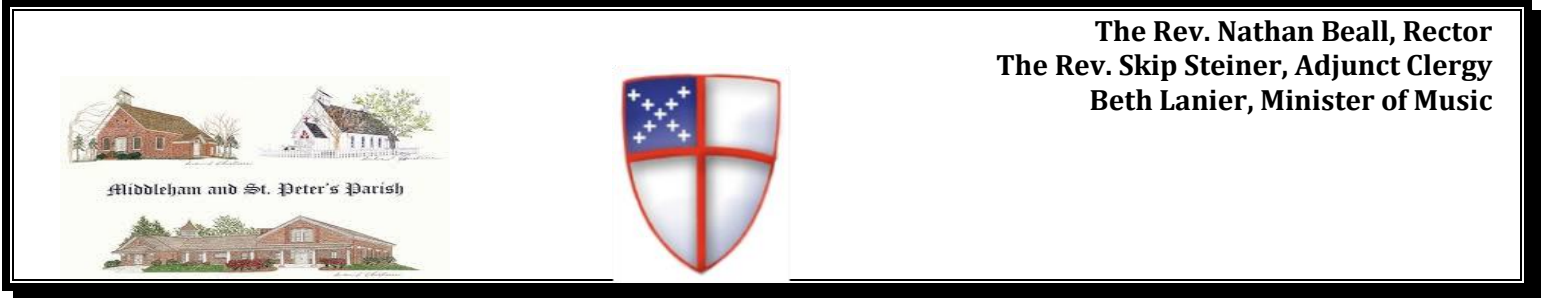


The **CONNECTOR**

Jim Yoe
Jr. Warden

Karen Timmons
Editor



NOVEMBER 2021

THANKSGIVING THOUGHTS

For so many people, Thanksgiving is their favorite holiday. I can see their point. What's not to like about getting together with family and friends, eating way too much delicious food and watching football and parades, if that's your thing, or sharing stories and catching up after this past year of challenges, loss, and uncertainty.

This holiday is a favorite for so many people because it isn't focused on presents, costumes or extravagant decorations. It's about gathering together with friends and family to share a lavish meal and to take some time to reflect on our lives, appreciate what we have, who we are, and where we are right now. It's an opportunity for us to intentionally be thankful and grateful for so many things in our lives. While we should be grateful everyday for our many blessings, Thanksgiving gives us a reason to focus on that.

The spirit of Thanksgiving is one of family, friends, love, inclusiveness, being grateful and, last but not least, fabulous food. Whether you are someone who approaches the

holidays with energy, enthusiasm, and excitement or with dread, anxiety, resentment or sadness, Thanksgiving has something for everyone. This was a rough year for many and we should be mindful of the struggles that friends, family, and even strangers, may be dealing with. Giving support to those who need it and their thanks for it is definitely part of the thanks - giving.

Not everyone has the same traditions about Thanksgiving, although it may be some of the traditions that make the day special. Knowing that you will help make, or learn to make, a delicious pie, that the famous family mashed potatoes, oozing with butter, or sweet potatoes, with or without marshmallows, will show up, that football watched on TV or played in the yard, will be on the long list of Thanksgiving “things to do” that you have to look forward to. What traditions do you share at Thanksgiving? What are some new ones that will be added to the list by newly made friends or newly welcomed family members? What can you bring to the table?

You also know that along with the treasured traditions you can count on, there will also be guaranteed squabbles, arguments, loss of patience, annoyances and a heaping helping of long standing issues that resurface when “families” get together. The frenzy that ensues should be expected. There should also be a plan for dealing with it. Deflecting, diverting, and down playing are options to consider. It’s important to not let old grudges, politics, comments by well-meaning relatives, unhealed feuds, or sibling rivalry, overshadow the potential for healing, reconciliation, and burying the hatchet, (hopefully, not literally). Maybe some honest conversations can occur with some effort. Remember your family and friends are alive and well, or not well, every day of the year. Sympathy and empathy go a long way to understanding each other better.

The holidays are generally a time of comfort, joy, gathering, and celebrating, but for some it can also exacerbate feelings of loss, depression, and loneliness. The idolized version of “happy holidays” may not be the reality of some. When the expectation of happy, happy, happy falls short, it can be difficult for those whose reality is sad, sad,

sad to process. We should keep those who have a difficult time with the holidays in our prayers.

Speaking of prayers, some say that Thanksgiving is not about religion. While it doesn't matter what religion you are or practice to celebrate Thanksgiving, part of the tradition of Thanksgiving is to go around the family dinner table and say what you are grateful for. Usually this happens before grace, which is offered to God as we give thanks for the food we are about to eat, the people who prepared it, the family and friends, or even strangers, who are sharing this wonderful meal together, and all the many blessings we have in our lives. That sounds a bit religious to me.

Some say Thanksgiving is a stress-free holiday with no big expectations. Tell that to the cooks. Tell that to the hosts of the Thanksgiving festivities who have been preparing their home for days for the onslaught of visitors and setting a table worthy of praise from Martha Stewart. Tell that to the family members, who may or may not see each other regularly, whose personalities rise and shine in full force. Tell that to the people who are traveling, by whatever modes of transportation. Tell that to the people who have to juggle two or more "dinners" in one day. Tell that to the people who have to choose with whom to celebrate the day. Tell that to the people who don't know where their next meal is coming from, let alone a Thanksgiving dinner. Tell that to the people who are facing hardship, loss, loneliness, illness, or homelessness. If stress sneaks up on you during the holidays, just remember to take some deep breaths, (in through the nose, out through the mouth), give yourself some emotional space (take a walk, listen to music, or do whatever makes you calmer), and don't hesitate to ask for help if you need it.

Surprisingly, Thanksgiving, as a holiday, does hold its own very well, even though it is bookended between Halloween and Christmas. Do you groan when you see Christmas decorations in the stores before Halloween is even over? You might have to look for the cute turkey paper napkins under the leftover bags of Halloween candy and between the Christmas tree lights and holiday cards. Then again, you just might

want to pick up some Halloween candy on sale and get a head start on acquiring Christmas decorations and cards early. When opportunity knocks... True, you don't have to pick out a costume or buy gifts. You don't have to wear an ugly sweater or dress up in fancy clothes. In fact, yoga pants, an elastic waist garment, or some sort of loose fitting outfit, is preferable attire to wear to a Thanksgiving feast. While gifts aren't necessary, you can, in the spirit of thanksgiving, give the gift of you. Reach out to family and friends and just be there for them, support them, comfort them, and be thankful for them. Just let someone in your life know that you are thinking of them. Maybe show your giving spirit away from the home by volunteering in the community, not just at Thanksgiving, but also, throughout the year. Need, hunger, and homelessness are not just seasonal issues. There is some comfort in knowing that Thanksgiving comes every year, as does Christmas, and every other eventful, or special day, that we all celebrate each year. It's nice to know that good, bad, or indifferent, the upcoming holidays will continue to come regardless of anything that we do, or don't do. It just depends on how you look at it. So this Thanksgiving, try to find just one thing that you are thankful for, and if there is more than one thing, then you are doing well. However you celebrate Thanksgiving, with family, friends, food, football, or frenzy, also try to find a way to feel good about yourself. It may be that you simply wake up in the morning with the endless possibilities of what the new day could bring in front of you, giving you a chance to pursue living boldly, authentically, and joyfully. Be grateful for and celebrate that! Also know that you can be grateful that God is looking out for you, guiding you and watching over you every day.

I'm looking forward to Thanksgiving, and then Christmas, coming around again. Are you?

Blessings,

Joan Shisler

Senior Warden

Every Perfect Gift

Our Stewardship theme this year is Every Perfect Gift. We are a community filled with gift givers, so it would only follow that when we consider giving to the church our generosity would overflow.

Thank you to those of you who have pledged to support Middleham and St. Peter's Parish.

The idea that we normally think of giving as a once a year thing seems erroneous since as a community of gift givers our generosity doesn't exist only during the stewardship season. At Middleham and St. Peter's we offer our gifts every day of the year. While we've been trained to focus on the one month Stewardship Campaign from the beginning of October to the beginning of November and then we are off the hook, I came to realize, however, that Stewardship is a year round event. We all have gifts to share all the time, 24 / 7. Granted we ask that you consider what you can pledge to the church for one year during a short time, but being generous and offering your gifts to the church, the community and to others has no boundaries. How we give and what we give, not only financially, but of ourselves each and every day make us good stewards of God. Thank you to those of you who have returned your pledge cards. We truly appreciate your generosity and support of Middleham and St. Peter's Parish. If you are still prayerfully considering your pledge, please know that we are happy to receive it whenever you are ready.

God has blessed each and every one of us with gifts we should share. Re-gifting in this case is totally great. Every day we should be thinking of how we can use our time and energy for doing good work, caring for each other and being thankful for the many blessings we have been given. By intentionally focusing on the amazing ways of how we can be good stewards, we can transform how we think about how generous we can be every day. Middleham and St. Peter's is grateful for your support. We wouldn't be here without you!

Joan Shisler

Senior Warden



Thoughts From The Rector

Harvest

This month is flanked by two harvest celebrations, one ancient and one modern, both with Christian associations, though not necessarily Christian origins. All Saints Day, which falls on the first of October, and we will celebrate at our combined service on November 7th, remembers the saints who have gone before us, the “great cloud of witnesses” which surrounds us (Hebrews 12:1). But this celebration replaces older pagan festivals, both in Europe and in Latin America, that were timed with the harvest to commemorate the dead. The reason that we carve and light jack-o-lanterns is that the ancient Celts used to place candles in their recently harvested squash and gourds to light the way for the spirits of the dead on this occasion. The festival that Americans keep as Halloween originated as “All Hallows Even,” the evening before the Feast of All Saints. As with many of her festivals, the ancient Church both kept some of the native elements of this feast and superimposed her own traditions and teachings on top of them: in this case, remembering the souls of the dead and celebrating the saints of the Church. Some would call this cultural imperialism, others would see it as infusing local tradition with the light of the gospel.

Later in the month, our nation also celebrates Thanksgiving Day, timed to coincide with the harvest in certain parts of the country, and designed to celebrate our national creation myth, so to speak. I do not mean this phrase pejoratively—I mean a story that we tell about who we are and how we came to be. That story has shifted over time as we grow in our awareness of the complexity, and often the tragedy, of the relationship between European immigrants and native peoples in the Americas. This is a festival that many of our native brothers and sisters do not keep.

But good can still come from these festivals, especially if we remember their ecological and spiritual foundations. If we keep both All Saints and Thanksgiving Day as celebrations of the fruits of the earth, a chance to remember the saints and the sinners of our past, and above all to glorify God, then he will work good from our celebrations and bring forth the fruit of our souls as well as the earth. I hope you will keep both with us this month, joining us for All Saints Sunday at Smith Hall, and then joining our brothers and sisters at Christ Church Port Republic, as I lead their annual Thanksgiving Day Eucharist at 10:00 that morning. May we continue to reach across borders and boundaries to feast with our neighbors, whoever they are. May we honor and learn from our past, and carve out a better future. Happy Harvest to you.

Almighty and gracious Father, we give thee thanks for the fruits of the earth in their season and for the labors of those who harvest them. Make us, we beseech thee, faithful stewards of thy great bounty, for the provision of our necessities and the relief of all who are in need, to the glory of thy Name; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen. (Collect for Thanksgiving Day from the Book of Common Prayer, p. 194)

Peace,

Nathan+



The perfect early Christmas gift is available through MSP's Holiday Evergreens Sale. There is information about how to order in each worship site. Deadline for order forms and payment is November 7th. There are several different wreaths, garland, swags, and center pieces available. You can order items to come to the church for pick up, or you can select a wreath, swag, garland, or centerpiece to be directly delivered anywhere in the continental US.

What a great and beautiful gift for family and friends who are not near you!

Order forms are available in all Worship Spaces, and on the MSP website under resources in PDF printable version.

Contact Carolyn Steiner if you have any questions.

at 443-618-7934 or email jsteineriv@comcast.net.

Thanks in advance for your support with this annual fundraiser.

NOVEMBER SERVICE SCHEDULE

**SUNDAY NOVEMBER 7TH ALL SAINTS' SERVICE
JOINT SERVICE @ 9:30 IN SMITH HALL**

SUNDAY NOVEMBER 14TH, 21ST, & 28TH

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

THANKSGIVING DAY NOVEMBER 25TH

CHRIST CHURCH PORT REPUBLIC @ 10:00 AM

CELEBRANT - FR. NATHAN BEALL

Chalice And Communion Bowl Made By Darryl Hansen

In April of 2020 St. Peter's sustained heavy damage when straight line winds broke a large branch on the maple tree that stood next to the Chapel. In the course of doing the repairs the remainder of the tree was cut down to protect the Chapel and some of the wood was saved and dried for a future project.

A year and a half later I was talking with Karl Bowen one afternoon and he showed me a few bowls that were made for him by an individual named Darryl Hansen. He thought Darryl could make a bowl or something from the wood I had saved. Karl gave me his contact information and I called him and made an appointment to visit his shop. We discussed projects he had done and what we could possibly do with the wood I had saved.

When I visited Darryl, I recognized him as a member of our Parish. We talked about the tree and he showed some of the amazing things he had made. One of his projects was a chalice Norma Lee had asked him to make for Middleham from a downed cherry tree in the cemetery. We both agreed that this was the perfect way to use the wood from St. Peter's. The picture below is of the finished chalice and communion bowl made by Darryl.





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/>

CONTACT INFORMATION

Rev. Nathan Beall

Rector

301-704-2320

Fr.Nathan.Beall@middlehamandstpeters.org

Joan Shisler

Senior Warden

410-474-4849

jrbstiger@comcast.net

Jim Yoe

Junior Warden

443-975-6797

jmyoe@comcast.net

Anne Gross

410-326-4948

office@middlehamandstpeters.org

grossanne@comcast.net

Anne Hayes

Youth Representative

443-624-6959.

mspyouthleader@middlehamandstpeters.org

Beth Lanier

Music Ministry

music.ministry@middlehamandstpeters.org

Big Conversation Sponsored Event At Sotterley



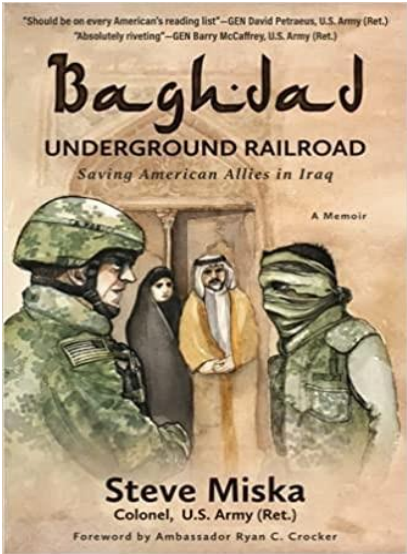
We had a very successful Big Conversation sponsored event September 29th at Sotterley, on creating a coalition to more effectively gather and share the local history of African Americans and People of Color in Southern MD. Twenty-two organizations (museums, historical societies, libraries, community organizations, churches) gathered to begin the process. There was a strong commitment for doing so. Included were the College of Southern MD and St. Mary's College of Maryland. Sotterley, Jefferson Patterson Park, Calvert Marine Museum, Historic St. Mary's City, and Piscataway Park, the three county school systems and libraries, Calvert and St. Mary's NAACP's and historical societies, and St. Mary's UCAC were all strong supporters. Middleham and St. Peter's Parish and St. Peter Claver Catholic Church from St. Mary's participated on behalf of churches in general.

Pictured are Sotterley Executive Director Nancy Easterling and guest speaker Maya Davis.

Submitted by Hugh Davies



On October 13th Middleham & St. Peter’s Church, hosted a talk by the author of the book “Baghdad Underground Railroad”, Steve Miska.



For more book information...
<https://www.baghdadundergroundrailroad.com>





MARYLAND AFGHANISTAN REFUGEES

COAT DONATIONS

DROP OFF AT WORSHIP SPACES OR AT THE OFFICE

For more information contact Deacon Laura Carpenter

Deaconlaura2020@gmail.com

THE CEEP NETWORK

STRENGTHENING LEADERS FOR A CHANGING CHURCH

Webinar Opportunities

Middleham and St. Peter's is a member of the Consortium of Endowed Episcopal Parishes (CEEP), which is a national organization that provides training and education for Episcopal and other churches. During the period of the pandemic, they have offered excellent webinar programs that may be of interest to many of you. Try one or more that interest you!

CHECKOUT MORE UPCOMING EVENTS

<https://www.ceepnetwork.org/upcoming-webinars/>

Deacons and the Future of Expanding Ministry

Tuesday, November 9

3:00pm EST

[Register Here](#)

About this event

In our continuing series on the future of the diaconate and this order of ministry's vital role in the future of the Church, we are pleased to present this workshop on how deacons work, how they are trained, and what discernment might look like in the future.

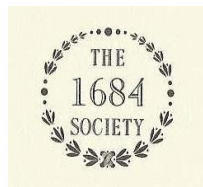
The session will start with a discussion on how a community of deacons can be utilized as a resource for the church and region. The Rev. Courtney Jones, Deacon, and the Rev. Jared Houze, Rector, at St. Andrew's in Amarillo, TX will discuss their work together with a community of seven deacons in one parish and how this strengthens the parish and their individual ministries.

Next, we will pivot to the expanding options for Spanish speakers with a call to the diaconate. The Rev. Sue von Rautenkranz, Archdeacon, and the Rev. Yoimel Gonzalez, creators of the Escuela Diaconos, a Spanish formation program for Deacons in the Episcopal Diocese of Washington will address expanding options for Spanish speakers. The conversation will give space to explore how formation programs can provide opportunities and challenges to people of different backgrounds.

Finally, the Rev. Jac Essing, Deacon, and Rt. Rev. Doug Fisher, Bishop of the Diocese of Western Massachusetts will discuss how they are working together to create pathways for younger people to discern a call in the diaconate. The pair will discuss what young deacons can bring to their communities and the Church. They will also address obstacles those discerning a call face.

Panelists include:

- Jac Essing - Deacon, All Saints Episcopal Church; South Hadley, Massachusetts
- Doug Fisher - Bishop, Episcopal Diocese of Western Massachusetts; Springfield, Massachusetts
- Yoimel Gonzalez - Dean, Latino Deacon's School, Episcopal Diocese of Washington; Washington, D.C.
- Jared Houze - Rector, St. Andrew's Episcopal Church; Amarillo, Texas
- Courtney Jones - Deacon, St. Andrew's Episcopal Church; Amarillo, Texas
- Sue von Rautenkranz - Archdeacon, Episcopal Diocese of Washington; Washington, D.C.



A Reminder from the Planned Giving and Endowment Committee

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



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

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



THANKSGIVING PIE SALE

**Help Support Our Parish
Youth Ministry**



**ORDER BY SUNDAY 11-21-21
ORDER FORMS AVAILABLE IN ALL WORSHIP
SPACES AND IN THE CHURCH OFFICE**



**Pick Up Pies on Wednesday 11-24-2021 at Smith
Hall between 5:00 - 7:00 PM
Earlier Pick Up & Delivery Options
Available by Request.**

YOUTH PIE SALE



Thanksgiving is November 25th

Help support our parish youth ministry by buying pies for Thanksgiving. Just think, you can have beautiful homemade pies without having to spend the time and energy, and the cleanup, in your own home. The youth will take care of your pie needs, freeing you up for family, football, friends and relaxing.

Order now and pick up your homemade pies on Wednesday, November 24 between 5 and 7pm at Smith Hall. The MSP youth and supportive adults will have them ready, freshly baked that day. Check below if you need to make arrangements for delivery or early pick up. Pies are 9" and cost \$12 each.

Any Questions? Ask Carolyn Steiner (443-618-7934), Anne Hayes (443-624-69590, or any member of our wonderful youth.

Order Form (Due by Sunday November 21st)

Name: _____

Phone: _____

Number of Pies:

Apple

Pumpkin

Cherry

Check here if you need a pie delivered or a different pick up

time. We will call you to make arrangements.

Thank you for your support!

CHRISTIAN FORMATION

It's November and you know what that means, PIES!

This is the youth group's favorite part of the year, as the weather cools down the youth comes out and enjoys the day together making pies and having fun. If you would like a pie there are forms available and you can also contact myself or Carolyn Steiner.

In October we enjoyed a collaboration with St. Paul's United Methodist for our annual Graveyard Scavenger Hunt. We do a scavenger hunt every year to learn the history of local graveyards, assist in clean up, and get a chance to socialize with other groups in the area. It is always a wonderful and eerie time to be had by all participants.

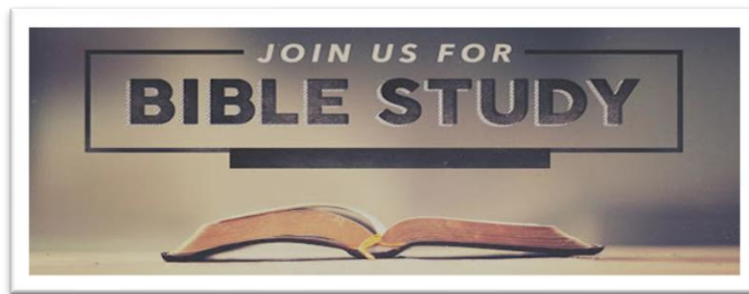
Thirsty Theology

With the weather getting a little chillier we are considering moving our campfire to a warmer location. We are still excitedly exploring our options, in November we will still be meeting at the fire pit behind Smith Hall the first and Third Friday of the month at 7pm. But stay tuned for more information coming for our December meetings. If you have any questions, please reach out Father Nathan or myself for more information.

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

mspyouthleader@middlehamandstpeters.org

Submitted by Anne Hayes, Youth Representative



Bible Study: Middleham Campus In The Parish Hall

Bible Study will resume on Tuesdays @ 11:00 AM in the Conference Room.
 Father Nathan Beall will be leading this.

If you have any questions he can be reached at the main office,
 410-326-4948 or you can email him at, Fr.Nathan.Beall@middlehamandstpeters.org

ASBURY SOLOMONS EPISCOPAL FELLOWSHIP LUNCHEON

WILL MEET ON THURSDAY, November 18, 2021

IN THE RIVERVIEW DINING ROOM

AT 11:30 FOR EUCHARIST, NOON FOR LUNCH, 12:30 FREE PROGRAM

Dr. Wendy W. Blome for the Spafford Children's Center for Palenstine families in Jerusalem

RESERVATIONS MUST BE MADE BY NOON ON 11/4/21

RESPOND TO 410-394-3162 OR CUBBY 412, to Mary Beth Dent

?? after 11/9 contact Carole Weddle 240-298-1399

\$11 PAYMENT BY A/S FOOD POINTS; NON RESIDENT \$11.66 BY CASH OR CHECK

ALL RESERVATIONS MUST BE HONORED. ONLY EXCEPTION IS ILLNESS.

⊕ LIVING COMPASS

Living Well Through Advent 2021



*Practicing Patience with All Your
Heart, Soul, Strength, and Mind*

A Living Compass Seasonal Resource

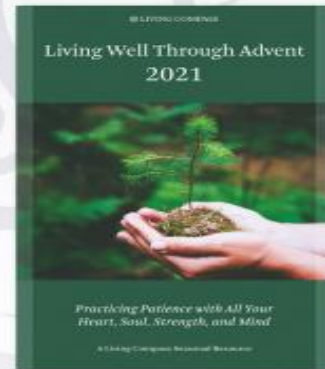
ENGAGE WITH US THROUGHOUT THE 2021 ADVENT SEASON!

Our theme for the 2021 Advent season is **Practicing Patience with All Your Heart, Soul, Strength, and Mind**. Each year, tens of thousands of individuals across various denominations use our daily devotionals as preparation for the coming of Christmas. Congregations also use the devotionals for Advent programs (including online), classes, small group discussions, and retreats with the help of our FREE downloadable and printable Facilitator's Guide. Below you will find multiple ways you can engage these resources, either as an individual or as a lay or clergy leader.

- Order our Advent devotional as a printed 5.5" x 8.5" **booklet** in English and Spanish while supplies last. Printed books are \$1 per book (which is 1/3 of our cost to produce the books). Shipping is FREE for orders of 10 or more books and \$10 for orders of 1-9 books. If you have questions about printed books, contact Carolyn Karl at carolyn@livingcompass.org. We sell out every year, so order early.
- Download our Advent devotional as a FREE **PDF** file in English and Spanish.
- Purchase our Advent 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 Advent **Facilitator's Guide** as a FREE **PDF** file.
- Join our private **Facebook discussion group** for an Advent e-retreat experience.
- Access all past daily reflections on our **website**.



Find these Advent resources at livingcompass.org/advent



Living Well Through Advent 2021: Practicing Patience with All Your Heart, Soul, Strength, and Mind includes reflections from:

Robbin Brent
The Rt. Rev. Steven Charleston
The Rev. Jan Kwiatkowski
The Rev. Jason Lavann
Amy Sander Montanez
The Rev. Lisa Senuta
The Rev. Dr. Scott Stoner

Also available: **Vivir un buen Adviento en el 2021: Practicando la paciencia con todo el corazón, alma, fuerzas y mente** - a Spanish Advent daily devotional with completely original content.



This year we will be providing two options for “Living Well Through Advent”.

All materials will be available to download on MSP Website and in the Weekly email, starting in November. In addition, for those that use Kindle, highly recommend downloading the program on Amazon for 99 cents.

Option 1 - You may use this excellent program as an Independent Study.

Option 2 - “Living Well Through Advent” will be offered virtually on Zoom, once per week. Karen Timmons will be the Facilitator. More information coming soon.

If you have any questions, please send email to communications@middlehamandstpeters.org



MIDDLEHAM AND ST. PETER'S BELL CHOIR



**HANDBELL
CHOIR**

When and Where are Rehearsals? Rehearsals will started on September 16th. We rehearse in the Balcony of Smith Hall on Thursdays from 6:15 -7:00.

I'm Ready to Ring – What Do I Do Now? Previous members should confirm with Beth that they want to continue. New members should let Beth know that they are interested.

If you are still interested talk with her at church, leave a message at the church office 410-326-4948 or:

office@middlehamandstpeters.org

Beth Lanier

music.ministry@middlehamandstpeters.org

Lay Pastoral Visitors Group



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

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

Pastoral Care

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

To pray.
To listen.
To share.



MIDDLEHAM AND
ST. PETER'S
CARING NETWORK

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

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

office@middlehamandstpeters.org or daviesd@comcast.net

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

daviesd@comcast.net



MSP PRAYER LIST



Grace Korn
Douglas Pardoe
George Buckler
Marjorie Caya
Dick Hu
Sue Hu
John Cole
Jimmy Holesapple
Penny File
Evan Hoisington
Tommy Hoisington
Tom Hogenson
Melissa Keener
Anthony & Betty D'Agostino
Joy Plaine
Raymond
Betty Anne Moore
Karen Reumont
Lee Garland
Donna Binger

Mary Ellen Elwell
Dorothy Swann
Lisa Greenlee
Stanley Buckler
Phil Lemkau
Colleen Davies
Maryellen Kalivoda
Mary Heflebower
Susie Wheely
Bill Gallagher
Elizabeth (Libby) Wheeler
Donald Jones
Cherie Jones
Austin Jones
Evan Grabus
Betty Hainkie
Steven Butler
Sherry & Jim Burcham
Chuck Beitzell
Sabrina Moran

Departed List



James Russell (Russ) Horton
Janie Knox
Marlow Binger

MSP MILITARY PRAYER LIST



Chris Parkinson

James Butler

Michael Taxiera

Matthew Blackwelder

Ryan Dement

Lisa Tomlinson

Brandon Marshall

RJ Brinegar

Trey Fisher

Joseph Entzian

Isiah Jefferson

David Schul

Austin Cole

Thomas Parks

Wendy L. Love

David Thomas

Perry Peebles

Justin Forrest

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

Saif Hasan



November is Diabetes Prevention Month

Each month, as you look thru the weekly emails or monthly newsletters, are listings for several diseases to be aware of. This month is diabetes. Diabetes is a disease where the levels of blood glucose are above normal. Your body cells use the hormone- Insulin- to help process blood glucose into energy. Many people with diabetes have a problem converting food to energy. So, what should you look out for?

Signs and Symptoms:

- **Increased thirst**
- **Increased hunger**
- **Fatigue**
- **Increased urination, especially at night**
- **Weight loss**
- **Blurred vision**
- **Sores that do not heal**

How can you lower your risk of Diabetes?

- **Some things- such as heredity you cannot change**
- **Make wise food choices- watch serving size, limit fat intake, reduce number of calories- keep a food log**
- **Be physical each day- take stairs instead of elevator, park further away from destination, walk or bike around**
- **Take meds as prescribed**

Complications of Diabetes:

- **Eye disease-decreased vision- blindness**
- **Kidney disease**
- **Foot problems-infections and sores**
- **Mouth problems- teeth and gum issues**
- **Nerve damage numbness, tingling or pain in arms, hands, legs, and feet**

Let us know if you have any questions- Dale Yoe, RN, Parish Nurse
yoeda@comcast.net

Calvert County Health Department

COVID & Flu Shots!

Sunday, November 7, 2021 from 10:30 - 12:30 the Health Department Mobile Van Clinic will be at Middleham & St. Peter's Parish Hall following the joint service, to administer COVID vaccines, booster shots, and flu shots for anyone who needs them.

Here is the information for registration for vaccines or flu shots.

Please note, we have @ 45 slots open, so friends and family can register also. If folks have difficulty registering- I can help- they just have to let me know. Also am available for questions.

Moderna/Pfizer/Flu vaccines will be available for this private clinic link below:

<https://www.marylandvax.org/appointment/en/reg/0513062599>

We are proud to be the first church CCHD community outreach van event!

Dale Yoe for MSP Parish Health

November is National Alzheimer's Disease Awareness Month



Alzheimer's disease is a disorder of the brain that slowly destroys an individual's memory. It is currently estimated as being the sixth leading cause of death in the United States. Over six million people in the United States have Alzheimer's disease. Those numbers are expected to increase significantly over the next several decades. By 2060, an estimated fourteen million individuals in the U.S. will have Alzheimer's disease.

Alzheimer's disease is the most common cause of dementia. Dementia is the loss of memory and reasoning that interferes with a person's activities of daily living.

Early signs of Alzheimer's disease can vary. One of the most common symptoms is memory loss that disrupts day-to-day activities such as forgetting appointments and repeatedly asking others the same questions. Other early signs can include difficulty paying bills when that was not previously an issue, having trouble with cooking, and problems with driving. As time goes by, individuals frequently withdraw from others. Hygiene may be neglected.

By age groups, among those in their 70s, about 3% have Alzheimer's disease. Of those in their 80s, 18% have Alzheimer's disease. Of individuals in their 90s, 30% or more have Alzheimer's disease.

What should an individual do if there is concern that they are developing dementia? A helpful first step is to see their family physician or internist. That individual can evaluate concerns through the use of standardized questions. Blood tests can be done to check for other causes of memory difficulties such as thyroid disease. Significant depression can cause signs that mimic Alzheimer's disease. A brain imaging test such as a CT scan may be done to evaluate memory loss.

There is no test that absolutely confirms the diagnosis of Alzheimer's disease. The only exact way that Alzheimer's disease can be diagnosed is an examination of the brain by autopsy after an individual's death. But a pattern of continuing decline of an individual's memory and reasoning with no other cause found is quite likely to be Alzheimer's disease.

What can an individual do to lessen their chance of developing Alzheimer's disease as they get older? In general, things that help heart and brain health will also lessen the chance of Alzheimer's disease. Those habits would include following a healthy diet, not smoking, regular exercise (30 minutes of active exercise five times a week), and avoiding heavy use of alcohol. People that are active socially and interact with others are less likely to develop Alzheimer's disease than those who are isolated. Spending time working crossword or Sudoku puzzles have not been shown conclusively to be of benefit. Challenging ourselves mentally by learning a new language or taking a college level course has been shown to be helpful. If an individual has high blood pressure or diabetes, good control of those conditions will be helpful. It has been shown to be harmful if someone routinely gets less than six hours of sleep a night.

Years of research have shown that the MIND diet can slow brain aging by 7.5 years. The MIND diet emphasizes more vegetables and less meat. Green leafy vegetables such as kale, spinach, or collards should be eaten six times a week. More fruit in the diet is helpful. Berries such as blueberries and strawberries were found to have the most benefit. For snacks, avoid chips and pastries. Instead, have a small amount of nuts. The no salt added and no oils added are the best forms of nuts. For oils, use olive oil and avoid butter and margarine. Eat red meat sparingly, if at all. Instead, use beans, lentils, and soybeans for a healthy alternative protein source. Eating fish one time a week has been shown to be beneficial.

Having close relatives such as siblings or parents who had Alzheimer's disease at a young age increases one's risk as well. In 2021, the cost of care for people with Alzheimer's disease United States was estimated at \$355 billion. Many family members who are caregivers for those with Alzheimer's disease are not compensated.

I have heard several questions recently about a new medication for Alzheimer's disease, Aducanumab (brand name Aduhelm). It was approved by the Food and Drug administration in June 2021. It is the first new drug in almost twenty years approved to treat Alzheimer's disease. There is a possibility that it could slow progression of Alzheimer's disease.

However, there is significant controversy about the new drug. There were two clinical trials done to evaluate if this new medication could help. The two clinical trials showed different results.

One study showed that it was not beneficial. Another study showed that there may be a slower decline in mental function of those who took the new medication. The Food and Drug Administration made the controversial decision to approve the new medication for those in all stages of Alzheimer's disease even though this research showed that it could possibly only be of benefit in the early stages of the illness.

The medication is given intravenously once a month. It works by stimulating the human immune system to break down amyloid plaques. Amyloid plaques are protein clumps in the brain that damage cells. It is hypothesized that if amyloid could be cleared out of cells, the brain degeneration would be slowed. However, there have been other experimental treatments that used a similar mechanism that did not improve Alzheimer's progression.

Side effects with the new medication were quite concerning. About 40% of patients developed brain swelling, sometimes triggering small bleeding within the brain. Those who developed brain swelling had resulting headaches, confusion, vision changes or nausea.

The medication is horribly expensive. The estimated cost will be \$56,000 per year for the medication itself. Adding in the cost of MRI exams and other testing to check for brain swelling, it is estimated the cost of the medication will be approximately \$100,000. per year.

At this time, Medicare is evaluating whether or not it will be covered. Several Blue Cross and Blue Shield insurance companies have announced that they will not pay for the medication. Some large hospital systems such as the Cleveland Clinic in Ohio and the Mount Sinai system in New York will not allow the medication to be used within their facilities. They feel the small chance of benefit is outweighed by the high rate of serious side effects.

Currently, donepezil (brand name Aricept) is the most commonly used medication to treat Alzheimer's disease. It was approved for use in 1996. Recent research has shown that is less helpful than originally thought. It is now estimated that one in twelve people might be helped somewhat by this medication. It is not uncommon that an individual will be unable to take the medication due to side effects. Those are most commonly gastrointestinal symptoms such as nausea or diarrhea.

Submitted by Dr. Charles Bennett

OUTREACH AT MSP

ECHO Dinners

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

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

Submitted by Carolyn Steiner, Outreach Chair



IN-REACH OPPORTUNITIES

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

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



We are also looking for more tech people for the live stream, we had two more youth interested and I am very thankful for their help. I will pass those names along to Jim Yoe so that we can work on "training" them (If I'm being completely honest, the bulk of the work is handled by the software. It can sound very technical, but the huge majority is making sure the stream is still running, and that the camera is pointed in the right place).

For information contact Jim Yoe - jmyoe@comcast.net

HeartFELT 2021/2022 School Year



HeartFELT Backpacks is in full fall swing shopping, packing, and delivering weekly food to our two Middle Schools, Mill Creek, and Southern. We are currently serving 17 students total. For the Thanksgiving Holiday, a double bag delivery is planned with extra food to cover the long weekend. If you want to contribute food for the Thanksgiving bags, please drop off:

1. full size cereal boxes
2. peanut butter
3. jelly (plastic jar only)
4. pasta (1 lb package)
5. pasta sauce (plastic jar or can only)

Finally, a big thanks to all the fall food donations and the returning volunteers!"

Thanks,
Elizabeth Broadus, MSP HeartFELT Coordinator
elizabethruggles@comcast.net



MSP will again participate in the C3TOA (Calvert County Christmas Tree of Angels). This is a project organized by the CC Department of Social Services and helps families give their children a joyful Christmas. On Sunday November 7th, gift tags will be available at the joint 9:30 service. Gifts need to be back to church by December 5th, again at the joint

service, or they can be dropped off at the office when it is open. Gifts are not to be wrapped (the parents do that), but wrapping paper, ribbons and bows can be included if you want. Please attach the tags on the outside of the gift so I can keep track and make sure we have something for each child that MSP is sponsoring.

Deadline for donations December 5, 2021.

Any questions ask Carolyn Steiner. jsteineriv@comcast.net



SEAFARERS CHRISTMAS

2021: Building on Our 2020 Miracle!

In 2020, the Baltimore International Seafarers' Center changed our Christmas at Sea gift instructions, to make gifts easier to handle while the pandemic limited available personnel.

And every single one of you followed our new guidelines! On top of all the other challenges of 2020, this careful attention to lonely seafarers was a true Christmas miracle. Thank you!

We're using the same guidelines this year because they worked so well. If you're new to Christmas at Sea, or need a refresher:

Please put items in one-gallon sealed plastic bags* (not boxes). Seal tightly, without over-stuffing. 25 moderately full bags are better than 20 bursting open.



NO FOOD, not even gum, because the smell is overpowering in warm storage rooms.

Please include a paperback New Testament in modern English if possible. (Hardbacks weigh too much. King James is difficult for many foreign seafarers.) Groups whose workplaces don't allow Bibles to be purchased could include an uplifting calendar.

A WARM HAT is the other most popular item.

Then add some of the following, depending on budget and space: warm gloves or warm socks, hand warmers, pad and pen, post cards or magnets of Baltimore or D.C., flash drive, small sealed gender-neutral toiletries. Large bottles weigh too much! Combs, toothbrushes, etc. should be individually sealed in original packaging, for the reassurance of seafarers.

Options to make your gift more festive: you could sign a Christmas card and insert so the picture shows through the bag, or line the bag with colored tissue, or put Christmas stickers on the outside. Please, no bulky bows, as they'll be crushed.

Please contact Carolyn Steiner with all questions or deadline information @ jsteineriv@comcast.net
There will be boxes at each worship site to put filled bags, or just items to include in bags. Carolyn Steiner can help you out if you have questions.

DEADLINE FOR ITEMS DECEMBER 5, 2021





PLASTIC BAG COLLECTION FOR BENCHES

Carolyn Steiner is asking MSP to collect plastic bags (grocery, cleaner, bread, newspaper, etc) for a project she is doing for Benjamin Banneker Elementary School. This is where she worked as a Physical Therapist for a number of years, and now does substitute work. Her family and high school friends have donated money as a start up for a butterfly garden for her 70th birthday. TREX, the deck board company, has a program that if you collect 500 pounds of plastic over a 6-month period they will give you a TREX bench for free. If you collect as a school you have to compete with the whole mid-Atlantic area, but if you are a nonprofit, you just have to collect the 500 pounds and you get a bench.

So, MSP said she could collect in their name, but have the first benches go to Benjamin Banneker Elementary School, and when they have some, we can get some for MSP. These benches require no maintenance and are perfect around butterfly gardens, labyrinths, vegetable gardens, and churches.

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.

FOOD DISTRIBUTION OCTOBER 15TH
Information: 405 Families,
1,575 Individuals Served.

Thanks to all the volunteers that assisted. Next month we need more drivers.

Thank you Dr. Bennett, as always for submitting the pictures and



Kristin and Barry plan the routes.



Preparing a large load for Mark to deliver.



Contents of the boxes distributed.



Large bags of the sweet potatoes harvested at the parish garden were distributed as well.

Middleham and
St. Peter's Parish

**FOOD
DISTRIBUTION
NOW ON FRIDAYS**

**BAGGERS
NEEDED**

CONTACT MARK PESOLA

at
mark_pesola@hotmail.com
OR 410-610-8495

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



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 November 19, 2021

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

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

NEEDED VOLUNTEERS AT COMMUNITY GARDEN



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

THE BOOKMOBILE IS COMING TO SMILE

2ND WEDNESDAYS
11AM - 12PM



Computers & printing
Library card services
Wheelchair lift
Wi-Fi access
and more!





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/>



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



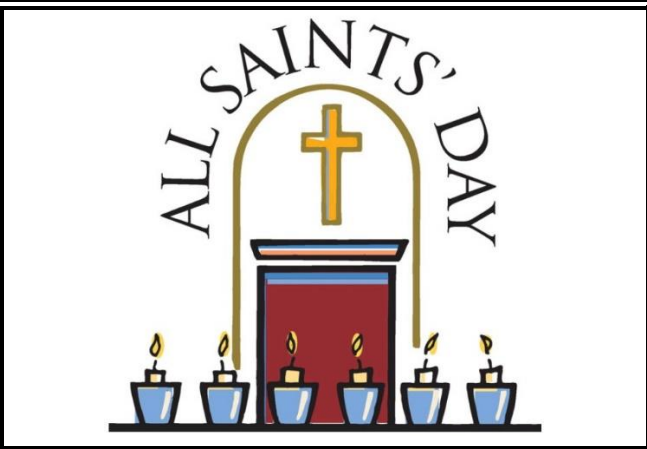
DECEMBER EDITION OF THE CONNECTOR

ARTICLE SUBMISSION DEADLINE IS

NO LATER THAN MONDAY MORNING NOVEMBER 15TH

Thanks so much, Karen Timmons, Communications

communications@middlehamandstpeters.org



NOVEMBER 6TH





NOVEMBER BIRTHDAYS

Brian King	11/01
Leah Patten	11/02
Noah Patten	11/03
Marjorie Sanguinetti	11/03
Kathryn King	11/04
Greg King	11/06
Sue Hu	11/07
Beth Lanier	11/09
Anita Shepherd	11/10
Riley Jedrey	11/13
Laura Carpenter	11/14
Mark Stanley	11/14
Bonnie Tolson	11/16
Brinson Perks	11/16
Susie Cook	11/23
Sandy Butler	11/24
Kim Kelly	11/29

NOVEMBER ANNIVERSARIES

Bryan & Laura Carpenter	11/13
Robert & Dorothy Swann	11/29

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!