

The CONNECTOR

Jim Yoe
Jr. Warden

Karen Timmons
Editor



The Rev. David G. Showers, Rector
The Rev. Sarah Akes-Cardwell, Asst. Rector
The Rev. Skip Steiner, Adjunct Clergy

MARCH 2019

MILESTONES

What do you think of when you think of milestones? Usually when we think of milestones we think of important events or significant points in development that happen in our lives. It's not usually something we think of on a daily basis. Maybe it should be.

This month I am celebrating what most would consider a milestone birthday; I'm turning 65. Actually I believe that every birthday should be celebrated because it is an opportunity to reinforce that you are special and your life is a remarkable gift. The true milestone is that you were actually born and every year after that is a bonus. I don't really see that this birthday is any more noteworthy than any other birthday. It might be a milestone to some, but I see milestones as something a little different.

Sure everyone knows about and marks the "major" milestones that we experience. "Firsts" cover many of them. First birthday, first step, first day of school, first date, first kiss, first job, first car, first apartment, first anything... Then there are the graduations, the marriages, the births of children, the grandchildren, the retirement... These are such important events in our lives and should be celebrated wholeheartedly. But not all milestones are traditional or expected.

Everything that happens to you has the potential to be a milestone. Recovering from an injury or addiction and everything you go through to get there is a milestone. Finding out you have cancer is a milestone and so is every step you take to fight it and beat it. Getting your driver's license and learning to read are milestones. Both allow you to reach heights you never imagined. A milestone is learning to ride a bicycle and then taking off the training wheels which takes it up a notch. Experiencing loss is a milestone. We experience so many different kinds of loss and each one has an impact on our life. Solving a problem qualifies as a milestone. So does making a mistake and then, hopefully, doing something positive with it. A milestone is also attempting any task and actually following through by completing it. A milestone is having an accident or avoiding one. Both can change your life. Not giving into temptation is a milestone. So is trying something new or moving in some direction out of your comfort zone. Taking someone's advice and having it work out is a milestone and so is coming up with a Plan B if it doesn't. Milestones can come from being inspired by some unexpected source, by having a dream and pursuing it or better yet, by finding your passion and realizing in a moment that this is what you are meant to do with your life. A milestone can be as simple as offering a smile and seeing how it affects someone or as complicated as watching a butterfly fly away and knowing that somehow that will affect everyone on the planet in some way. A wonderful milestone is falling in love, having the chance to love someone and having them love you back, especially if it lasts a long time or even if it doesn't. A difficult milestone is realizing you can't do some of the things you did before and that your forgetfulness could be something more than normal aging. Realizing when you wake up in the morning and know you have a whole new day to experience is one of the best milestones.

In my book, the *sine qua non* (look it up, learn something new) for a milestone is anything, big or small, that makes a difference in your life. You are who you are because of what happens to you.

Acknowledging the "smaller" milestones does not negate the "bigger" ones, it's just that sometimes the smaller ones, when you realize their significance, might have a bigger impact on your life than the traditional, big ones. So, my wish for you is that may almost all of your milestones be blessings, remembering that it's the tough ones that build character. Milestones, all of them, big, small, traditional, unusual, and especially unexpected should be celebrated because they are what makes you, you and you are amazing.

Blessings,

Joan Shisler, Senior Warden

Treasurer's Corner

March is before us. Time marches on. Hopefully by this time you have had a chance to look at our 2019 Operating Budget and noticed a few things. First, Christian Formation, Parish Health, and some books/publications like Forward Movement Day by Day are no longer line items in the Operating Budget and will be funded from the endowment account which fully supports ministry as well as capital expenditures. Second, there is a salary adjustment for the assistant rector position that begins in July, and third, while we had a fairly successful Stewardship campaign last fall and even received 8 new pledges, the income to expense still shows an approximate \$17,000 shortage.

As a parish we are always looking for ways to reduce the shortage and ensure all operating expenses are paid promptly. One way to accomplish this is through fundraising. This month Jim and Dale Yoe are again spearheading a Spring Dinner to be held on Friday, March 29 (more info elsewhere in this newsletter.) Please consider supporting this event and any other future fundraising events. We plan to have at least one or two more during the year. If you have any ideas for fundraising please let us know!

Another way to reduce our operating expenses is for you to receive a tax deduction letter for donations instead of asking to be reimbursed for expenses you incur for the church. Before you purchase an item for a ministry please check with the ministry leader to ensure that it is a valid expense or that the item hasn't already been purchased and been made available for church use. On the reimbursement form, there is a place to check for a tax statement for your donation. This is in lieu of getting actual cash/check for the purchased item. By doing this, it saves funds for the operating budget and helps our cash flow. Reimbursement / donation forms are available in the office.

We appreciate all you do for MSP.

Jackie Vos, Treasurer

SPRING DINNER

*Benefitting Middleham and St. Peter's
Episcopal Parish*

Friday, March 29, 2019

**DOORS OPEN @ 6:30 PM - APPETIZERS
SIT-DOWN DINNER @ 7:00 PM
MAIN COURSE SURF & TURF
WINE/BEER INCLUDED WITH THE MEAL**

**ADVANCED PURCHASE
REQUIRED
MINIMUM DONATION OF
\$65.00 PER PERSON**

For Reservations Call the Parish
Office @ 410-326-4948

**RESERVATION & PAYMENT DEADLINE
IS FRIDAY, MARCH 15TH
MAKE CHECKS PAYABLE TO
MSPP**

SILENT
AUCTION

LIVE ENTERTAINMENT

RETURN OF
CHEF RYAN

The Vestry



A little information about the vestry members:

Sally Arbuthnot: Sally has attended Middleham and St. Peter's for over 20 years and was elected to the vestry in 2018. She was editor of *The Connector* for 15 years and served on the Endowment Board for seven years. Currently she is a member of the Haiti School Nurse Project team, secretary of the Episcopal Church Women, and helps with various parish events. A talented organist, she plays for the Sunday services at St. Peter's on alternate weeks. Sally and her husband David live in Lusby. What keeps Sally at Middleham and St. Peter's is the wonderful spirit of welcome and giving in this parish family and the active commitment of clergy and parishioners to help others in our community and beyond. By being involved in parish activities here you can educate yourself and help make a difference in the lives of others who are less fortunate.

Tom Briggs: Tom has attended Middleham and St. Peter's since 2004 when he and Wendy transferred here from Trinity Episcopal Church in St. Mary's City. Tom served on the vestry from 2006 – 2008 and now is running for another term. They attend the Middle Service most of the time but are often at one of the chapel services when their son Jack is serving as an acolyte. Tom is a lay chalicer and has served at all three of our worship spaces. Tom and Wendy live in Lusby. What keeps Tom at MSP would be equal parts of being part of helping MSP perform its outreach, part agreeing with the Episcopal Church worldview, and part loving the people we see on a regular basis.

Laura Carpenter: Laura, daughter of Jim and Dale Yoe, was raised in Middleham and St. Peter's and attends the Middle service most of the time, but frequently she can be found at any of the three Sunday services. Laura was first elected to the vestry in 2016. Currently she is a candidate for the diaconate. She and Bryan live in Leonardtown. Their daughter Emily is an acolyte, and their son Ethan served as an acolyte until he went to college. What keeps Laura at Middleham and St. Peter's is her connections to the parish community

through family and friends. She enjoys the inclusive nature of worship and its important ministries such as parish health and Heart FELT backpacks. Her favorite thing about the middle service is watching the young children grow up in the church as well as the music selections.

Andy Connolly: Andy has attended Middleham and St. Peter's for about 15 (?) years and has been a member since he transferred his membership from St. James in Hyde Park, New York about 8 years ago. In 2010, Andy was elected to his first of two terms on the vestry, and now he serves as Assistant Treasurer. Andy and Sue live in Leonardtown and attend both Middleham and the Middle service about equally. Their son Zach is a current acolyte, and their daughters both served as acolytes before they went away to college.

Colleen Davies: Colleen has been a member of Middleham and St. Peter's for about 25 years and was received into the Episcopal Church from the Lutheran Church in 2007. She is now serving in her second term as a vestry member. Colleen and Chris live in Lusby and attend the Middle Service primarily. Children Connor and Calvin were acolytes before high school graduation. What keeps Colleen at Middleham and St. Peter's is the sense of community and family. Also, she loves the history of the buildings and the campus.

Anne Gross: Anne is a life-long Episcopalian and has been a member of Middleham and St. Peter's for about 27 years since she transferred her membership from St. Paul's Cathedral in Wisconsin. Anne has served as Registrar for 12 years and was Treasurer and Senior Warden previously. Anne is a Lay Chaliceist. She is a member of the Daughters of the King and president of the Episcopal Church Women. Anne and Dan live in Solomons. Anne attends all three of the Sunday services but considers St. Peter's her home base. Anne is one of four volunteers in the parish office who produce bulletins and perform the administrative functions of the parish. What keeps Anne at Middleham and St. Peter's is the love and fellowship she feels from fellow parishioners and the criticality of our ministries.

Franz Kury: Franz has attended Middleham and St. Peter's for around 11 years. He and Jess attend the Middle service most of the time but frequently are at a chapel service because their two daughters, Avery and Lainey, are acolytes. Their son Adam was an acolyte also until he went off to college. Franz and Jess were received into the Episcopal Church in 2016. They live in Lusby. What keeps Franz at Middleham and St. Peter's is the services and the genuine and welcoming community.

Anne Hayes: Anne was raised in Middleham and St. Peter's. She was elected to the vestry in 2015 and currently is serving a second term, but Anne also served as a youth member of the vestry from 2003 – 2005. Lochlan and Kaileigh, the oldest of her four children, are acolytes, and Anne is our Acolyte Leader. Anne and Ricky live in Lusby and attend the Early and Middle services about equally – but also attends Middleham, especially when her children serve as acolytes there. What keeps Anne at the church is what she calls progressive traditionalism. She loves the fact that we are still very rooted in traditions and the basic feel of the services are what she has always known, but we have the understanding that times have changed and that we need to move with them and embrace new thoughts and ideas, while still standing true to our roots.

Joan Shisler: Joan has been a member of Middleham and St. Peter's for about 37 years and has served as Senior Warden since 2006. She and Mike were married at Middleham Chapel and raised their four children in this church. Their oldest daughter, Sara, is a priest currently serving in Hawaii. Joan and Mike live in St. Leonard and attend Middleham Chapel most of the time. What keeps Joan at Middleham and St. Peter's her appreciation that her spiritual needs are met through worship and that our eucharist is considered God's table for all. She is grateful for the exceptional ministries we support at MSP and how we provide for our congregation and the community at large. Most importantly she believes that we are truly a welcoming parish where everyone is accepted, no exceptions, and we show this on a daily basis.

Mark Tonacci: Mark has been a member of Middleham and St. Peter's for about 17 years since he transferred his membership from Christ Church, Port Republic. He and Lucy attend St. Peter's most of the time. Their two children served as acolytes while they were in Middle and High School. The church is a place where their family has grown through many transitions and has fond memories. From youth programs for our children, Vacation Bible School, to maintaining the Middleham lawn mowers (Mark), to Altar Guild (Lucy), the working years, and now semi-retirement for Mark. They have made many wonderful friends at the church and it is those friendships that they enjoy and keep them coming back.

Jackie Vos: Jackie began attending Middleham Chapel in 2010 and transferred her membership from St. James Episcopal Church, Indian Head a few years later. She currently is the Treasurer and has held this post since January 2016. She is also treasurer of the ECW and supports fund raising efforts, such as the annual Harvest Tea. Jackie is one of four volunteers in the parish office who produce bulletins and perform the administrative functions of the parish. What keeps Jackie at Middleham and St. Peter's Parish are the generous and loving folks that support the parish, and also the many outreach efforts that support the community such as parish health, food drops, backpack program, and help with SMILE.

Karen Wilson: Karen is a life-long Episcopalian and has been a member of Middleham and St. Peter's for about 17 years since she transferred her membership from St. Asaphs in Pennsylvania. Karen has served on the vestry off and on since 2004 and has been one of the Parish's representatives to the Diocesan Convention for most years since 2012. Karen and Jim live in Lusby. What keeps her at Middleham and St. Peter's is the Episcopal faith and especially our parish family. Also, the connection with the people in our parish is extremely important to her.

Jim Yoe: Jim is a life-long Episcopalian. Jim has been Junior Warden for about 6 years. He and Dale transferred their membership to Middleham and St. Peter's from St. Timothy's Church in Catonsville about 44 years ago. Their three children were raised in the church. Jim and Dale live in Solomons and attend the Middle Service most of the time. What keeps Jim at Middleham and St. Peter's is the "pay" and the people. It's also always a new challenge to maintain buildings that date back over 350 years.

Continuing the Tradition



As a congregation, Middleham and St. Peter's has a long tradition of sponsoring people into ordained ministry. This goes back twenty years to Georgia Giacobbe. The parish played a major role in the ordination/ministry of Tom Blake, C.C. Schroder, Nancy Wakeman, Sara Shisler-Goff, Erin Shank, Sarah Akes-Cardwell, and David G. Showers. Currently two people are in the ordination process; Laura Carpenter and Charity Humm.

Laura is her second year of the process to become a permanent Deacon. She is currently completing an internship at the Church of the Ascension in Lexington Park. She has completed most of her requirements for ordination and expects to be ordained in June of 2020. She continues to be a member of the vestry and to serve as a lay chaliceist.



Charity has completed a year of the diocesan discernment process to be a priest. This has included an internship with us and a second internship at St. Luke's Episcopal Church, Eastport. Starting in the fall she is splitting her time on Sunday's between Middleham and St. Peter's and her husband's parish, St. Paul's Prince Frederick. She will be moving into interviews with the Commission on Ministry this spring and anticipates becoming a Postulant for

Holy Orders. She is looking forward to a "gap" year before she begins working on a Masters of Divinity degree.

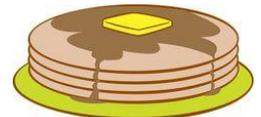
Christian Formation

Lent begins this month. Lent is a 40-day season of preparing for the journey we will take in Holy Week toward Jesus' death and resurrection. Much of the season focuses on prayer, reflection, and repentance. When we repent, we acknowledge that we have not loved God with our whole heart and have not loved our neighbors as ourselves. Repenting is also about turning from the kinds of behavior keeps us from loving God and our neighbors. We'll explore these themes in worship and in Christian Formation offerings. How will you engage your faith life this Lenten season?

Special March Activities for Children, Youth, and Families

Tuesday 3/5: Shrove Tuesday Pancake Supper! 5-7pm

Make plans now to attend this breakfast-for-dinner feast in Smith Hall! Children and youth serve as wait staff, and flapjack flipping is brought to you by your clergy and wardens.



**SHROVE
TUESDAY**



Wednesday 3/6: Ash Wednesday Worship

9a.m. Middleham Chapel & **7p.m.** St. Peter's Chapel

Sunday 3/24: Youth Group Meets, 5-7pm

All middle and high school youth are welcome at this gathering! Stay tuned for more Information in the Children and Youth Weekly Email.

Lenten Formation Focus:

Healthcare for Haiti's Children Through School Nursing

In Lent, our children and youth spend part of the Sunday School hour focusing on a different aspect of our parish's partnership with Haiti. We'll begin by learning about Haiti and what life is like there. We'll meet the school nurses and the schools our parish is working with, and focus on how we as individuals and as a church can support this ministry. Each week features educational information, a scriptural devotion, reflection questions, and prayer designed for different age groups.



Have questions? Contact Rev. Sarah

assistant.rector@middlehamandstpeters.org or 410-326-4948

Adult Christian Formation

✝ **Coffee and Conversation** continues on Sunday mornings from 10:30-11:30am in the Parish Hall Conference Room. All are welcome! Any questions contact Hugh Davies @ daviesh@comcast.net.

✝ **Coffee and Conversation at Asbury in Solomons on 3rd Friday @ 10:00 AM**

✝ **Bible Study** - Join Fr. Skip Steiner with a small group study each Tuesday @ 11:00 – Noon in the small conference room. We look at the Gospel for the upcoming Sunday. Then we reflect based upon “Feasting on The Word”, and engage in discussion. Please join this small group whenever it fits your schedule. It’s informal, and all are welcome.

✝ **Asbury Solomons Episcopal Fellowship** will meet on March 18 , 2019 at 12 pm in the Asbury Riverview Dining Room. The presentation will be by Brenda & David Hollweger they will present the BBC Documentary on the St. John Bible, the “American Book of Kells, kept by the Monks at St. John’s Abbey and University, Collegeville, Minnesota. Communion will be offered after the program. Required reservations must be made to Russ Horton 410-394-3216 JRHortonSr@comcast.net by March 14th at noon.

✝ **Conversations with Fr. David Showers** - “Come Tell Me A Story” Free Drink With A Story Every Wednesday 2:00 – 4:00 PM @ Roy Rogers in Solomons, MD.

Lenten Study: Life – Love – Loss

The Lenten Study is a consideration of two Requiems. Johannes Brahms' A German Requiem and John Rutter's Requiem. The study will take place on three Wednesday evenings at 7:00 p.m. in Smith Hall and will be led by the Rev. David Deaderick and Fr. David Showers. March 13th and 27th will be focused on the Brahms' Requiem, and April 3rd will consider John Rutter's requiem. March 13th & April 3rd will be preceded by a soup and salad pot-luck at 6:15p.m.

Johannes Brahms lived from 1833 – 1897 and is often referred to as one of the three “B’s” Bach, Beethoven, and Brahms. A German Requiem was composed between 1865 and 1869 after the death of his mother. It was first premiered in Leipzig, Germany in 1869. The music is referred to as lush, romantic, and heartfelt. Brahms said an equally relevant title for this work would be a human requiem. The Requiem is based upon passages taken from the Lutheran Bible.

John Rutter's Requiem was completed in 1985 and is composed of seven movements. Movements 1, 3, 6 are based upon the Latin mass, and movements 2,7 are based upon Psalms 130 and 23 respectively. The seven movements form an arc of meditation on the themes of life and death, with prayers on behalf of all humanity. Some of the prayer language was drawn from the Book of Common Prayer. It also included personal prayers to Christ, and the Sanctus is a glorious affirmation of divine glory.

St. Mary's Chamber Singers, under the direction of Larry Vote, will perform John Rutter's Requiem at St. Mary's College, APRIL 06, 2019 -@ 3:00 PM - 4:00 PM ST. MARY'S HALL, AUERBACH AUDITORIUM, This is a free event.

PARISH HEALTH

March is National Nutrition Month



March is nutrition month, but I'm pretty sure that everyone knows the importance of eating healthy, and finding what type of diet fits your wants or needs. There are diets for general sickness, weight loss, weight gain, diabetes, hypertension...the list goes on. Our whole lives are intertwined with food, we have the meals for celebration, the meals for family, the meals for when we are down. The problem sometimes lies when our bodies are what we feel down about. We all know people come in all shapes and sizes, and that we can be our own worst critics when it comes to our own bodies. Here are some signs to look for in yourself or others if you suspect that the issues may be deeper:

- Fixating on your body weight and shape.
- Basing your self-esteem on weight or body shape.
- Being hypercritical of perceived physical imperfections.
- Dramatically changing what you eat and the way you eat, such as restricting what you eat, or binging and then purging after you eat, or eating enormous quantities of food and not purging.
- Experiencing a lack of control over problematic eating behaviors.
- Avoiding the severity of the situation, such as making light of or becoming defensive when confronted by others about your eating patterns.
- Feeling shame and guilt about your eating habits.
- Being addicted to food such that you feel uncontrollable cravings for certain foods, such as sugar, and being unable to control your intake of these foods.

Some places to contact if you think you or someone needs help:

National Eating Disorders Association Helpline: 1-800-931-2237

Hopeline Network: 1-800-442-4673 (*this one covers a large array of self harming disorders, not just eating)

National Association of Anorexia Nervosa and Associated Disorders: 1-630-577-1330

Over Eaters Anonymous: 1-505-891-2664

Anne Hayes for Parish Health Ministry



Support the Haiti School Nurse Program in Leogane through the Lenten Project

Phase two of our Haiti School Nurse Project is well under way, supported by a team here at Middleham and St. Peter's:

Hugh Davies
Diane Davies

Dale Yoe
Sally Arbuthnot

Dr. Nancy Briggs
Carolyn Steiner

Rev. David Showers

We have a strong and committed partner with the Episcopal University School of Nursing in Haiti (FSIL). Our program started in October, with two nurse practitioners and a rotation of three student nurses providing care to elementary students at three schools – Abellard, Ste. Croix, and Ste. Rose. Upwards of 1,000 children have had initial health assessments and are now receiving care. Most of the children have received little if any health care in their lives. Representatives from our team visited the program in December, and additional supplies and equipment were sent to the project in February.

Our team has been committed to bringing health care to children in Haiti since 2011. The experience that we gained during phase one in Gros Morne helped us to have the project replicated in two additional sites and lay the foundation for phase two. The program is committed to a design that anticipates local long-term sustainability and expansion.



When we started the project in 2011, we asked our own parishioners and other parishes across the Diocese to support our program through a “Nickels for Nurses” Lenten

project. Now eight years later, we are asking for support once again. A set of curricula for pre-K / primary, teens, and adults for the five weeks of lent has been designed and is on our website at www.middlehamandstpeters.org/haiti/. Letters and other requests have been sent to 37 parishes requesting their support. Our own Sunday school and teens will be using the curriculum. We are providing mite boxes for donations to all of our children and youth and to the adults in the parish as well.

Many of our parishioners have already been very generous in supporting the project. At the same time, we have sought and obtained support through grants and other sources. Our own regional council supported us

with a generous gift. Now, once again, we are requesting that you and many others help in reaching a target of \$9,000. All funds raised go directly to the cost of the nursing and equipment and supplies. If you would like to make a gift before the Lenten project, make your checks payable to Middleham and St. Peter's Parish with the notation indicating the Haiti School Nurse Project.

All of our team members are happy to provide you with full details about the project, our partner organization FSIL, and project finances.

The project nurses are excellent - Yola Clervil is on the left and Fabiola Rejouis on the right. Fabiola is the lead. She is a nurse practitioner and a graduate and employee of FSIL. She lives in Leogane and attended Abellard School from Kindergarten through high school graduation. Abellard is one of the three schools in the project. The nurses are being assisted by three third year nursing students from FSIL. The project is well under way at the three schools, Abellard – a private school, Ste. Croix – an Episcopal school, and Ste. Rose of Lima – a Catholic school. The first step at each school is to obtain parental permission, then to undertake an initial health assessment of each child in the primary grades. This phase is well under way.



After the December visit, the lead nurse for the project Nurse Rejouis reported “We really appreciate your help. You give us more strength to change what we can change in our country.” FSIL Board Chair Jessie Colin indicated that “the three-way partnership shows a great deal of synergy – working together to support the nurses in bringing health care to the students.” See more about FSIL at www.haitinursing.org/fsil/.



A SMILE Update

SMILE Ecumenical Ministries is our good partner on our Middleham campus. Many parishioners volunteer at SMILE doing everything from taking blood pressures to helping in the thrift shop and pantry to coordinating the monthly visit of the mobile career center and health van. Sharon Cargo, Mark Pesola, and Hugh Davies sit on the board, which meets in our parish hall meeting room. Here are some interesting facts and figures from the February 14th meeting. Eleven churches support SMILE:

- Total thrift shop sales for 2018 were \$275,290. Income is also realized from gifts and grants with a total income of \$327,306 in 2018.
- Income supports a wide range of services – a major portion going to the pantry. Last month, the pantry provided 26,871 pounds of food for a total of 2,885 people. Support for the pantry comes from Weis Markets, WaWa stores, and bakery items from Panera. In season, the parish garden also provides produce. Food is also shared with SMILE from our monthly food drops.
- Irvin Beverly coordinates the distribution of financial assistance to the needy in the community. This is often provided for rent or fuel. During the last month and a half, a total of 43 clients received assistance, with rent assistance going to 27, and fuel assistance to 15.
- Recent special events included the Christmas community dinner held at the Legion. Success was attributed to 44 turkeys and 30 pumpkin pies donated by Asbury.
- SMILE sponsors the Good Friday procession on Solomons, starting at St. Peter's and ending with a service at Our Lady Star of the Sea.
- Dale Yoe will be providing AED training for SMILE volunteers later this month. Middleham and St. Peter's is also coordinating a monthly visit of the HIV testing van from the Charles County Health Department.

OUTREACH

Outreach Committee: Minutes from Feb. 13, 2019

Present: Fr. David, Rev. Sarah, Dale Yoe, Diane and Hugh Davies, Anne Gross, Mark Pesola, and Carolyn Steiner.

Topics discussed:

Christmas Projects

There were many **Seafarer's shoe boxes** delivered to the port of Baltimore. We received a thank you note from Rev. Mary Davidson expressing her thanks and appreciation. This is a project we would like to continue. We participated in Calvert County's **Christmas Tree of Angels** for the first time and donated specific gifts for 20 children in our county. All on the committee felt this was a great project and loved getting things for children in our community. We would like to participate in this again next year.

Heart FELT Back Packs

The program continues with many volunteers to help shop, pack, and deliver back packs to Southern and Mill Creek Middle Schools on a weekly basis. We discussed how monies are gotten to support this, and how students sign up for the program. Funds come from a grant from The Community Life Center, food from the End Hunger in Calvert County Warehouse, and parish contributions (monetary and food products) will support the program through school year 2020. There will probably not be a summer program as only 3 families opted into the program, and then they did not consistently pick up the food. Elizabeth reported that all Calvert County Schools (even high schools) are now covered for weekly deliveries. New volunteers Claude Martin and Sandy Glasgow now assist with packing and delivering. Thanks to all!

Garden

Mark reported that an individual from the community has volunteered his help this spring. He learned of the garden while at SMILE. A soil sample was taken and Mark is awaiting results to see what can help make the garden more fruitful. Right now it is under water! Carolyn will get a grant form from Snead's and request \$50 in support of our community garden.

Food Distribution

535 people were supplied with some food on Feb 12th. New this time was 44 bags delivered to Southern Pines Senior Center. The Center registered the people and handed out the bags. Sample food-Simple Chicken Fajita Stir-Fry was prepared by the Health Department and had ingredients from what was delivered in it. Families were given recipes so they could make this at home. We will request that that the health department comes each month. Currently we are not paying any fees for getting or distributing the food.

Safe Nights

The Steiners and Bonnie Tolson assisted with 2 breakfasts and one dinner some night coverage. Carolyn was away much of the time when organizing this should happen so there was not as much parish

involvement as usual. Next year we will do more. This is supporting the program at St. Paul's Methodist Church where the people sleep and are fed. Also helping this year was Our Lady Star of the Sea Church.

SMILE

Dale reported that SMILE now has an AED and will do training for SMILE on Feb 25th at MSP Smith Hall. They now have the Job Source Van, Health van, and HIV/AIDS testing done coming, each on a different Wednesday of the month. End Hunger has asked SMILE if they can present at all the churches to let people know what they do. Hugh will follow up on this. Mark is actively seeing what ways SMILE can be even more active in the community.

Job Source Van

The Van comes monthly and provides good information and networking.

Parish Health

Through the Community Life Center 100 blankets were given to needy people. Mental health programs continue to be offered such as: active shooters, do pets have souls?, and others. 56 blood pressures were taken last month for church members. Dale and Ann Hayes are trying to get the Stop the Bleeding program to present for the parish.

Haiti Nurse Project

All is going well and so far 200 children have been screened for health issues with one child having diabetes diagnosed and will now receive treatment and education. The lead nurse had emergency surgery and will be healing for a while, but another nurse is continuing the initial evaluation process. Starting March 10th and continuing through Lent we will be participating in "Nickels for Nurses" to support the program. Hugh is very excited because the people in Haiti are already talking about how they can sustain this program

Mission Trips

We will ask Andy to try to contact Mustard Seed Ministries to see if they might have any projects that might be appropriate for a group from MSP. Carolyn also shared about DreamBuilders, the group she and Skip are involved in. Currently no trips are in the works.

Trunk or Treat

All went well and thanks to Jackie Vos for organizing. An annual event!

Echo House

We continue to provide the dinner for the 4th Monday of the month. We will talk about this ministry at each worship site and have a sign up sheet available.

Next Meeting May 1, at 6:00 pm

Carolyn Steiner for Outreach Ministry



MayFest

will be here before we know it.

**Saturday, May 4, 2019 – 6:30 a.m. until
12:30 p.m.**

We need you!

Planning has begun for May Fest, the huge Indoor Yard Sale which is the Parish's largest fundraiser.

Can you help?

A MayFest organizational meeting will be held on **Thursday, 14 March at 2:00 p.m.** in the Parish Hall Conference Room. Please come if you can, but if you are unable to be at the meeting, please call Anne Gross (at the parish office, 410-326-4948 or cell 410-610-2706) and let her know how you can help.

Help is needed from everybody in the parish. What is needed?



The week before MayFest (Monday, April 29 to Friday, May 3)

- Helpers to receive donations at Smith Hall and place items in the appropriate location.
- Helpers to price items for the sale.



On MayFest Day

- Helpers to be in the hall **by 6:15 a.m.** to sell things during MayFest.
- Helpers and pickup trucks at **12:30 p.m.** to clear out the hall, reset it for Sunday, and take stuff to the dump.

MayFest details:

Setup begins in Smith Hall on Sunday, April 28, right after the 9:30 am Service Holy Eucharist.

Donations – Donations may be dropped off at Smith Hall anytime after set up. It will be open every day from 9am – 3pm, April 29 until May 3.

White Elephant Sale – May Fest accepts books, small kitchen appliances, electronics, china, glassware, jewelry, garden tools, linens, holiday decorations, small pieces of furniture, children’s toys, pictures, and anything else as long as it is in good condition. No clothing, please.

Bake Sale – Parish bakers, we need your help! We need your delicious pound cakes, regular cakes and pies (sweet or savory), cookies, bars, and brownies to sell. Cookies and bars are especially popular. Please bring your home-baked goodies to Smith Hall on Friday afternoon, May 3, or first thing on May Fest morning.

Plant Sale – Reminder: Please bring your plant donations to Smith Hall on Friday, May 3 for pricing. Be sure to label them since unidentified plants are hard to sell. We can use pots that are 6 inches in diameter or less. And we can always use more help. A green thumb is not required.

Raffle – There will be several nice prizes to be won – several gift certificates; gift baskets; Marine Museum concert tickets; an oil change; and more. In addition to the raffle prizes, there will be a 50/50 raffle. Tickets for the raffle are \$1.00 each or 6 for \$5.00.

If you can volunteer your time at any point during the set up week (April 29-May 3) or on MayFest day (Saturday, May 4), please consider coming to help the Parish in the fundraiser effort!

Shrove Tuesday Pancake Supper



Middleham & St. Peter's Episcopal Parish
Smith Hall

March 5th, 5-7pm

Cost: By Donation

Pancakes * Sausage * Coffee* Juice



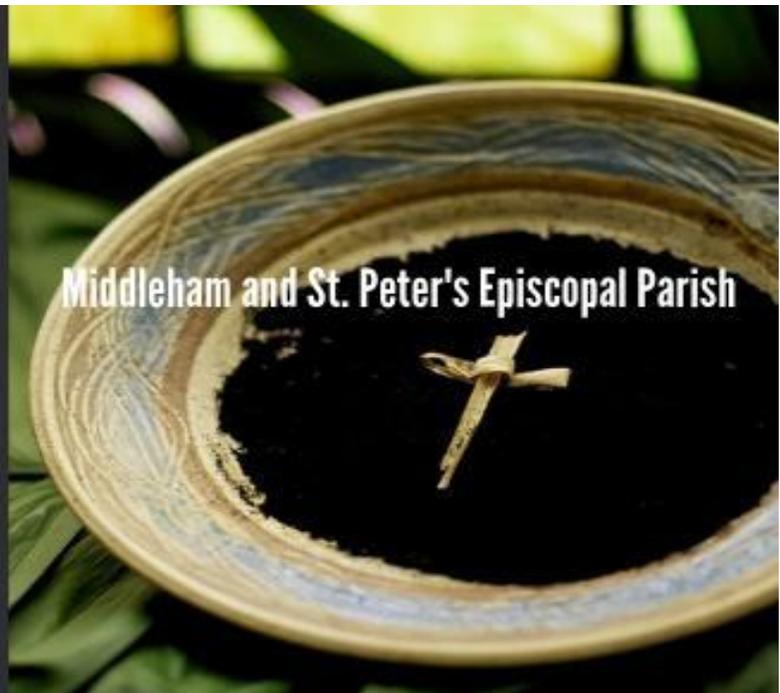
**Sponsored by the
Episcopal Church Women (ECW)**

10210 H. G. Trueman Road, Lusby, MD

ASH WEDNESDAY SCHEDULE MARCH 6, 2019

9:00 AM Middleham Chapel
10210 HG Trueman RD
Lusby, MD 20657

7:00 PM St. Peter's Chapel
14590 Solomons Island Road S.
Solomons, MD 20688





SPRING FORWARD

**SUNDAY
MARCH
10TH**

Daylight Saving Time Begins.



**PASTORAL
CARE**

Middleham and St. Peter's
Episcopal Church

Please notify the parish office when
you, a friend or a loved one is facing
difficult circumstances.

410-326-4948

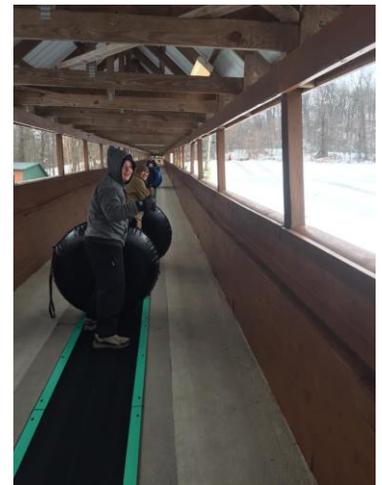


**Food Distribution
Tuesday March 12th
Volunteers Needed @ 1:00 PM**

mark_pesola@hotmail.com

TROOP 1684

Liberty Ski Weekend & Sasquatch



SPRING INTO SPRING WITH...

A DAY OF HAPPINESS

Mindless vs Mindful

**App Reviews & Demonstration:
Relaxation, Mindfulness & Meditation**

Labyrinths = Calm & Relaxation

Guided Meditation

"Nature Deficit Disorder" - Forest Bathing = Well-Being

Finger Labyrinth Create & Meditate Mini Workshop

Door Prizes, Happiness Bags & Fun

**MARCH 23, 2019 | 9AM TO 4PM
MIDDLEHAM & ST. PETER'S
IN SMITH HALL**

For more information 410-231-2227

simplespiritualshift@gmail.com

[Facebook/simplespiritualshift](https://www.facebook.com/simplespiritualshift)

somedmeditationcommunity.org

Co-Sponsored ~Simple Spiritual Shift & SOMD Meditation Community

Host ~ Middleham & St. Peter's Episcopal Church

Fundraiser for Outdoor Labyrinth Restoration Project

10210 HG Trueman RD, Lusby MD 20657



Monday, March 4th @ 9:00 AM Big Conversation Meeting

Monday, March 4th @ 9:00 AM Labyrinth Committee Meeting

Tuesday, March 5th, 12th, 19th & 26th @ 11:00 AM Bible Study

Tuesday, March 5th @ 5:00 PM – 7:00 PM Shrove Tuesday Pancake Supper

Tuesday, March 5th & 19th @ 6:30 PM Evening Meditation in Smith Hall - Open to all, 1st and 3rd

Tuesdays. (March 5th will be held in Middleham Chapel)

Wednesday, March 6th @ 9:00 AM Ash Wednesday Service at Middleham Chapel

Wednesday, March 6th @ 10:00 AM - 2:00 PM - The Southern Maryland Job Source Van - SMILE

Wednesday, March 6th, 13th, 20th, & 27th @ 10:30 AM HeartFELT packing volunteers welcome

Wednesday, March 6th, 13th, 20th, & 27th @ 2:00 – 4:00 PM Fr. David Showers at Roy Rogers

Wednesday, March 6th @ 7:00 PM Ash Wednesday Service at St. Peter's Chapel

Wednesday, March 6th, 13th, 20th, & 27th @ 7:00 PM Boy Scout Troop 1684

Thursday, March 7th, 14th, 21st, 28th @ 6:15 Bell Choir

Thursday, March 7th, 14th, 21st, 28th @ 7:00 PM Education For Ministry (EFM)

Friday, March 8th @ 10:00 AM – Books & Banter Mystery Book Club @ Roy Rogers

Sunday, March 10th Daylight Savings – “Spring Forward” your clocks Saturday night.

Monday, March 11th @ 3:00 PM - Daughters of the King

Tuesday, March 12th @ 10:00 AM Staff Meeting

Tuesday, March 12th @ 1:00 PM Food Distribution Prep time, volunteers needed

Tuesday, March 12th @ 7:00 PM Vestry Meeting

Wednesday, March 13th @ 10:00 AM - 2:00 PM A Nurse Practitioner and the Health Van, sponsored by Calvert Memorial Hospital, will be at SMILE.

Wednesday, March 13th @ 6:15 PM, 27th @ 7:00 PM & April 3rd @ 6:15 PM Lenten Study

Thursday, March 14th @ 6:00 PM SMILE Board Meeting

Friday, March 15th @ 10:00 Coffee and Conversation @ Asbury in Solomons

Saturday, March 16th @ 1:00 - 4:00 PM Part II Mandala Workshop

Monday, March 18th @ Noon Asbury Episcopal Fellowship & Holy Eucharist

Tuesday, March 19th @ 5:00 - 6:00 PM Middleham Chapel Open 3rd Tuesdays each month

Wednesday, March 20th @ 10:00 AM - 2:00 PM HIV VAN at SMILE

Wednesday, March 20th @ 11:00 AM (Living Buddha Living Christ" Book Study Group)

Saturday, March 23rd @ 9:00 - 4:00 "A Day of Happiness" retreat day - Labyrinth Fundraiser





Connector Article Deadlines

The deadline for submissions for APRIL EDITION is FRIDAY MARCH 15TH.

Thanks so much, Karen Timmons, Communications

**MARK YOUR
CALENDAR!**

April 3rd @ 9:00 AM Big Conversation Partners Meeting

April 3rd at 6:15 PM starting with Soup and Salad last of Wednesday Lenten

Study Evenings

NOTE THE HOLY WEEK SCHEDULE ON THE NEXT PAGE

HOLY WEEK



WORSHIP SCHEDULE

Palm Sunday, April 14th

9:30 AM - Smith Hall - Liturgy of the Palms, Holy Eucharist, and the Passion of Christ

Maundy Thursday, April 18th

6:00 PM - Great Hall - Agape Meal (pot luck, meat provided)
& Foot Washing
Holy Eucharist - Great Hall

Good Friday, April 19th

11:30 AM - Procession from St. Peter's Chapel to Our Lady Star of the Sea
12:00 PM - Ecumenical Service at Our Lady Star of the Sea
7:00 PM - Stations of the Cross - Smith Hall

Holy Saturday, April 20th

7:00 PM - Easter Vigil - Smith Hall

Easter Sunday, April 21st

8:30 AM - Holy Eucharist - St. Peter's Chapel
9:30 AM - Holy Eucharist - Smith Hall
10:30 AM - Easter Egg Hunt
11:15 AM - Holy Eucharist - Middleham Chapel



MARCH BIRTHDAY

Melissa Converse	03/01
Joyce Bowling	03/02
Susan Smith	03/02
Maryellen Kalivoda	03/03
Richard Dale	03/04
Jim Shepherd	03/04
Steven Chapman	03/05
Karl Garland	03/05
Leanne Lyle	03/05
David Oliver	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
Nadine Hughes	03/11
Joan Shisler	03/14
Karen Bennett Bianco	03/14
Brenda Hollweger	03/15
Jeremy Nazimek	03/15

T. J. Rivers	03/15
Adam Kury	03/16
Barbara Fetterhoff	03/17
Dy-Anna Gallagher	03/20
Sarabeth Smith	03/22
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

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!

					<p>1</p> <p>5:00 PM Girl Scouts Troops 2762/4545</p>	<p>2</p> <p>10:00 AM Overeaters Anon</p> <p>7:00 PM AA Meeting</p>
<p>3</p> <p>8:30 AM HE St. Peter's 9:30 AM HE Smith Hall 10:30 AM Christian Formation 11:15 AM HE Middleham</p>	<p>4</p> <p>9:00 AM Labyrinth Committee Meeting</p> <p>9:00 AM BC Meeting</p> <p>5:00 PM Girl Scouts 5145 AA Meeting</p>	<p>5 SHROVE TUESDAY</p> <p>11:00 AM Bible Study</p> <p>5:00 – 7:00 PM Pancake Supper</p> <p>6:30 PM Meditation in Middleham Chapel</p> <p>8:00 PM AA Meeting</p>	<p>6 ASH WEDNESDAY</p> <p>9:00 AM Service at Middleham Chapel</p> <p>10-2:00 PM JobSource Van @ SMILE</p> <p>10:30 AM HEARTFELT</p> <p>2:00 PM Fr. David @ Roy Rogers</p> <p>7:00 PM Service at St. Peter's Chapel</p> <p>7:00 PM Boy Scouts – 1684</p>	<p>7</p> <p>6:15 PM Bell Choir</p> <p>7:00 PM EFM</p>	<p>8</p> <p>10:00 AM Books & Banter Mystery Book Club @ Roy Rogers in Solomons</p> <p>5:00 PM Girl Scouts Troops 2762/4545</p>	<p>9</p> <p>10:00 AM Overeaters Anon</p> <p>7:00 PM AA Meeting</p>
<p>10 DAYLIGHT SAVINGS TIME</p> <p>8:30 AM HE St. Peter's 9:30 AM HE Smith Hall 10:30 AM Christian Formation 11:15 AM HE Middleham</p> 	<p>11</p> <p>3:00 PM Daughters of the King</p> <p>6:00 PM AA Meeting</p>	<p>12</p> <p>10:00 AM Staff Meeting</p> <p>11:00 AM Bible Study</p> <p>1:00 PM Food Distribution Prep</p> <p>2:00 PM Food Distribution</p> <p>7:00 PM Vestry Meeting</p> <p>8:00 PM AA Meeting</p>	<p>13</p> <p>9:00 AM HE-St. Peter's</p> <p>10:00 – 2:00 Health Van @ SMILE</p> <p>10:30 AM HEARTFELT Packing</p> <p>2:00 PM Fr. David @ Roy Rogers</p> <p>6:30 PM Soup & Salad</p> <p>7:00 PM Lenten Program</p> <p>7:00 PM Boy Scouts – 1684</p>	<p>14 2:00 PM MayFest Organizational Meeting</p> <p>6:00 PM SMILE BRD Mtg.</p> <p>6:15 PM Bell Choir</p> <p>7:00 PM EFM</p>	<p>15</p> <p>10:00 AM Coffee & Conversation @ Asbury</p> <p>5:00 PM Girl Scouts Troops 2762/4545</p> <p>2:00 PM Workshop Setup</p>	<p>16</p> <p>10:00 AM Overeaters Anon</p> <p>1:00 – 4:00 – SOMD Meditation Labyrinth Fundraiser</p> <p>7:00 PM AA Meeting</p>
<p>17</p> <p>8:30 AM HE St. Peter's 9:30 AM HE Smith Hall 10:30 AM Christian Formation 11:15 AM HE Middleham</p> <p>2:00 PM Parish Health MTG</p> 	<p>18</p> <p>12:00 PM Asbury Episcopal Fellowship & Holy Communion</p> <p>5:00 PM Girl Scouts 5145</p> <p>6:00 PM AA Meeting</p>	<p>19</p> <p>11:00 AM Bible Study</p> <p>5:00 PM – 6:00 PM Middleham Chapel Open</p> <p>6:30 PM Meditation</p> <p>8:00 PM AA Meeting</p>	<p>20</p> <p>9:00 AM HE-St. Peter's</p> <p>10:00 – 2:00 HIV Van</p> <p>10:30 AM HEARTFELT Packing</p> <p>11:00 AM Living Buddha Living Christ Book Study Group</p> <p>2:00 PM Fr. David @ Roy Rogers</p> <p>7:00 PM Boy Scouts – 1684</p>	<p>21</p> <p>6:15 PM Bell Choir</p> <p>7:00 PM EFM</p>	<p>22</p> <p>Retreat Setup</p> <p>5:00 PM Girl Scouts Troops 2762/4545</p>	<p>23</p> <p>9:00 AM – 4:00 PM Retreat A Day of Happiness Labyrinth Fundraiser</p> <p>10:00 AM Overeaters Anon</p> <p>7:00 PM AA Meeting</p>
<p>24</p> <p>8:30 AM HE St. Peter's 9:30 AM HE Smith Hall 10:30 AM Christian Formation 11:15 AM HE Middleham</p> <p>5:00 PM Youth Group</p>	<p>25</p> <p>6:00 PM AA Meeting</p>	<p>26</p> <p>11:00 AM Bible Study</p> <p>8:00 PM AA Meeting</p> <p>Spring Dinner Setup</p> 	<p>27</p> <p>9:00 AM HE-St. Peter's</p> <p>10:30 AM HEARTFELT Packing</p> <p>2:00 PM Fr. David @ Roy Rogers</p> <p>7:00 PM Lenten Program</p> <p>7:00 PM Boy Scouts – 1684</p>	<p>28</p> <p>6:15 PM Bell Choir</p> <p>7:00 PM EFM</p>	<p>29</p> <p>5:00 PM Girl Scouts Troops 2762/4545</p> <p>6:30 Doors Open Spring Dinner</p>	<p>30</p> <p>10:00 AM Overeaters Anon</p> <p>7:00 PM AA Meeting</p>
<p>30</p> <p>8:30 AM HE St. Peter's 9:30 AM HE Smith Hall 10:30 AM Christian Formation 11:15 AM HE Middleham</p>						