

# The CONNECTOR

Jim Yoe  
Jr. Warden

Karen Timmons  
Editor



**The Rev. Nathan Beall, Rector**  
**The Rev. Skip Steiner, Adjunct Clergy**  
**Beth Lanier, Minister of Music**

## SEPTEMBER 2021

### Grace

Grace. Grace is the epitome of everything good. In its simplest terms, grace means “unmerited favor” or “unconditional love.” Broken down this is what we’ve got. “Unmerited” means to receive something that is not earned or not necessarily deserved. “Favor” is approval or support being given or an act of kindness. “Unconditional” means that there is no limit, restrictions or qualifications to be applied. “Unconditional love” is love given freely, no strings attached, just pure. So if you are being given grace then you are getting something good that has not been earned or you are having something bestowed upon you that is better than you deserve without the expectation of having to give something in return. Grace is love coming your way that has nothing to do with you, but everything to do with the giver.

So who gives us grace? Actually there are several sources. One is grace from God. Grace is a constant theme in the Bible and it culminates with God’s grace given to us through Jesus’ dying for our sins; unmerited favor and unconditional love. Expansive, unearned love. Extravagant love, with no exceptions and with no catch. Grace is help given to us by God because God desires us to have it, not because of anything we have done to earn it. Grace is God giving the greatest gift to the least deserving, which is every one of us.

Another is the Grace that we all know and love here at Middleham and St. Peter's. Grace Korn was so aptly named and so fits the bill of the personification of grace. How many of you have received grace from Grace? I'd be willing to bet it's everyone that she knows. We are so grateful to Grace for her unwavering dedication to Middleham and St. Peter's Parish and for her generosity, kindness and the grace she shows to everyone every day.

The third is the grace you show others. How do you do that? There are so many ways to show grace. Simple acts of kindness to others are one way to show grace. What you think is a small gesture may have an immeasurably good affect on the receiver. Be there for someone who needs you. Let people know how much you appreciate them. Listen, and offer gentle words, sympathy, encouragement or congratulations to those you meet. If you want some advice on how to show grace to someone ask our Grace who is an expert or ask God for help; He's an expert too.

The fourth is the grace you give yourself. Grace is always there for the giving and the taking. Being open to the grace that surrounds you everyday is a miracle. It's in everything you see and do. It's in ordinary events, moments, people and situations that you might miss if you don't pay attention. Let the unmerited favor or unconditional love being bestowed upon you seep into your body. Allow your senses to take in all that unfolds around you, as you take one step in front of the other beginning when you wake up in the morning until you lay your head on your pillow at night. That's grace.

Living each day with, in or from grace is a gift, whether it comes from God, our very own Grace, others or you. Accept grace in the spirit in which it is given, especially since it is definitely the Holy Spirit at work or at least directed by the Holy Spirit. We are all blessed to receive the gift of grace. Savor it and be grateful for it.

The more I thought about grace the more questions I had about it. I found there are a lot of layers to grace. Accepting it. Giving it. Understanding it. Relying on it. Abusing it. Expecting it. Trusting it. So...

Is grace good or bad?

Is it ok to ask for grace?

Why do we feel we have to do something in order to receive grace?

If we just sit back and receive grace are we being lazy and unproductive?

Why is it so hard to accept grace?

If grace is free what does that mean for the consequences of our actions?

Can grace be taken advantage of by those who think they are entitled to benefits they have not earned?

Are there any rules to accepting or giving grace?

Does grace simply override everything bad or sinful?

Is there a way to make sure that the grace that comes to you is truly accepted?

Does grace make sense?

If grace is unconditional, why should we be good if we can get away with or be forgiven for doing bad things?

Does our own goodness or lack thereof matter if grace is always available?

With grace, our salvation does not depend on us being good or good enough or even bad. It just is...

Grace doesn't really fit the way life should really work. If you do something good, you should be rewarded. If you do something bad, you should be punished. In life, tipping the scales by doing more good than bad is expected. Grace, however, isn't fair or balanced or deserved. It is God's way of showing us that He understands our shortcomings and how we in turn show others the same understanding. There is nothing we can do, say or think that prevents us from having a relationship with God. We can never get so lost that God will stop giving us grace or not welcome us back into a relationship with Him. Receiving, accepting and then giving grace to someone else is life-changing. It changes the way you see yourself and others. It changes the way you see God as you begin to understand that His love really is unconditional. It motivates you to be accepting, non-judgmental, and just better. Open yourself up to receiving grace, wherever it comes from, and just be better.

Blessings,

Joan Shisler, Senior Warden

# Thoughts From The Rector

## *Mission*

By the time of this publication, God-willing, I will have been with you for one year, and it still feels to me to be a time of renewal for this parish. We plan to reopen the chapels by this time, and to begin our Christian formation programs once again. At such a time, it may help us to reflect upon the call of God to our parish and the Church, and to see how we are living up to it.

We spent some time at our last vestry meeting discussing the mission and vision statements of the parish, which preceded my arrival here. Our mission statement reads, “Middleham and St. Peter's Episcopal Parish is a welcoming, engaging and spiritual community of worship, fellowship and service for all, providing an open door to all who reach out to God.”

But did you know that the Church herself has a mission statement? The Episcopal Church articulates it in our catechism, the basic outline of the Christian faith. On page 855 of the prayer book, the catechism states, “The mission of the Church is to restore all people to unity with God and each other in Christ.” The mission of a parish, therefore, constitutes an extension of that primary mission at the local level.

Perhaps the key to the meaning of that statement for the Church lies in those last two words: *in Christ*. Human societies have given rise to numerous visions of unity, some better than others. But only the Church offers unity *in Christ*. This unity is not based on ideology, common interest, or accomplishment. It is given to us as gift, and so we offer it as such. It comes through a relationship with One who is the source of all relationship. We were created for relationship with God, but fell, and so are able to be restored to that primary relationship through the One who fell for us. We enter into that relationship both spiritually and physically at our baptism, and deepen it regularly by the reception of His body and blood in Communion.

We can see then, in these Sacraments, the mission of the Church, and look to them as the standard for all of our activities. Anything we do as a parish can be held up next to Baptism and the Eucharist, so that we can ask, “How does this or that activity either bring people to Christ or deepen their relationship with Him?”

That means that explicitly telling others about the love of Jesus forms an integral part of our life, both as individuals and as a parish. It does not necessarily mean that everything we do needs to involve that. If, for example, we feed a hungry person in the name of Christ, they may not yet be in a place to have a conversation about him. But that may come in time.

The mission of the Church, then, is not so much a list of activities as it is a deepening and extension of that one, primary relationship with God through Jesus Christ. Do you experience that in our parish? When we gather to worship on Sunday, or feed children in the schools, or grow a garden, or work on our buildings, or host big conversations, or meet around a campfire (just to name a few of our activities), does everything we do work to restore all people to unity with God and each other in Christ? If not, can we shift it so that it does?

We can never do enough to accomplish this mission, because it has already been accomplished. Our mission is a relationship, and that relationship comes to us as gift. How can we share this gift with others?

*Peace,*

*Nathan+*

## **CELEBRATION OF MINISTRY FOR FATHER NATHAN BEALL**

On Sunday, August 29, 2021 we welcomed everyone to the celebration of new ministry for Father Nathan Beall. The service at 9:30 am in Smith Hall was presided over by The Right Reverend Robert W. Ihloff, D.D. Traditionally this celebration takes place at the beginning of the new Rector's ministry at a place of worship, but the past year has been anything but traditional. When I was a young girl my mother used to say, "what a difference a day makes." I'm going to modify that statement and boldly say, "what a difference a year makes." When Father Nathan appeared on our search radar we could see the Holy Spirit at work almost immediately guiding us to pursue him and ultimately call him to our parish. During the past year we have weathered so many challenges and come such a long way in our parish life. We are so blessed to have come through this past year with flying colors as Father Nathan jumped right in. Despite these unusual circumstances, Father Nathan has gotten to know all of us and has engaged in all aspects of life here at Middleham and St. Peter's. We look forward to a long relationship with him and his wife Hee, now that they are part of our family.

If we have learned anything during this time of the COVID-19 pandemic it is that relationships are very important and should be nurtured any way they can. Throughout this pandemic we have found ways to stay connected, stay healthy and stay safe. Under the guidance of the wardens, the vestry and Father Nathan, along with the cooperation of the entire congregation, we can be sure that Middleham and St. Peter's Parish has a bright future ahead.

*Joan Shisler, Senior Warden*

# CELEBRATION OF MINISTRY







Middleham and St. Peter's Parish



## **NEW SUNDAY WORSHIP SCHEDULE FOR SEPTEMBER – DECEMBER 2021**

**Beginning September 5 through the end of  
December 2021 we will try the following  
schedule:**

**First Sunday of the Month:**

**Joint service in Smith Hall at 9:30 am**

**(No Sunday School / Coffee and Conversation)**

**Other Sundays:**

**\* 8:15 am – St. Peter's Chapel**

**\* 9:30 am – Smith Hall**

**\* 10:15 am – Fellowship Fifteen**

**\* 10:30 am – Christian Formation**

**- Coffee and Conversation**

**- Sunday School**

**\* 11:15 am – Middleham Chapel**



**All services will include Holy Communion**

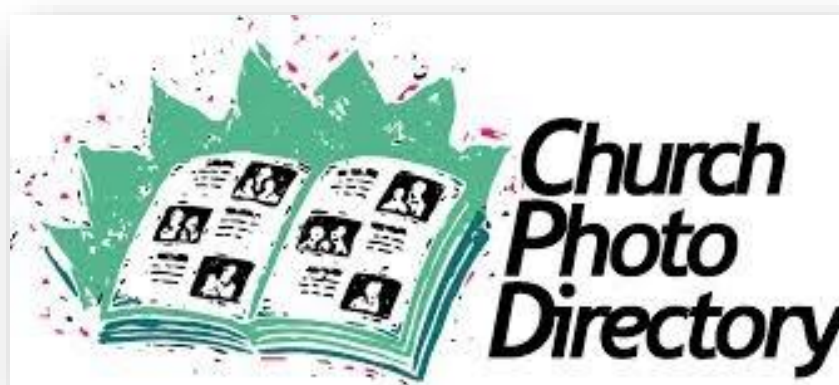
**Masks are Required**



# MIDDLEHAM CHAPEL UPGRADED FLOORS



 <p>Middleham and St. Peter's Parish</p>		<h2>A Reminder from the Planned Giving and Endowment Committee</h2>
<p>Remember to apply for an endowment grant and / or a personal growth award. These resources can help our ministries grow or support your own or your family's personal growth. Applications are on the parish website at <a href="#">Planned Giving and Endowment   Middleham and St. Peter's Parish</a>.</p>		



### **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](mailto:daviesd@comcast.net). The digital directory will be emailed to you.

# CONTACT INFORMATION

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Below is the **Executive Summary** from the Big Conversation Partners' webinar 3-part series, *Building Trust in Our Healthcare Systems* and an update on the healthcare legislation passed by the Maryland General Assembly this year. Our work on dismantling racism is having an impact on health care.

# Building Trust in Our Health Care Systems: Executive Summary



On June 13, 2021, The Big Conversation successfully concluded its three-part webinar series **Building Trust in Our Health Care Systems**. Participants included: physicians, nurses, health administrators, school nurses, representatives of related health care fields, and members of the Southern Maryland community. The series was in response to the community feedback to “learn more” from the September 13, 2020, Big Conversation: **Many Wounds to Heal: Health Care (In)Equity, How Does it Affect Me?** These online sessions were led by Steven K. Ragsdale, an associate faculty member at Johns Hopkins Bloomberg School of Public Health, who has more than 25 years of experience in developing health care innovations and advancing pathways to better, safer, and more equitable care. Over one hundred diverse community members participated over the six hours of sessions. The three sessions were as follows:

**Sunday April 25 – A History of Health Care. How were the present systems built? Why they no longer work.** In this session, Mr. Ragsdale presented a historical perspective on the treatment of African Americans from slavery to modern times. This included how black health care professionals and recipients were treated.

**Sunday, May 23 – Exploring systemic unconscious bias and the importance of understanding its effects on society, healthcare models, patients and staff.** Addressing implicit bias, Mr. Ragsdale stated, “It can literally happen anywhere in healthcare from when you call to make an appointment, all throughout care, all the way until you are discharged and, in the pharmacy, or rehab.”

**Sunday, June 13 – How we can reimagine future healthcare for Southern Maryland. How we can implement it.** In facilitated small groups the participants generated several ideas for positive change and practical methods of implementation.

## Key findings to build trust in our health care system included:

***Advocacy and better-informed consumers*** – A key aspect for developing trust in health care is improving how well the recipients understand how the system works and their communication with the provider. Navigating the health care system can be daunting for everyone. Having an advocate to support underserved individuals as they seek and obtain health care and communicate with providers would improve the quality of care. Use community and interfaith groups to adopt and promote both advocacy and providing information for underserved populations about navigating the system. There needs to be more and clearly written information about health care resources and insurance benefits.



Provide patient training in the use of patient portals. More computer access for the underserved located near their homes.

**Access** - The pandemic has taxed health care systems in accommodating large numbers of individuals both in care and vaccinations. New and creative ways of reaching underserved populations have been developed that can continue and expand access in the future. This has included the use of mobile care and the involvement of community non-profits and church groups to reach the “invisible people” and the homeless. Increase and make better use of behavioral and mental health services. Across Southern Maryland, health departments are reaching out to the Black community to increase vaccination rates. These techniques need

to be continued in the future to provide improved health services. Improve communication through posters and videos in waiting rooms. Provide a guide for consumers on navigating the health care system. Challenge local media to give more press to consumer needs and views.

**Staff Training** – Providers and staff need to learn to be more sensitive to consumers and co-workers through bias training and awareness of cultural differences. Increase understanding of the history of how things got to where they are, because this information is deep and has typically been untouched. Encourage People of Color to share their stories so that providers can better understand their experience. Reach out to the medical community to provide training on the history and bias as was provided in these sessions.

**Policymaking and leadership** – Hospital and health organization boards should reflect community culture and values, and reflect the population that they serve. Hospitals and public health departments should consider creating advisory committees that reflect the “Closing the Gap Coalition” created to advise the educational system. Make more effective use of the Community Health Needs Assessment Survey. Look at who is involved and make sure that all levels of the community are included. Give thought to using different data collectors. Share the assessment results broadly and deeply with the community. Community health and health inequities need to be a priority for county policy officials and legislators. Promote improved health care in the same way that education was promoted through Strong Schools Maryland.

**Provider diversity** – Health care for People of Color would improve if there were more providers that looked like them. This was highlighted in the “Black Men in White Coats” documentary and follow up, where it was pointed out that only 2% of physicians are Black men. POC children should be encouraged to go into health professions through career guidance, scholarships, and mentoring programs. Create a “STEM” like program for health care occupations, career academies, and advertising that features people of color in health occupations. There are systemic changes as well to address with medical schools failing to enroll a proportionate representation of People of Color, and the past closing of Black medical schools due to the Flexner Report.

**Interagency coordination** – There needs to be better coordination across local agencies. Schools can be used to provide a broader set of information to students and families and be a point of delivery for health services and food and nutrition education. Full time school nurses are a must. Health care and

related issues should be better integrated with law enforcement. There needs to be stronger coordination between public health, health delivery systems, and social services. St. Mary's County offers good examples of steps toward such systems.

This Big Conversation presentation received significant support from two partner organizations: Calvert Library provided the technical support for the sessions online and the Community Mediation Center of Calvert County provided the facilitators for the small group sessions.



### Legislation on Minority Health passed by the recent General Assembly

- House Bill 28/Senate Bill 5 Implicit Bias Training and the Office of Minority Health and Health Disparities 1) Expands data reporting requirements to include racial and ethnic data in annual "Health Care Disparities Policy Report Card" 2) All licensed and certified health care professionals required to attest to completion of implicit bias training course approved by their licensure board on their first application for licensure renewal
- House Bill 78/Senate Bill 52 Creates Maryland Commission on Health Equity charged with developing "health equity framework" to examine ways for state and local government agencies to implement policies that positively impact health of MD residents
- House Bill 309/Senate Bill 565 Public Health Data - Race and Ethnicity Information Requires Office of Minority Health and Health Disparities to coordinate with MHCC and MDH to establish plan for improving collection of health data that includes information on race and ethnicity. Also requires Office to collaborate with MHCC and professional licensing boards to publish annual "Health care Disparities Policy Report Card" to include data on the ethnic and racial composition of the health care community
- House Bill 463/Senate Bill 172 Maryland Health Equity Resource Act Establishment of Health Equity Resource Communities in areas of the state with demonstrated health inequities and disparities General Assembly allocated \$14 million for short term grants related to health equity priorities for two years.

**Calvert County League of Women Voters is sponsoring a Citizens Forum: Social Justice and Police Accountability, September 2 at 7 PM.**

**Calvert Library is sponsoring the first Libraries Transforming Communities Civil Political Community Conversation on Wednesday, September 22nd at 6:00pm.** There will be opportunities to participate both in-person at Calvert Library Prince Frederick, and virtually via Zoom. Go to the library website for more information.

**Submitted by Diane Davies**

Brought to you by the founder, Middleham and St. Peter's Parish with <b>The Big Conversation Partners in Dismantling Racism and Privilege in Southern MD</b> including: All Saints Episcopal Church, Calvert County Public Schools, CalvertHealth, Calvert Interfaith Council, Community Mediation Centers of Calvert, Charles and St. Mary's Counties, College of Southern Maryland, Concerned Black Women of Calvert Co, Emmanuel SDA Church – St. Leonard, Historic Sotterley, Inc., NAACP Branches of Calvert, Charles and St. Mary's Counties, Patuxent Friends (Quaker) Meeting, Public Libraries of Calvert, Charles, and St. Mary's Counties, Remnant Center of Excellence, Inc., St. Mary's Co. Health Department and St. Mary's Co. Public Schools.				
	This project was made possible in part by the MD Humanities, through support from the National Endowment for the Humanities, the Maryland Historical Trust in the Maryland Department of Planning, and the Maryland Department of labor. Any view, finding, conclusions, or recommendations expressed here do not necessarily represent those of the National Endowment for the Humanities, Maryland Humanities, Maryland Historical Trust, Maryland Department of Planning, or the Maryland Department of Labor.			This project is supported in part through a grant from the National Episcopal Church USA to Middleham and St. Peter's Parish for groups working specifically to address the racial disparities laid bare by the coronavirus pandemic.

## **An Update on Our Haiti School Nurse Project – Aug 19 meeting**

**Attending:** Dean Hilda Alcindor – FSIL Nursing School, Jessie Colin – Board Chair – FSIL, Donna Martself – Board Chair – Haiti Nursing Foundation, MSP Haiti School Nurse Team – Hugh Davies, Dale Yoe, Dr. Nancy Briggs, Carolyn Steiner, Sally Arbuthnot, Rev. Nathan Beall

### **Agenda:**

#### **What are the conditions across Haiti and in Leogane today, especially since the assassination of President Moise and now the earthquake?**

- Dean Hilda replied that the same turmoil caused by the incapacity of the government, even with new leadership after the assassination, continues. Gangs make travel difficult.
- Regarding the overall Haitian situation: Everyone is very saddened with the earthquake and taking one day at a time. Regarding the school in Leogane: She said the students do live in places other than Leogane and are home on summer vacation now. School is supposed to start on 6 September but in reality, the students will still be home, with everyone managing one-day-at-a-time.

#### **How have those conditions impacted FSIL in general and the work of the school nurses? What has been the impact during the summer and what might it be for the start of the school year?**

- The FSIL summer program to train teachers and parents in health and first aid has been taking place. It is quite remarkable. It operates two days a week on the FSIL campus, with two meals and transportation provided for the participants. Overall cost has been \$3,000. 105 parents and 80 teachers have been trained in:
  - Emergency management
  - Bleeding control
  - Concussions
  - Masking and covid prevention
  - Hypertension
  - Hyperglycemia
  - CPR
- Schools are scheduled to begin on September 6. School nurse program expected to start as well, but as with everything in Haiti, it is a day-by-day situation.

#### **What is the impact of Covid across Haiti and in Leogane today? What is the prospect for vaccines reaching Leogane? FSIL?**

- There is no capacity in Leogane for covid vaccinations. HNF has been seeking ways to have FSIL staff vaccinated. Testing for covid costs \$85.

#### **What are the plans and prospects for expanding the program to a fifth school? When?**

There will be a fifth school in the program starting this fall. A fourth nurse will be assigned to cover the school. She is from the FSIL nurse practitioner program – Fabiola Lamothe. Her salary is the same as Yola and Alin, \$300 a month, making the total in salaries \$1300. HNF will increase the amount that they send to FSIL each month to cover that additional expense.

**How has the program evolved in terms of services for students, including education?**

The last two program reports provide a comprehensive picture of the services provided by the nurses for the children. As indicated by Dean Hilda, the nurses are at the schools four days a week and are accompanied by an FSIL student nurse. The reports were very helpful in their detail. A summary of key activities is as follows:

	Jan – March report	April – June report
Health assessment	197	486
Immediate health care	172	510
Health education	88	219

In addition, 227 dental exams were done in the April to June period, along with 23 eye exams. So the program and services grew considerably in the latest report period.

**Is the plan to continue the focus exclusively on elementary students?**

Dean Hilda indicated that the focus would continue on elementary as it would be necessary to have more nurses to include all students.

**About the earthquake:**

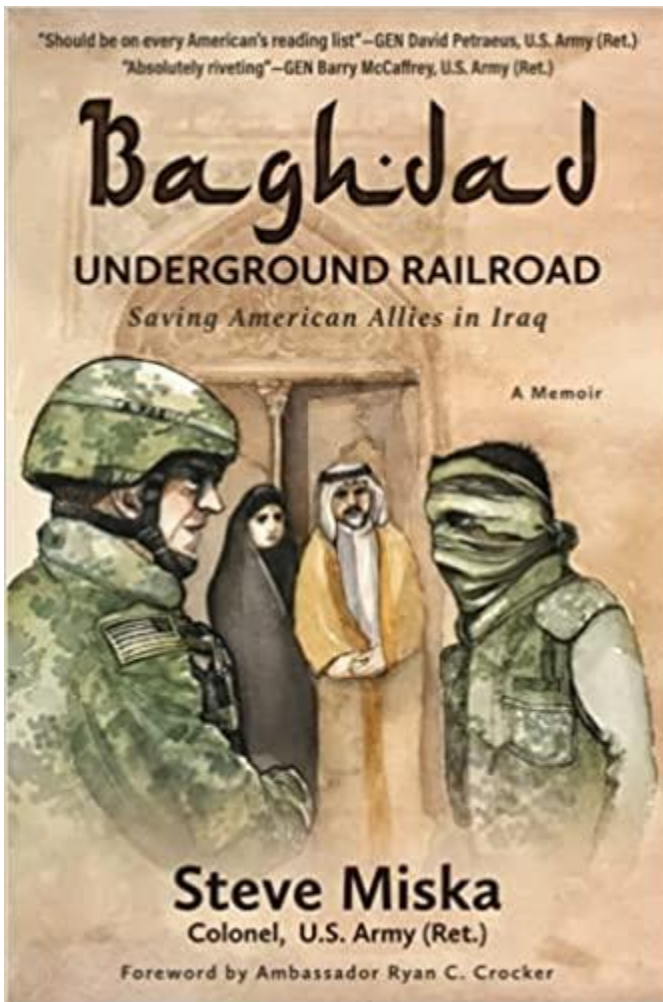
All are saddened by what has happened. Leogane is about 60 miles from the epicenter, but the destruction and death are widespread, and it is difficult to get supplies and aid to all of the places and people that need help. FSIL is sending (if they haven't already) a mobile clinic to bring health care and food and water for 500. They have a short supply of clothing, blankets, tarps, tents, etc. There were two doctors kidnapped- one OB/Gyn and one orthopedist. All clinics in the affected areas are now gone and medical supplies are in short supply.

All of the nursing students who are at home during the summer are alive, but some are in the impacted area and may need help to return to school. We discussed having scholarships for impacted students.

It was also discussed about how we can help provide earthquake relief. Middleham and St. Peter's wants to support HNF in this response. This Sunday is a special welcoming service for Rev. Nathan Beall who is on the Middleham Haiti team. Rev. Beall has asked that there be a special offering this Sunday for earthquake relief through FSIL.

***Submitted by Hugh Davies***





**Join us on  
October 13<sup>th</sup> at  
6:00PM for  
dessert and a  
talk from the  
Author  
Steve Miska.**

**Middleham and St. Peter's  
Smith Hall.**

**10210 HG Trueman Rd.**

**Lusby, MD**

**For more information call 410-326-4763**

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# 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/>

#### Pilgrimage and Christian Travel

Monday, September 13

3:00pm EDT

[Register Here](#)

#### About this event

Christian pilgrimages and journeys are integral parts of growing individual and corporate faith. These journeys bring together peoples from different backgrounds and outlooks - both within a congregation and with the people encountered on pilgrimage. When the COVID pandemic hit, pilgrimages (at least in-person) came to a screeching halt as we sheltered-in-place and travel was a memory.

As we enter the next phase of the pandemic, countries are reopening to overseas visitors and travel is resuming. At the same time, pilgrimages are starting to resume. Church leaders recognize that pilgrimage's place in ministry and discipleship, demonstrated over centuries of pilgrimage to holy sites and places and recognized by church leaders, and are eager to get back into the field.

Experienced pilgrimage and journey leaders plus travel experts are joining us for this panel to present information about the status and outlook for Christian travel. The panel will tackle questions like:

- **What are the old and new ways Christian travel can be an effective ministry tool?**
- **What countries are open to American visitors?**
- **What are the protocols and practices that will keep travelers safe?**
- **What should I consider as our congregation/group consider pilgrimage trips for the next 6-18 months?**

Our panel of pilgrimage facilitators and leaders will reserve time for questions and answers at the end of the program.

Panelists include:

- **Donald Fishburne – Christian travel leader, priest in active retirement; Pawleys Island, South Carolina**
- **Russell Levenson - Rector, St. Martin's Episcopal Church; Houston, Texas**
- **James Ridgway – CEO and President, Educational Opportunities Tours; Lakeland, Florida**
- **Mark Yeh – Director, Sales & Marketing Development, Educational Opportunities Tours; Lakeland, Florida**

# CHRISTIAN FORMATION

## **Youth Activities**

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

## **Christian Formation, Youth Group, and Youth Services**

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

## **Thirsty Theology**

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

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

***Submitted by Anne Hayes, Youth Representative***

A background image of a campfire with logs and flames, set against a dark, wooded area.

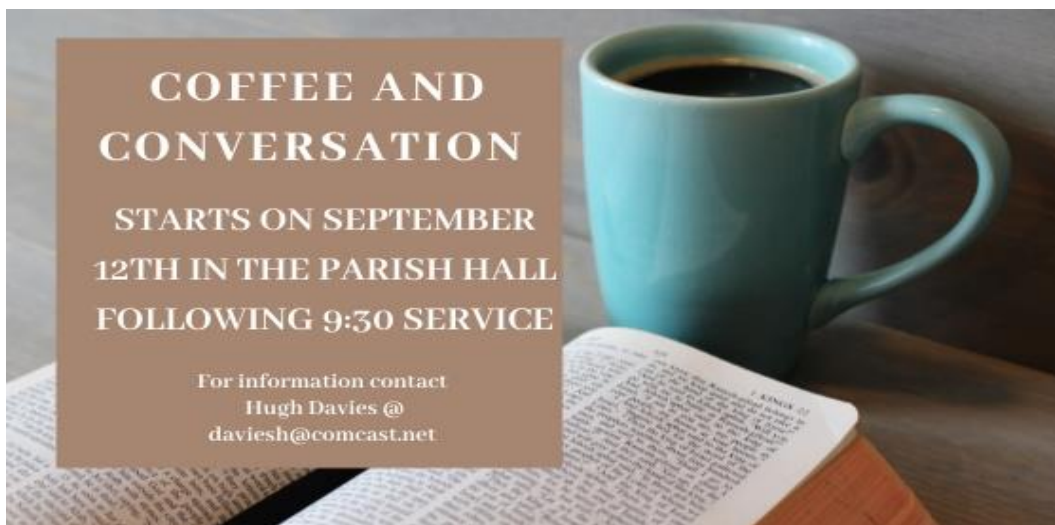
**THIRSTY THEOLOGY**  
**1ST & 3RD FRIDAYS**  
**@ 7:00 PM**

Bring a friend and join  
our little campfire  
community and  
conversation.

Join us on Friday

September 3rd  
and  
September 17th  
at the firepit behind  
Smith Hall.

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

A background image showing a teal mug of coffee on a wooden surface next to an open Bible.

**COFFEE AND  
CONVERSATION**

STARTS ON SEPTEMBER  
12TH IN THE PARISH HALL  
FOLLOWING 9:30 SERVICE

For information contact  
Hugh Davies @  
daviesh@comcast.net

A background image showing a brown mug of coffee on a wooden surface next to an open Bible.

**ASBURY COFFEE  
&  
CONVERSATION**

3RD FRIDAY EACH MONTH  
@ 10:00 AM  
STARTS BACK ON SEPTEMBER 17th

For information contact Hugh Davies @  
daviesh@comcast.net



## **Asbury Solomons Episcopal Fellowship Luncheon**



**Will Meet On Thursday, September 16, 2021**

**In The Riverview Dining Room**

**At 11:30 For Eucharist, Noon For Lunch**

**The Rev. Nathan Beall will talk about**

**"St. Francis and Franciscan life within the Episcopal Church"**

**RESERVATIONS MUST BE MADE BY NOON ON 9/2/21**

**Respond To 410-394-3162 Or Cubby 412**

**\$11 Payment May Be By Cash, Check Or A/S Food Points.**

**All Reservations Must Be Honored. Only Exception Is Illness.**



**The first session began on August 26th 7:00 pm on Zoom. We meet almost every Thursday through mid-May. If you are still interested please contact Bill Miller.**

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

***Bill Miller,  
Certified EfM Mentor***

## MIDDLEHAM AND ST. PETER'S BELL CHOIR



***Are you missing a ring??? Come find it with the Bell Choir!***  
***When and Where are Rehearsals?*** Rehearsals will start on September 16. We rehearse in the Balcony of Smith Hall on Thursdays from 6:15 - 7:00.

***How many Ringers do we need?*** Middleham and St. Peter's owns a beautiful 3 & ½ octave set of bells. In order to fully utilize our bells, we need 11 members.

***What is the commitment?*** Because each ringer is responsible for specific notes, members need to plan on playing the services on All-Saints, Christmas Eve, Palm Sunday, Easter Vigil/Easter Sunday and Pentecost.

***Do I already have to read music?*** Obviously, that helps! However, if you have a basic understanding of Whole, Half, Quarter and Eighth notes and a sense of rhythm, you can be successful!

***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.

Talk with her at church, leave a message at the church office 410-326-4948 or:

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



**NEW Bible Study: *Women's Voices in Scripture* -**

This fall come learn about, and listen to, Biblical female prophets, leaders, teachers, disciples, apostles, and sponsors, whose word and actions demonstrated their faith in God. Class handouts will be provided. Please bring your own Bible. The same material will be available weekly at two different times: Wednesday afternoons between 2:00-3:15 pm with concurrent teaching via zoom and in person at Christ Church, Port Republic, when the diocese of Maryland returns to the Green phase and Wednesday nights between 7:00-8:15 pm via zoom only. This class is a new collaborative venture between Middleham & St. Peter's, St. Paul's, and Christ Church and is open to all members of all three congregations. The class leader is Cheryl Garcia who has been leading bible study at Christ Church for three years and is being led to open the class to a wider membership. Classes begin Wednesday, September 8<sup>th</sup>. Contact Cheryl Garcia with questions and to register. Please feel free to ask her for help accessing/learning about how to use zoom. [ccgarcia.va@gmail.com](mailto:ccgarcia.va@gmail.com) and 703-349-9319

# Lay Pastoral Visitors Group



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

PHONE :410-326-4948 or EMAIL [office@middlehamandstpeters.org](mailto:office@middlehamandstpeters.org)

## Pastoral Care

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

To pray.  
To listen.  
To share.



## MIDDLEHAM AND ST. PETER'S CARING NETWORK

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

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

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





# MSP PRAYER LIST



**Grace Korn**  
**Douglas Pardoe**  
**George Buckler**  
**Marjorie Caya**  
**Dick Hu**  
**Sue Hu**  
**John Cole**  
**Jimmy Holesapple**  
**Becky Dingle**  
**Betty Hatfield**  
**Penny File**  
**Wilton Corken**  
**Malcolm Funn**  
**Cavan Gregg**  
**Tom Hogenson**  
**Joan Hogenson**

**Jimi Stanton**  
**Mary Ellen Elwell**  
**Dorothy Swann**  
**Lisa Greenlee**  
**Stanley Buckler**  
**Phil Lemkau**  
**Colleen Davies**  
**Maryellen Kalivoda**  
**Mary Heflebower.**  
**Susie Wheely**  
**Bill Gallagher**  
**Sandy Sweet**  
**Eliabeth (Libby) Wheeler**  
**Donald Jones**  
**Tommy Hoisington**  
**Anna & Jeff Hall & Family**

## Departed List



**Janie Knox**  
**Russ Horton**  
**Cheryl Blaney**  
**Mary Mascoti**  
**Mary Bruce Battee Corken**  
**Mark Dingle**  
**Rev. G. David Cesar**

# MSP MILITARY PRAYER LIST



**Chris Parkinson**  
**James Butler**  
**Michael Taxiera**  
**Matthew Blackwelder**  
**Ryan Dement**  
**Lisa Tomlinson**  
**Brandon Marshall**  
**RJ Brinegar**  
**Trey Fisher**  
**Joseph Entzian**  
**Isiah Jefferson**  
**David Schul**  
**Austin Cole**  
**Thomas Parks**  
**Wendy L. Love**  
**David Thomas**  
**Perry Peebles**  
**Justin Forrest**

**Bruce Ussery**  
**Adam Smith**  
**Calvin Davies**  
**Jaret Dement**  
**David Tonacci**  
**Renaldo Ramirez**  
**Michael Ursic**  
**Miles Manchester**  
**TJ Dillon**  
**Mason Garland**  
**Andrew Terhark**  
**Karl Townsend**  
**Travis Park**  
**Austin Libby Garrett Libby**  
**Alex Simmons**  
**Chelsea Whealton**  
**Andrew Kalinoski**  
**Saif Hasan**

# Parish Health

September is Prostate Cancer Awareness Month. In the United States, prostate cancer is the most common non-skin cancer in men. In our country, one out of every eight men will be diagnosed with prostate cancer in his lifetime. For unknown reasons, Black men are more likely to develop prostate cancer than White men, and they are 2.2 times more likely to die from the disease.

It is estimated that in the United States this year, about 250,000 men will be diagnosed with prostate cancer. More than 34,000 will die from the disease. The average age of a man who dies from prostate cancer is 80 years of age. The five year survival rate for prostate cancer is 99%.

The prostate gland is part of the male reproductive system. In adult men, it is about the size of a walnut. It is located below the urinary bladder. It surrounds the urethra through which urine passes when emptying the bladder.

In the practice of medicine, a screening test is a test that is done in an individual without any symptoms to try to find a disease in an early stage where it can be cured or significantly improved by treatment. Recommendations for screening for prostate cancer have changed a number of times over the last 40 years.

In the 1980's, the Prostate Specific Antigen (PSA) blood test began to be widely used. PSA is a protein that is made in normal and cancerous prostate cells. It tends to be made at a higher rate in prostate cancer cells. The test was commonly used in men after the age of 50 in the hopes of finding prostate cancer in an earlier stage thereby improving the lives of men who were diagnosed with prostate cancer. Since this tends to be a slow growing disease, it took a while for the limitations of this particular blood test to become apparent. About three years ago, the United States Preventive Health Task Force revised its recommendations concerning screening tests for prostate cancer. The current recommendation is that men ages 55 to 69 should discuss this with their personal

physician as there are advantages and disadvantages to the test. In men over 70 without symptoms, the test should not be used.

Rectal examinations by a practitioner's finger, sonograms, and MRIs have been studied and are not helpful as screening tests.

Prostate cancer often has no symptoms in its early stages. In later stages, it can cause painful or hesitant urination, blood in the urine, or pain in the pelvis or back. Benign Prosthetic Hypertrophy (BPH) is a non-cancerous enlargement of the prostate gland that commonly happens as men get older. It has most of the same symptoms as prostate cancer.

To further complicate matters, prostate cancer gets much more common as men age. On autopsies of men's bodies who died from something else, about 15% of those 50-59 years of age showed prostate cancer. Of men 60-69 years of age, about 30% had prostate cancer in their body. Among men in their 70's, 45% had prostate cancer on autopsy. For men in their eighties about 60% had prostate cancer. For men who died of other causes in their 90's, close to 90% had prostate cancer in their body. This research points out that for most men, prostate cancer will grow slowly and they will die from something else. Treating all of these men for prostate cancer has a great potential for harm.

If a man has an elevated PSA blood test result, the next step is often a prostate biopsy. That test can be done in different ways, but a common procedure is for a urologist to use a large-bore needle to take nine core specimens from the prostate through the rectum. The procedure is painful and can cause blood in the urine for a while. There is a significant risk of infection from the procedure. That infection can lead to hospitalization after the biopsy and rarely result in death.

Some men found to have prostate cancer on the biopsy may decide not to go through treatment. Some may die from something else before they die from their prostate cancer.

Not uncommonly, the prostate biopsy done in a man with a high (abnormal) blood test result may show there is no cancer. Sometimes men with proven prostate cancer will have a normal PSA blood test.

It is currently estimated that 850 men would need to have an annual blood test done for a number of years to find one man whose life would be saved because he had the blood test done and went through treatment. Many of the other 849 will never have cancer. Some with a high PSA will undergo testing such as a biopsy and not have cancer. Some of the 849 will be found to have prostate cancer and will still die from it because it was a less common, aggressive (fast growing) cancer. Prostate cancer treatment usually has some side effects such as surgical complications, infection, blood loss, difficulty controlling urination or bowel movements, and sexual dysfunction.

PSA is commonly tested on a regular basis after someone has been diagnosed with prostate cancer. That use is appropriate (different from a screening test in a person with no symptoms).

The bottom line? Screening for prostate cancer is complicated. It is far from the easy, highly accurate, and life-saving test that we wish was available. Research continues to be done to look for better options. If you are a man between 55 and 69 years of age, spend some time discussing prostate cancer screening with your own physician on an annual basis as part of a general evaluation of your health and possible recommendations for improvement.

***Submitted For the Parish Health Committee, by Charles Bennett M.D.***



# FREE HEALTH FAIR

## SEPTEMBER 11, 2021

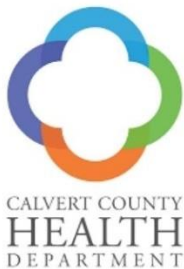
10:00 AM - 1:00 PM



**BP Checks**  
**Cholesterol**  
**Checks**



**Free Vaccines**  
**Health Risk**  
**Assessments**



**Info on diabetes, sleep apnea, strokes,**  
**colon cancer, smoking cessation etc.**

**Free Car Seat Checks & More**

**Middleham & St. Peter's Episcopal Church, at Smith Hall**  
**10210 HG Trueman RD, Lusby, MD 20657**  
**For Info Call 410-326-4948**

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



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

For information contact Jim Yoe - [jmyoe@comcast.net](mailto:jmyoe@comcast.net)

## HeartFELT 2021/2022 School Year



**Thank you all for your continued support of the HeartFELT Program. Pretty exciting to be staring down a full school year! More information on the individual school needs will be available soon, for those assisting with the packing. Distribution of food to schools will begin on Friday, September 10<sup>th</sup>.**

**Thanks again,  
Elizabeth Broadus, MSP HeartFELT Coordinator  
[elizabethruggles@comcast.net](mailto:elizabethruggles@comcast.net)**



**We still have light bulbs for anyone who needs or wants them. Call the office or come talk to us after the services on Sundays.**

# SEAFARERS CHRISTMAS

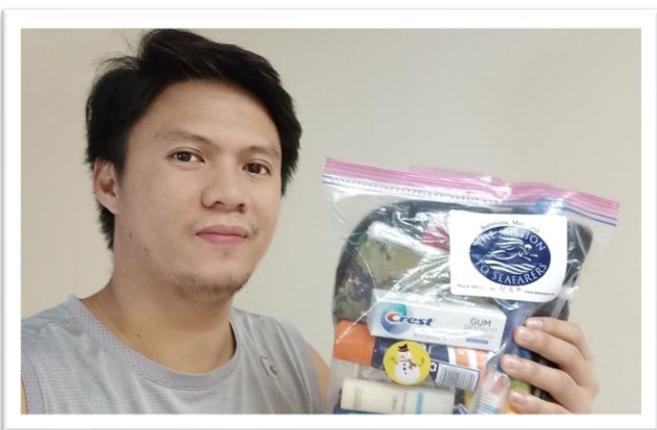
## 2021: Building on Our 2020 Miracle!

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.

\*MSP Parishioners please contact Carolyn Steiner with all questions or deadline information @ [jsteineriv@comcast.net](mailto:jsteineriv@comcast.net)





# Food Drop Delivery Driver Opportunity- Safely Help Others



We need volunteers to deliver Food provided by Maryland Food Bank to recipient homes. No-contact food pick-up at church, food is dropped off outside of recipient homes to avoid contact, routes include up to 5 closely grouped addresses in SMILE service area. If interested and would like more detail or are ready to sign up as a driver.

**NEXT DATE IS Tuesday September 21, 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](mailto:mark_pesola@hotmail.com) OR 410-610-8495*

## NEEDED VOLUNTEERS AT COMMUNITY GARDEN

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







**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/)**

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

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

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



**THE EPISCOPAL DIOCESE  
OF MARYLAND**

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

**Every Tuesday Live on Facebook Noon Day Prayer**

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



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

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

**Also, we have our online giving option through Vanco.**

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





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

### OCTOBER EDITION OF THE CONNECTOR

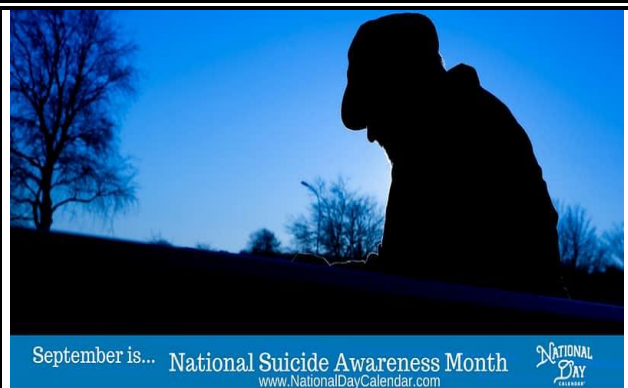
ARTICLE SUBMISSION DEADLINE IS

**NO LATER THAN TUESDAY MORNING SEPTEMBER 14TH**



Thanks so much, Karen Timmons, Communications

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





#### SEPTEMBER BIRTHDAYS

Alicia Felix	09/03
Hailey Patten	09/05
Carol Bergeson-Willis	09/07
Karin Griffin	09/07
Breandan Kelly	09/10
Hee Beall	09/12
Alyson Simmons	09/16
Tonya Stanley	09/18
Calvin Davies	09/20
Keegan Hayes	09/22
Russell Clift	09/23
Marjorie Caya	09/26
Jackson Broadus	09/30



#### SEPTEMBER ANNIVERSARIES

Skip & Carolyn Steiner	09/03
David Deaderick & Nancy Bupp	09/03
Hugh & Diane Davies	09/05
Tom & Jane Surles	09/11
Bill & Nancy Favor	09/20
Dick & Rosemary Staley	09/20
Tom & Joan Hogenson	09/27

#### 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!