed to have Father Nathan, Father Skip, and Deacon Laura to lead us in worship and address our pastoral care needs. We are also extremely fortunate and blessed to have YOU, the congregation, who always steps up and pitches in whenever and wherever there is a need. While we hope to find ways to encourage others to find their way to our special church, we know we can count on our parish family to be there as we continue to meet new challenges that not only our small parish will face, but also those facing the Episcopal church as a whole.

Blessings, Joan Shisler, Senior Warden

### **Vestry Officers**

Joan Shisler – Senior Warden

Jim Yoe – Junior Warden

Jackie Vos – Treasurer

Anne Gross – Registrar and Assistant Treasurer (Giving Records)

Dale Yoe - Assistant Treasurer

Andy Connolly – Assistant Treasurer (Finance Committee Chair)

Anne Hayes – Youth Representative

### **Vestry Members**

Sally Arbuthnot '24

Tom Briggs '25

Will Broadus '24

Anne Hayes '25

Mark Pesola '23

Anita Shepherd '24

Janet Werner '25

Karen Wilson '23

### **Clergy & Staff**

Fr. Fathan Beall, Rector

Fr. Skip Steiner, Adjunct Clergy

Rev. Dr. Laura Carpenter, Regional Deacon

Karen Timmons, Communications Asst.

Beth Lanier, Minister of Music

## **Response to questions received at the Annual Parish meeting re: finances**

A question was asked regarding the percentage difference in pledges received in 2021 vs 2022. In 2022 we received 12 less pledges than the year before. In 2021 we had 72 signed pledge cards and so far in 2022 we have 60 signed pledge cards. That is a 16% loss. The amount pledged by each member of our congregation is confidential, so these results represent the totals received. Also, money pledged goes toward the Operating Budget.

### **Pledge summary**

Pledged amount (signed pledge card plus additional given money) at the end of the stewardship campaign for 2021 = \$288,000

Pledged amount (signed pledge card plus additional given money) at the end of the stewardship campaign for 2022 = \$250,000

Difference in pledged amount at the end of the campaign (\$ 38,000)

Pledges received after the campaign in 2022 = \$14,000

### ***Bringing total pledged for 2022 to \$264,000***

***Vestry approved budget for 2022 = \$294,000***

Gap to pledges received (= \$ 30,000)

Additional funds carried over from 2021 budget = \$ 11,000

Current gap to 2022 Budget (= \$ 19,000)

### **Outlook for the end of 2022**

We were 3.9% underspent on 2021. If we are able to perform the same in 2022 we should realize a reduction in expenses of \$11,500. This leaves a gap of \$7,500. The Vestry is aware of the difference and will monitor monthly to find additional ways to reduce expenses.

We hope this provides more clarification to our budget deficit. As in the past, we will remain transparent and keep you informed periodically by publishing status in the weekly bulletins.

If you have any questions, please contact Jim Yoe or Joan Shisler

### **Vestry Meeting 2/1/22 Highlights**

Elected Officers.

Thanked members rotating off, Laura Carpenter and Franz Kury for 6 years of service on Vestry.

Reviewed & Updated Operating Budget 2022.

Approved Parochial Report.

Reviewed and determined compliance with Mission and Visions of the Parish. (See below)

Received update on Diocesan resolution 2020-6 on Reparations (Committee on Reparations & Race is exploring how Middleham and St. Peter's can support this).

Approved support for Ordination to the Priesthood for Charity Humm (candidate MSP has been supporting through postulancy and seminary).

Tasked Worship Committee with updating worship schedule and clergy assignments.

Posed future question of how we might increase our congregation numbers and how to continue to faithfully serve our parishioners and community after COVID diminishes.

# Middleham and St. Peter's Parish



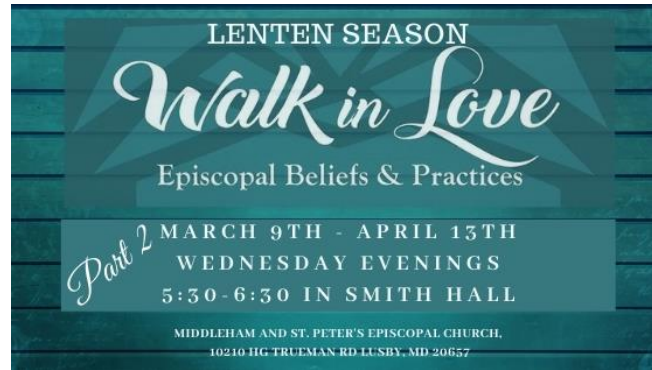
## A Parish of the Episcopal Church in the Diocese of Maryland

**Mission**: Middleham and St. Peter's Parish is a welcoming, engaging and spiritual community of worship, fellowship and service for all, providing an open door to all who reach out to God.

### **Vision**

- To seek to provide a spiritual home for those who want to celebrate God's love, participate in joyful worship and fellowship and humbly serve those in need, near and far;
- To strive to love, nurture and support one another in all stages of life through prayer, education, pastoral care, and outreach;
- To encourage all to know Christ and in turn make Him known to others as we reach out through our gifts of time, talents and treasure;
- To embrace Jesus' commitment to the poor and marginalized, and through outreach to serve them;
- To seek a shared commitment to and love for God's wonderfully diverse Creation, without the usual human constraints of hospitality based on race, gender, ethnicity, sexual orientation, or religious beliefs;
- To increase our Christian family by providing diverse services, programs and ministries that will meet the needs and aspirations of all generations in our parish and in the community; and
- To be inspired by God and believing all is possible with God's help.

## ***Lenten Formation Opportunity***



March brings us into Lent, which always seems to arrive faster than I expected. For our Lenten study this year, we will pick up the book we began in Advent: ***Walk in Love: Episcopal Beliefs and Practices*** by Scott Gunn and Melody Wilson Shobe. This book draws out fresh perspectives on traditional beliefs and practices of the Episcopal Church that many of us may take for granted. Our discussions during Advent centered around the Sacraments of Baptism and Eucharist. Some in our group had grown up in our parish, and others were relatively new to our tradition, but everyone learned something from the book and from each other. So we plan to continue the discussions in Lent on Wednesdays at 5:30 in Smith Hall, according to the following schedule:

- March 9: Confirmation and Marriage (chapter 6)
- March 16: Confession and Healing (chapter 7)
- March 23: Ordination (chapter 8)
- March 30: Daily Office (chapter 9)
- April 6: Church Calendar (chapter 10)
- April 13: Holy Week (chapter 11)

Note that our discussions will culminate in the Wednesday of Holy Week, when we will discuss the meaning of the traditions around that week (I did not plan that—it was the work of the Spirit). Our discussions will be led by lay and ordained members of our parish, and are open to anyone who would like to join, even if you cannot be there for all of them. The book can be easily obtained online in paperback or electronic format. So we hope that you will join us as we continue to walk in love, as Christ loved us, and gave Himself for us.

Peace,  
Nathan+





# MARCH SERVICE SCHEDULE

**MARCH 6, 2022**

**JOINT SERVICE @ 9:30 IN SMITH HALL  
& LIVE-STREAMED**

**MARCH 13TH, 20TH, AND 27TH**

**ST. PETER'S CHAPEL @ 8:15 AM**

**MIDDLE SERVICE @ 9:30 IN SMITH HALL**

**MIDDLEHAM CHAPEL @ 11:15 AM**

**EVERY WEDNESDAY**

**HEALING & HOLY EUCHARIST SERVICE**

**ST. PETER'S CHAPEL @ 9:00 AM**



**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/>



**SHROVE  
 TUESDAY**

**Drive Thru Pancake Supper**

**MARCH 1, 2022**

**4PM - 6PM**



## 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](#).

### Now is a Good Time to Apply 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 below:

#### **Application for a Personal Growth Fund Award – 2021-22**

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 2021-22: 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 February 2022



# ***Friends of the Haiti School Nurse Project Newsletter***

Volume 4 Edition 1

February 2022

A fifth school joins the program!

This past fall, the School Nurse Program at FSIL was extended to a fifth school in Leogane. As reported by Dean Hilda Alcindor, three meetings were held with the director of the Mixed National School of Leogane. Nurse Fabiola Lamothe was introduced to the staff of the school. A space was designed for the clinic where health services would be provided. The school nursing program was explained, and the support of the teachers was solicited.

Following these initial meetings, the parents of the students were convened to understand the mission and activities of the program. Parents signed consent forms for their children to be included in the program. Altogether, it was an excellent start to extending health care to a fifth school and more children in a region and country where there is very little health care.

Services being provided

Under the leadership of Nurse Claudine Cadio, Nurses Yola Clervil, Alan Thevine, and Fabiola LaMothe (all graduates of the four-year FSIL bachelor's program) rendered the following care over the October through December period. In providing the services, the nurses were accompanied by FSIL students who assisted with assessments and provide health education.

Fever	20	Vomiting	1	Cough and stiffness	1
Intestinal parasites	6	Asthma attack	1	Tonsillitis	1
Wound	12	Psoriasis	2	Excessive tearing	4
Dysmenorrhea	8	Sickle cell anemia	1	Sore throat	1
Headache	43	Leg pain	1	Hypoglycemia	1
Abdominal pain	33	Skin lesion	6	Itchy eyes	2
Flu symptoms	23	Toothache	6	Diarrhea	4
				Epigastric pain	4

The nurses also provided the following: administered medications, hydrotherapy, inhalation with pump, wound care, and vital signs. Health education was provided to 196 students and 165 parents.

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.

Our partner in supporting the School Nursing Project – the Haiti Nursing Foundation The Haiti Nursing Foundation out of Lansing, Michigan is the primary provider of support for FSIL. In 2020 they raised funds to provide support for the nurses' salaries through the current school year. Our Middleham and St. Peter's team is providing the other expenses for the project through your support. Their current winter newsletter includes the article below on the school nurse project. An email is being forwarded to you that includes more information about FSIL and the school nurse program. We encourage your support both through HNF as well as through Middleham and St. Peter's as noted above.

## Life-Saving Lessons Being Taught (and Caught)



School nurse Yola Clervil and her young patient

**Many of Léogâne's children now have an advantage when it comes to their well-being.**

Thanks to the School-Based Nurse Project, a visionary collaboration launched by Middleham and St. Peter's Parish in Maryland and now sustained by the church and HNF's family of support, elementary schools in the region have school nurses to provide health assessments, direct care and education.

Since its creation in 2018, FSIL-educated school nurses have traveled to their assigned

school every day. Over 2,000 children regularly have had the chance to see a caring and knowledgeable nurse when faced with issues such as fever, stomach pain, scrapes, burns and numerous other injuries, where before, they would not have had an option.

Health care services have also included dental and eye exams, a luxury in Haiti. And this past summer, the nurses provided training to 105 teachers and eighty parents in health and first aid, enveloping the entire community with life-changing skills and knowledge.

With wide support from caring



Children at St. Rose with Middleham and St. Peter's team member Dale Yoe RN



Healthy children ready to learn at Abellard School

donors, the School-Based Nurse Project has grown each year, expanding to five schools for the 2021-22 school year, with four nurses – all graduates of the FSIL bachelor's degree program – serving the schools. Yola Clervil, Claudine Cadio, Fabiola Lamothe and Alin Thevine make up the nursing team, and are joined each week by FSIL nursing students, who gain essential clinical practice through the program.

**Because of your financial support, this essential program continues to thrive.**



HAITI  
NURSING  
FOUNDATION

1100 N Main St, Ste 209 p. 734-887-6359  
Ann Arbor, MI 48104 e. info@haitinursing.org

[www.haitinursing.org](http://www.haitinursing.org)



*Submitted by Hugh Davies*

# Christian Formation

With all of the changes and uncertainty that has been surrounding us lately, the decision was made to put Adult and Elementary Christian Formation on hiatus until the Fall. We want to ensure that the programs are running to the best of their abilities, within the guidelines of what we feel is best and safest for everyone involved. During this time we will continue to offer programs to all age groups, starting with the Lenten Series. We have a few more programs that are underway, and will make sure to communicate them when all plans are finalized. So, keep an eye out because better days are coming : )

Middle School and High School Youth are still going strong. We have our regular Sunday evening gatherings as we delve into the Old Testament and all it has to offer. The youth will be assisting in the Pancake Supper and will continue to take part in many of the roles that take us to Holy Week. During our first Sunday of Lent we will welcome the wonderful Kate Riley as a visitor to our Sunday Morning program. Kate comes to us from Baltimore and has been a great help from the diocese. Usually she comes in the evening to meet with the youth and take part in their events and activities, and we are excited for everyone else to get the chance to meet her.

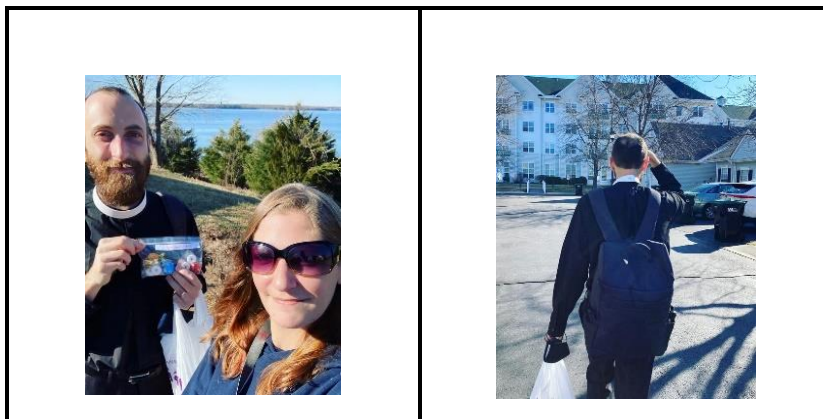
If you ever have any questions, or you would like to hear more about any of the information above, you can reach me at 443-624-6959. [mspyouthleader@middlehamandstpeters.org](mailto:mspyouthleader@middlehamandstpeters.org)

*Submitted by Anne Hayes, Youth Representative*

\*\*\*\*\*

## YOUTH GROUP VALENTINES FOR ASBURY RESIDENTS

Fr. Nathan and Anne Hayes Delivery





## UPCOMING CHARITY HUMM'S CANDIDACY INTERVIEW

Greetings!

I wanted to send along a link to the sermon I preached on February 13th. Hope you all are doing well. I miss you all at Middleham.

March 5th is my candidacy interview...asking for prayers and I will send along an update to Middleham about the results of the interview.

peace,

Charity

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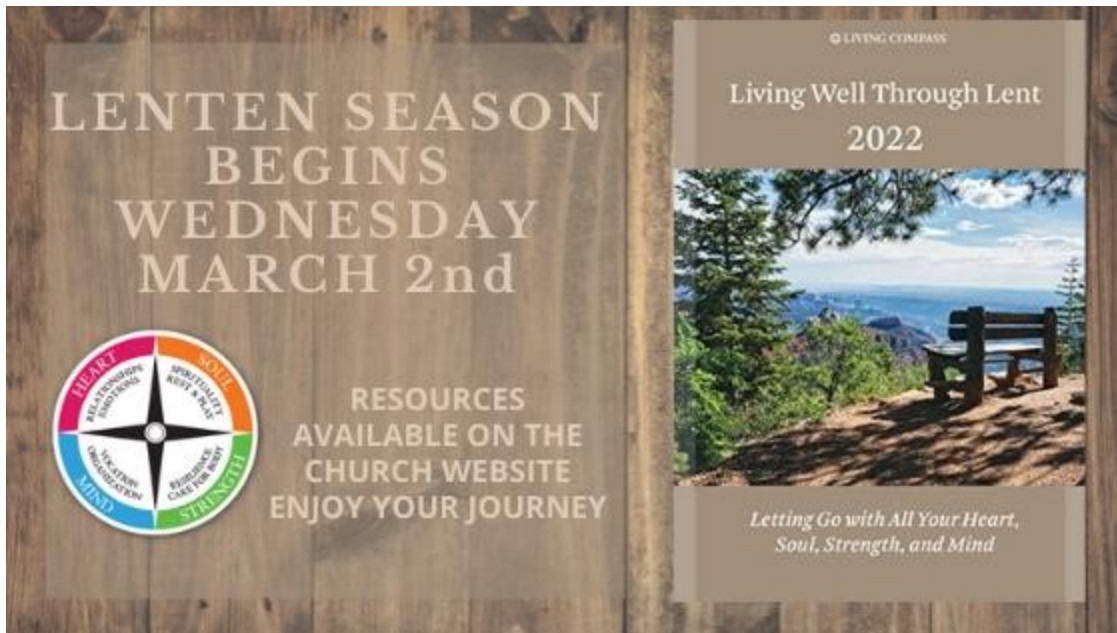
*If we have no peace, it is because we have forgotten that we belong to each other. ~Mother Teresa*



Sixth Sunday after the Epiphany Jeremiah 17:5-10 Psalm 119:1-20 Luke  
[6:17-26](#) Charity Humm, VTS Seminarian Intern [#christchurchcalvert](#)

February 13, 2022, "On Level Ground"

<https://youtu.be/f2zJxJqDbw>



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

**ENGAGE WITH US THROUGHOUT THE  
2022 LENT SEASON!**

**The theme for our 2022 Lent daily devotional is *Letting Go with All Your Heart, Soul, Strength, and Mind.*** Each year, tens of thousands of people across different denominations use our daily devotionals to prepare for the coming of Easter. Congregations also use the devotional for Lent programs, classes, small group discussions, and retreats with support of our FREE downloadable and printable Facilitator's Guide. Below you will find multiple ways to engage these resources, either individually or as a lay or clergy leader.

- Order our Lent devotional as a printed 5.5" x 8.5" **booklet** in English and Spanish while supplies last. Printed booklets are \$1 per booklet (less than 1/3 of our cost to produce the booklets). Shipping is FREE for orders of 10 or more booklets and \$10 for orders of 1-9 booklets. If you have questions about printed booklets, contact Carolyn Karl at [carolyn@livingcompass.org](mailto:carolyn@livingcompass.org). We sell out every year, so order early.
- Download our Lent devotional as a **FREE PDF** file in English and Spanish.
- Purchase our Lent devotional as an **e-book** from Amazon for .99 cents.
- Sign up to receive each day's reflection via a **daily email** for FREE.
- Download our Lent **Facilitator's Guide** as a **FREE PDF** file.
- Join our private **Lent Facebook Group** for thoughtful reflection and conversation.
- Access all past daily reflections on our **website**.

***Living Well Through Lent 2022: Letting Go with All Your Heart, Soul, Strength, and Mind* includes reflections from:**  
Robbin Brent, The Rt. Rev. Brian Cole, Amy Cook, Dr. Sarah Robinson Flick, The Rev. Jan Kwiatkowski, William "Father Bill" Miller, The Rev. Dr. Scott Stoner, The Rev. Mary Bea Sullivan, The Rev. Benjamin Thomas, The Rev. Ed Thompson, and Liz Ward

**Also available: *Vivir una buena Cuaresma en el 2022: Soltar y dejar ir con todo el corazón, alma, fuerzas y mente* – a Spanish Lent daily devotional with completely original content.**

**LIVING COMPASS**  
Spirituality & Wellness Initiative  
HEART • SOUL • STRENGTH • MIND

Find these Lent resources at [livingcompass.org/lent](http://livingcompass.org/lent)

# 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](mailto: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...

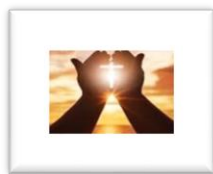
[office@middlehamandstpeters.org](mailto:office@middlehamandstpeters.org)  
or Diane Davies @  
[daviesd@comcast.net](mailto:daviesd@comcast.net)

[office@middlehamandstpeters.org](mailto:office@middlehamandstpeters.org) or [daviesd@comcast.net](mailto: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](mailto:daviesd@comcast.net)

# MSP PRAYER LIST



## **MSP Prayer List**

Thomas P. Favor

Barry Grier

Janet Werner

Grace Malba

Michael Volinski

Michele Chelednik

Malcolm Funn

Matthew Butler

Sabrina Moran

Chuck Beitzell

Betty D'Agostino

Penney File

Grace Korn

Douglas Pardoe

George Buckler

Marjorie Caya

Dick Hu

Sue Hu

Jimmy Holesapple

Mary Ellen Elwell

Dorothy Swann

Lisa Greenlee

Stanley Buckler

Phil Lemkau

Colleen Davies

Mary Heflebower.

Susie Wheely

Bill Gallagher

Ed Frantz

Charlie Snyder

JoAnne Snyder

The Bowen Family

The Griffin Family

Louise Smith

Sally Ray

Pam Hawkins

Greg Garland

Viki Garland

Kitty Wilson

Barry Grier

Donna Binger

Betty Anne Moore Chaney

Bonnie Tolson

Richard Oliver

Lauretta Grier

Donald Dowell

Kelly Jones

Dan Gross

Leela Devadas

## **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

## **DEPARTED LIST**

Betty Hatfield

Lynn Chasko

Sarabeth Smith

Thomas Pumillo

John Herchenroeder

Bob Wilson

# PARISH HEALTH

*Karl Garland for Parish Health*

## EXERCISE FACTS

*2,000 steps equal 1 mile  
10,000 steps should be @ 5 miles  
200 steps is @ 1 city block  
9 holes of golf (walking) is @ 8,000 steps*

*Physical activity/time spent can be converted into  
steps/miles:*

### Level 1 Light Activity

*(less than 3.5 kcals used per minute)  
20 mins of activity = 1 mi  
Gardening, bowling, snowmobiling, painting, car  
washing, fishing, window  
cleaning, golf (without cart), slow treading in pool,  
dusting or Vacuuming.*

### Level 2 Moderate Activity

*(3-7 kcals used per minute)  
20 mins of activity = 2 mi  
Softball, weightlifting, shoveling snow, dancing,  
barn cleaning, racquetball, tennis, volleyball, skiing  
easy, handball, yoga, ice skating recreational,  
swimming recreational, competitive table tennis.*

### Level 3 Vigorous Activity

*(7.5 + kcals used per minute)  
25 mins of activity = 3 mi  
Exercise classes: i.e. (spinning, step, kickboxing, body  
pump, circuit.) basketball, soccer, cross  
country skiing, hard mogul skiing, martial  
arts, boxing sparring, chopping wood, swimming fast  
laps, competitive dancing.*

*Running & Walking Report Actual Miles*

*Biking 3:1 Ratio (Report 1 mile for every 3 biked)*

**OFFICE@MIDDLEHAMANDSTPETERS.ORG**



**The PARISH HEALTH  
Ministry of  
Middleham and  
St. Peter's Parish  
Presents:  
Walking to Jerusalem!**

**Help us walk 5863  
miles from our parish  
hall  
to Jerusalem before  
Easter Sunday**

**Galatians 5:25 If we  
live by the Spirit,  
let us also  
walk by the Spirit**

**An exercise program to  
begin Wednesday  
March 2, 2022. Just  
email your weekly  
totals or place them in  
the offering baskets.**

# WHERE TO WALK

Middleham lot= .10 mi (10 time around= 1 mi.)

Solomon's' boardwalk= .3 mi

High School tracks= .26 mi

From Solomon's PO, around island  
and back= 3 miles

From the

Calvert Marine Museum- around the island and  
Back=3 mi.

From OLSS- around the island and back= 2 mi.

Cove Point Park= @ .13 mi.

Calvert Cliffs State Park = main trail= @ 2 mi.

\*Yellow trail=.7 mi

\*Blue trail=1.1 mi.

\*Red trail= 1.8 mi.

\*White trail= 1.7 mi.

\*Orange trail= 2.4 mi.

\*Silver trail= .7 mi.

Ann Marie Garden Walking Path= .25 mi

Asbury: around the perimeter= 1.5 mi



**Veteran to  
Veteran**

**Support Groups**

*Join us for casual  
conversation about shared  
military service.*



**North Beach Senior Center**

1st Tuesday of each month  
at 11 am

**Calvert Pines Senior Center**

2nd Friday of each month  
at 11 am

**Southern Pines Senior  
Center**

4th Tuesday of each month  
at 10 am

*Groups are free to attend,  
and registration is not  
required.*

*Come when you can!*

*For questions, contact  
Bill Miller  
wmiller@calverthospice.org  
410-535-0892*

**Calvert Hospice Drop-In Bereavement Groups**

**Join us for FREE drop-in grief support groups  
each month.**

**Virtual Group meetings:**

2nd Tuesday of the month at 10 am  
4th Tuesday of the month at 4:30 pm

**In-Person Group meetings:**

1st Wednesday of the month at 1 pm at  
the North Beach Senior Center  
2nd Tuesday of the month at 1 pm at  
the Southern Pines Senior Center  
3rd Tuesday of the month at  
the Calvert Pines Senior Center

To register for virtual groups, contact:

Trish Watson  
pwatson@calverthospice.org  
410-535-0892, ext. 2201



JPPM & HOSPICE



FUN RUN/WALK

MARCH 26, 2022

\$15

Children 12 and under

\$35

Individual Registration

\$125

Group of 5 max

Entry fee includes a commemorative t-shirt, hydration stations on course, post race refreshments and goodie bags.

Awards presented to 1st, 2nd, and 3rd place finishers.

A portion of the funds raised support Calvert Hospice, which provides medical, emotional, and spiritual care and support to patients and families through the end of life. (calverthospice.org)



10515 Mackall Rd.  
St. Leonard, MD 20685  
410-586-8501  
jef.pat@maryland.gov  
jefpat.maryland.gov

www.eventbrite.com/e/jppm-calvert-hospice-5k-fun-runwalk-tickets-183669178457





## MARCH VACCINE SCHEDULE

### Fox Run Clinic: 713 Solomons Island Rd. N, Prince Frederick, MD 20678

#### Covid Vaccine Appointments

Moderna, Pfizer 12+, and Pediatric Pfizer 5-11 are offered at our Fox Run location, Tuesday-Friday, 2:30-4:00. There are no vaccinations at this location on Mondays. If you need a Monday appointment for vaccination, see information about our Mobile Outreach Van, further down the page.

Please go inside for vaccinations. This location is handicap accessible.

If you need help making an appointment, call 410-535-0218 Monday, Wednesday, and Friday between 08:30-4:30 for assistance.

If you need help getting copies of your vaccination record, register with [MyIR.net](https://www.marylandvax.org)

On alternating Wednesdays and Thursday afternoons, Calvert County Health Department has expanded hours at our Fox Run vaccination clinic to accommodate more children 5-11 and their families.

**2:30 PM – 6:00 PM**

**Wednesday 3/2/22 Pfizer and Moderna 2:30-6**

<https://www.marylandvax.org/appointment/en/reg/1618629039>

**Thursday 3/10/22 Pfizer and Moderna 2:30-6**

<https://www.marylandvax.org/appointment/en/reg/9216901649>

**Wednesday 3/16/22 Pfizer and Moderna 2:30-6**

<https://www.marylandvax.org/appointment/en/reg/0967211998>

**Thursday 3/24/22 Pfizer and Moderna 2:30-6**

<https://www.marylandvax.org/appointment/en/reg/9962119850>

**Wednesday 3/30/22 Pfizer and Moderna 2:30-6**

<https://www.marylandvax.org/appointment/en/reg/8912609139>

Moderna, Pfizer 12+, and Pediatric Pfizer 5-11 are offered at our Fox Run location, **Tuesday-Friday, 2:30-4:00**. There are no vaccinations at this location on Mondays. If you need a Monday appointment for vaccination, see information about our Mobile Outreach Van, further down the page.

**2:30 PM – 4:00 PM**

**Tuesday 3/01/22 Pfizer and Moderna 2:30-4**

<https://www.marylandvax.org/appointment/en/reg/1961690232>

**Thursday 3/03/22 Pfizer and Moderna 2:30-4**

<https://www.marylandvax.org/appointment/en/reg/9114296015>

**Friday 3/04/22 Pfizer and Moderna 2:30-4**

<https://www.marylandvax.org/appointment/en/reg/2619563109>

**Tuesday 3/08/22 Pfizer and Moderna 2:30-4**

<https://www.marylandvax.org/appointment/en/reg/9969170021>

**Wednesday 3/09/22 Pfizer and Moderna 2:30-4**

<https://www.marylandvax.org/appointment/en/reg/2619905109>

**Friday 3/11/22 Pfizer and Moderna 2:30-4**

<https://www.marylandvax.org/appointment/en/reg/9061901092>

**Tuesday 3/15/22 Pfizer and Moderna 2:30-4**

<https://www.marylandvax.org/appointment/en/reg/0011362999>

Thursday 3/17/22 Pfizer and Moderna 2:30-4

<https://www.marylandvax.org/appointment/en/reg/1902914609>

Friday 3/18/22 Pfizer and Moderna 2:30-4

<https://www.marylandvax.org/appointment/en/reg/0966211999>

Tuesday 3/22/22 Pfizer and Moderna 2:30-4

<https://www.marylandvax.org/appointment/en/reg/1129699059>

Wednesday 3/23/22 Pfizer and Moderna 2:30-4

<https://www.marylandvax.org/appointment/en/reg/9912609129>

Friday 3/25/22 Pfizer and Moderna 2:30-4

<https://www.marylandvax.org/appointment/en/reg/9219901619>

Tuesday 3/29/22 Pfizer and Moderna 2:30-4

<https://www.marylandvax.org/appointment/en/reg/6011129989>

Thursday 3/31/22 Pfizer and Moderna 2:30-4

<https://www.marylandvax.org/appointment/en/reg/5912609169>

## COMMUNITY OUTREACH VEHICLE:

**Calvert County Health Department will have our mobile vaccination van on various sites throughout Calvert County.**



Sign up for an initial vaccination, second dose, or booster under any clinic below. Flu vaccines are also available and may be given at the same time as Covid vaccinations. Anyone 12 or older is eligible for vaccination at our mobile van. For those 12-17 years-old, a parent or guardian must consent for vaccination. Boosters are given at least 5 months after the second dose in the primary series. Immunocompromised individuals may require a third dose, given 28 days after the second dose. Individuals with immune deficiencies should discuss this with their medical provider.

**Thursday March 3, 2022 IHOP Prince Frederick**

**Moderna/Pfizer 12+/Influenza 9 AM to 1 PM**

<https://www.marylandvax.org/appointment/en/reg/5231915064>

**Monday March 7, 2022 7-11 Sunderland**

**Moderna/Pfizer 12+/Influenza 9 AM to 1 PM**

<https://www.marylandvax.org/appointment/en/reg/2615369109>

**Saturday March 12, 2022 SMILE Lusby**

**Moderna/Pfizer 12+/Influenza 10 AM to 12 PM**

<https://www.marylandvax.org/appointment/en/reg/0611762395>

**Monday March 14, 2022 Calvert Library Southern Branch**

**Moderna/Pfizer 12+/Influenza 9 AM to 1 PM**

<https://www.marylandvax.org/appointment/en/reg/1961650632>

**Monday March 21, 2022 7-11 Prince Frederick Solomons Island Rd**

**Moderna/Pfizer 12+/Influenza 9AM to 1 PM**

<https://www.marylandvax.org/appointment/en/reg/0365621119>

# OUTREACH AT MSP

## SAFE NIGHTS 2022



Thank you to all that assisted this year with the Safe Nights outreach program.

Middleham and St. Peter's Parish helped St. Paul's host the week of January 30<sup>th</sup> – February 5<sup>th</sup>.

There are numerous outreach opportunities. If you are interested or need more information, please contact Carolyn Steiner.

**Carolyn Steiner, Outreach Coordinator**  
email at [jsteineriv@comcast.net](mailto:jsteineriv@comcast.net)



## 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 **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](mailto:office@middlehamandstpeters.org)

**MEALS ON WHEELS  
VOLUNTEER  
DRIVERS  
NEEDED!**



Help us deliver meals to homebound seniors.

Can you assist us with 1 or 2 days per month?

**Make a difference in the life of a senior citizen!**

Call the Calvert County Office on Aging at 410-535-4606 ext. 124




www.calvertmealsonwheels.org

## 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](mailto: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](mailto:jmyoe@comcast.net)



**Check for \$4,000 from Community Life Center to MSP HeartFELT Backpack Ministry**



**State of the Garden**

There is no harvest, special thanks to the local deer herd.  
Movement was seen in the area of the bee hives on warm days last week - hope they hold in there!

**Garden Collect for February**

God of Cold Days  
You chill the fields and make us rest.  
We pray for renewal.

*Submitted by Kristin Sandusky*

# 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 DATE IS FRIDAY MARCH 18, 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](mailto: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](mailto:mark_pesola@hotmail.com)  
OR 410-610-8495

Middleham & St. Peter's  
Episcopal Church  
10210 HG Trueman RD Lusby MD 20657

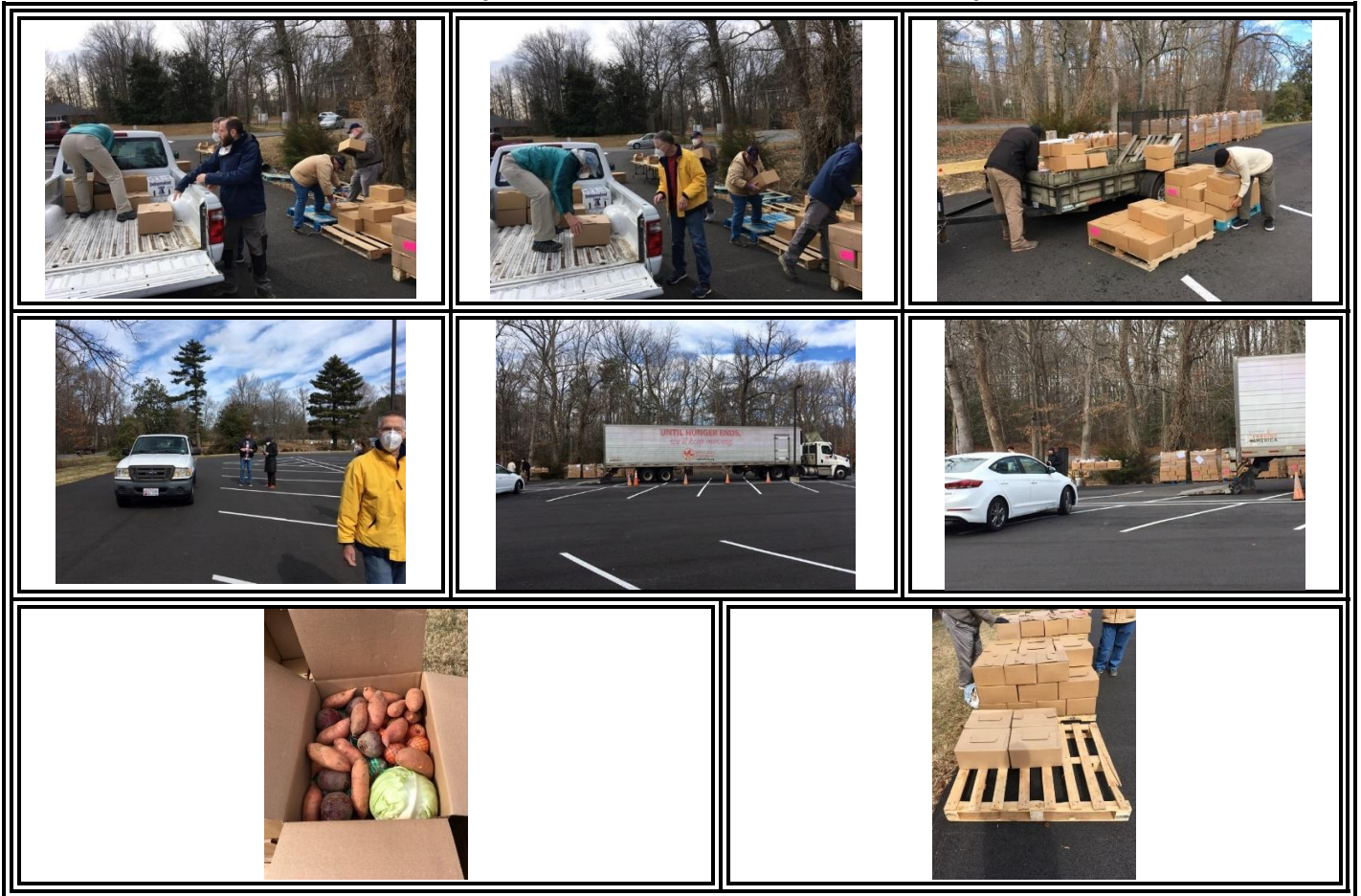
*VOLUNTEER  
DRIVERS  
NEEDED!*

# FOOD DISTRIBUTION FEBRUARY 18, 2022

MANY BOXES WERE DELIVERED

STATS WERE 491 HOUSEHOLDS, 1694 PEOPLE SERVED

Thank you Dr. Bennett for the commentary.



In the true spirit of the Olympic Games, several drivers tried to break previous food distribution records. This action photo shows Mark loading a record-breaking 80 boxes in one delivery trip.

There was also controversy at the Lusby Olympics.

Several competitors felt it was unfair that Mark's equipment included a large trailer rather than just a vehicle by itself.

Father Nathan did a solo performance (Hee is visiting her family in South Korea), which delivered 39 boxes unaccompanied.

Without resting, he immediately broke his own record with his next delivery of 40 boxes. He was able to do this without his usual team member for navigation and rapid loading in the parking lot.

Father Skip and Carolyn (and other volunteers) were part of his rapid loading crew as well as for all of the other competing drivers.

Many healthy food items were in each box delivered

The judges kept close count of the boxes on each pallet

Some of the loading team declined to be seen near a white pick up truck with a New York Yankees sticker.

Kristin won the gold medal for best administrative leadership in a solo role. Another amazing performance!



## 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.

Thank you, from Carolyn, for help with this project.

Contact Carolyn Steiner if you have any questions.

at email [jsteineriv@comcast.net](mailto:jsteineriv@comcast.net).



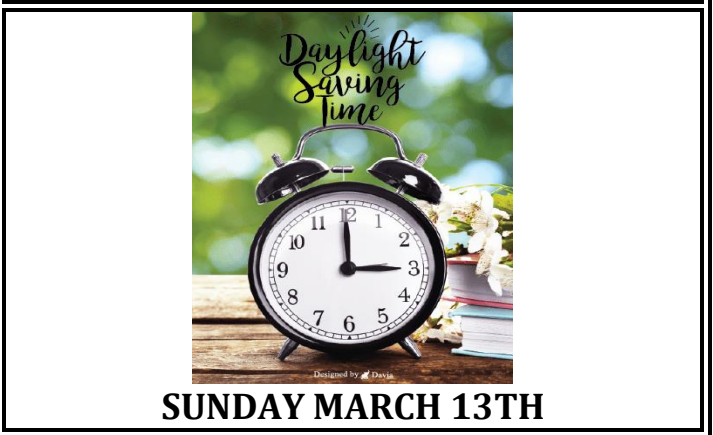
**JOB SOURCE VAN WILL BE AT SMILE EVERY 1<sup>ST</sup> WEDNESDAY**



**BOOKMOBILE WILL BE AT SMILE EVERY 2<sup>ND</sup> WEDNESDAY 11:00 AM - NOON**

**Computers & Printing, Library Card Services, Wi-Fi Access,  
Wheelchair Lift and more.**





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



**APRIL EDITION OF THE CONNECTOR**

**ARTICLE SUBMISSION DEADLINE IS**

**NO LATER THAN TUESDAY MORNING MARCH 15TH**

**Thanks so much, Karen Timmons, Communications**

[communications@middlehamandstpeters.org](mailto:communications@middlehamandstpeters.org)

# CONTACT INFORMATION

**Rev. Nathan Beall**

**Rector**

**301-704-2320**

[Fr.Nathan.Beall@middlehamandstpeters.org](mailto:Fr.Nathan.Beall@middlehamandstpeters.org)

**Joan Shisler**

**Senior Warden**

**410-474-4849**

[jrbstiger@comcast.net](mailto:jrbstiger@comcast.net)

**Jim Yoe**

**Junior Warden**

**443-975-6797**

[jmyoe@comcast.net](mailto:jmyoe@comcast.net)

**Anne Gross**

**410-326-4948**

[office@middlehamandstpeters.org](mailto:office@middlehamandstpeters.org)

[grossanne@comcast.net](mailto:grossanne@comcast.net)

**Anne Hayes**

**Youth Representative**

**443-624-6959.**

[mspyouthleader@middlehamandstpeters.org](mailto:mspyouthleader@middlehamandstpeters.org)

**Beth Lanier**

**Music Ministry**

[music.ministry@middlehamandstpeters.org](mailto:music.ministry@middlehamandstpeters.org)





**MARCH BIRTHDAYS**

Dana Davis	03/02
Susan Smith	03/02
Richard Dale	03/04
Jim Shepherd	03/04
Steven Chapman	03/05
Karl Garland	03/05
Mary Beth Dent	03/06
Karen Timmons	03/07
Joyce Barony	03/07
Liam Magee	03/09
Kay McClellan	03/09
Andrew Truitt	03/09
Jackson Briggs	03/11
Joan Shisler	03/14
Karen Bennett Bianco	03/14
Brenda Hollweger	03/15
Adam Kury	03/16
Dy-Anna Gallagher	03/20
Christopher Davies	03/22
John Shields	03/29
Caroline Tonacci	03/29
Danny Chapman	03/30
Margit Miller	03/31

**MARCH ANNIVERSARIES**

Andy & Sue Connolly	03/03
Mark & Karin Griffin	03/11

**ON FEBRUARY 18<sup>TH</sup> GRACE KORN CELEBRATED HER 99<sup>TH</sup> BIRTHDAY**



**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!