

Joan Shisler  
Sr. Warden

Parish Office 410-326-4948  
www.middlehamandstpeters.org

# The **CONNECTOR**

Jim Yoe  
Jr. Warden

Karen Timmons  
Editor

The Newsletter Of



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



## SEPTEMBER 2017

### Encounter and Engage

This month marks the beginning of the program year at Middleham & St. Peter's. I am excited about all that this year will hold! In sill of my office window, there's a button that has two words on it: encounter and engage. I look at it daily, and in gearing up for this year, it continues to catch my eye. It was among some welcome gifts I received when I started serving in the Diocese of Maryland a little over a year ago. Since then, I've come to learn that these two words are at the heart of who we are as a diocese. Our mission is to encounter Christ everywhere and engage in God's mission of reconciliation in the world. Living into

this mission asks us to attend to who and what is around us, and to be intentional as we move through this world in our daily life and work.

This Fall, as a parish community we will have opportunities to encounter Christ and engage in reconciliation in several ways. The pages of the Connector bear witness to this! Among the many offerings, I lift up two that I look forward to with great eagerness. The first, is Ministry Sunday. On September 10<sup>th</sup> we gather together for a Joint Service and Ministry Fair to celebrate the many ways we connect, learn, and serve as a community. Ministry leaders will be available to talk with you about ways you might get involved and have information about various ministries. We will also have a special blessing of the backpacks to mark the beginning of the school year. What better way to kick-off the year than with a party in celebration of the ministries of our parish?

The second offering centers on engaging conversation around bias and the work of dismantling racism. There will be multiple avenues for you to enter this conversation, and it will be taking place across generations. You can read more about this on page \_\_\_ of the Connector. Beginning in October, I will be leading our middle and high school youth in discussion, prayer, and experiential learnings around these topics. Notions of supremacy deny the spaciousness of love, ignore Jesus' continual call to service and compassion, and negate God's desire for creation to be in harmony with God. Wading into these waters is important and necessary work, that I am grateful we will be entering as a community. This will be one component of continuing to develop and deepen our Christian Formation opportunities across generations.

I approach the coming program year in hope for the ways I will encounter Christ when I spend time with you in community. Be it in worship, at a potluck dinner, on a prayer walk, working with Sunday School teachers, or over coffee, you teach me daily about what it is to encounter and engage Christ. God continually calls us into a faith that is active. Let us walk together to encounter Christ and engage God's mission of reconciliation.

Blessings,

Rev. Sarah Akes-Cardwell

# Treasurer's Corner



Fundraising. One of my responsibilities as your treasurer is to support and defend the figures in our budget each year. This means that although we may have an unbalanced budget, the figures that incorporate the budget are vetted and the least amounts needed to pay our bills and continue our ministries.

One way to support the budget is to conduct fundraising efforts. So, along this line, a few of us got together and thought a “tea” may help to raise funds to supplement the budget. So please mark your calendar for Saturday, October 14, 2017 from Noon until 2 p.m. for our first “Harvest Tea.” Tickets are \$15 per person. If you wish to be involved in the planning and of course, participate in our “Harvest Tea” let me know, [treasurer@middlehamandstpeters.org](mailto:treasurer@middlehamandstpeters.org) or leave a message for myself or Karen Timmons at the church office, 410-326-4948.

Please call the church office if you wish to make reservations. Thank you in advance for supporting this fund raising effort.

Don't forget to use Vanco for your pledges or donations and Amazon Smile for purchases.

*Jackie Vos, Treasurer*



# What's Happening with Welcome\*Connect\*Strengthen?

Last March, our church started this project to redirect the focus of the parish, its members, and ministries to the broader community in order to grow. This article summarizes why we have undertaken the project and what is happening.

## Why are we doing it?

**First, and maybe most importantly, it's all about our faith!**

*As Christians, it is our basic belief to love God and love our neighbor.*

- Loving our neighbor requires us to look outward

*Our Baptismal Covenant directs us to look outward.*

- To proclaim by word and example the Good News of God in Christ.
- To seek and serve Christ in all persons, loving our neighbor as ourselves.
- To strive for justice and peace among all people, and respect the dignity of every human being.

*Scripture tells us to look outward.*

- In Acts 1 (and many other places) scripture directs us to be "Pentecost people" – taking the good news to the world – starting with our community.

## **We need to grow!**

Most all Episcopal churches across the country are shrinking in size and number. Over the past ten years our Diocese has lost 25% of its Sunday attendance. Since 2005 our own parish has dropped from a high of 176 average Sunday attendance to a 2016 level of 132. Pledges have dropped from a high of 124 to a 2016 level of 73. The age of our adult members has gone from 47% over the age of 60 in 2005 to 66% in 2014, with only 7% under the age of 40. We need to focus on welcoming younger adults and young families, and growing the number of children and youth in our parish ministries. Our goal is growth to allow us to remain and grow as a vital faith body in our community well into the future.

## **Our Approach Needs to Reflect the Reality of Today**

The approach of fifty years ago of waiting for people to come to our front door, or expecting generations of families to automatically continue active church membership, does not work today. A new approach is needed whereby we as a church and individuals reach out to the community and our neighbors.

As a parish, we must be able to tell a compelling story to others who may be searching for a place to explore, question, experience and deepen their faith. New members bring energy, perspective, love and support into our community of faith.

## **What can we offer?**

Our church provides an opportunity for people of any (or no) faith to explore a spectrum of worship services and ministries. Our reality is a church of 3s (3 buildings, 3 locations, 3 services) providing a continuum of worship services - all based on an open mind and heart approach to faith in a judgement free space. This can extend from a traditional book of common prayer service to a much-simplified presentation of worship for the unchurched.

## **Personal engagement/Marketing thoughts**

Each of us needs to reach out to our friends and neighbors and invite them into our community. We each have our own faith story. Here are some elements that you might include as you describe who we are as a church -

- open mind and heart approach to faith in a judgement free space
- rich faith and historical tradition
- less conforming/confining, family friendly options

- opportunity to discuss, question, and learn through educational programs (again the spectrum theme of discussion over coffee or explore more deeply in extended study, health and wellness, civil discourse on current topics, etc.)
- countless opportunities to serve the community- (mission trips, tending the garden, food drop, backpacks, SMILE, Project Echo, health services and fairs, etc.)
- caring clergy and parishioners

## **So What is Happening?**

### **Getting organized.**

From our initial March workshop, we have formed a 17-member vitality team to generate ideas and provide support. They are developing a strategy to effectively market to and recruit new members to the parish based on who we are and our strengths.

### **Initiating new ways to welcome people.**

Father David and Reverend Sarah have held “listening sessions” for each of the worship spaces to generate ways that we can be more welcoming. These have been well attended with excellent participation. New initiatives are under development based on the sessions – all intended to make us more welcoming. New signage for the parish hall was a first and immediate action to make us more welcoming.

### **Promoting the parish at public events.**

We will have a booth at the county fair to share information about who we are, what we do, and to invite attendees to come and be a part of our ministries, fellowship, and worship. We need your help to staff the booth on September 28 to October 1st. Contact the church office, Mike Kolenick, or Hugh Davies to do so.

### **Creating opportunities for invitation.**

We are creating new activities that provide opportunities to invite friends and neighbors (see descriptions in other Connector articles):

- The chapels open on selected days with parishioners there to welcome
- Walking groups
- Book club

- Mindfulness sessions
- Afternoon Teas

At the same time, we are strongly encouraging all parishioners to both attend and bring friends and neighbors to our regular events, including:

- The Crab Feast on September 17<sup>th</sup>
- Trunk or Treat on October 28<sup>th</sup>
- The Big Conversation – starting with the book study October 1<sup>st</sup>

### **Refining and improving our social media and communication.**

Karen Timmons with Joan Shisler's help is revamping the website and strengthening our social media outlets.

### **Getting help from our coaches.**

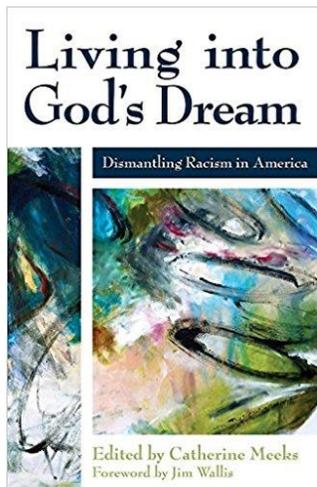
For those of you who were at the March workshop, you met Paul Nickerson and Jim Griffith. Paul continues to coach us as we proceed with the project. He brings us a wealth of experience on how to proceed with all aspects of what we are seeking to do.

### **Our grant from the Diocese.**

Financial support for our project is being provided through a grant from the Diocese. They see our work around growth as an important model for parishes across the Diocese. We received an initial grant of \$6,000 last year. This spring we received approval for a second year extension of the grant for \$10,000. These funds cover the costs of the coaches, expanded support for technology and social media improvement and other costs related to the tasks included in the project.

*Welcome \* Connect \* Strengthen*

*From The Steering & Vitality Committee*



## Mark Your Calendars Now and Spread the Word

Last fall the Big Conversation committee announced it had chosen racism as the next topic. The committee took a year to study and discern the relevance of this issue in the Southern Maryland community. Much was learned with the guidance from community leaders and ordinary people who are dedicated to justice and a “Beloved Community” for all races. In the process, the committee broadened its membership, which now includes several leaders from the Southern Maryland Community. The general topic was refined to: white privilege and its role in racism in America and Southern Maryland.

The committee feels that this topic requires more than one Sunday to digest and understand. Therefore, this year’s Big Conversation will be presented in graduated steps, allowing all of us to look at various aspects of the national problem before we address the topic in the context of our home-Southern Maryland. The steps began last winter with a book study in conjunction with the Diocese of Maryland on, ***Stand Your Ground: Black Bodies and the Justice of God*** by Kelly Brown Douglass. The book study was well received. We all learned and many were changed forever. Now the Big Conversation Committee is prepared to offer the next steps for this civil discussion:

### Step1:

Book study on, ***Living into God’s Dream: Dismantling Racism in America*** by Catherine Meeks. Offered in two formats, both are open to all:

- 1) A live book study on Sunday afternoons in the Parish Hall from 2:00 – 3:00 pm October 8 – November 12. Each week will feature a guest discussion leader from the community. **“Living into God’s Dream: Dismantling Racism in America,”** is a collection of essays by 8 writers edited by Dr. Catherine Meeks (136 pages). The eight writers featured in *Living into God’s Dream* have spent years working to heal the wounds of racism. The essays weave together psychological, sociological, and theological threads, creating a body of work that will help readers reflect on their own journey as a White person or as a person of color.

The book is available online from Church Publishing, Amazon (book and Kindle formats), and other retailers. A limited number of books will be available from the parish office after September 12. Please call the office by September 5 to reserve a copy.

- 2) Online Facebook Group discussion will be offered on Wednesday evenings 10/ 11 to 11/15 from 7:30 to 8:30 p.m. More specifics will follow in the October Connector and Facebook.

**Step 2:**

A viewing with discussion of a documentary/ film on the topic offered on December 3 at 2:00p.m.. More information will be in the October Connector.

**Step 3:** A Teen Study on the issues: Rev. Sarah Akes-Cardwell will lead a study and discussion for teens 10/1-11/15.. All interested teens are welcome to participate. More information in October Connector.

**Step 3:**

The Big Conversation on January 14, 2018 –all afternoon

**Step 4:**

Follow up sessions and perhaps an in-depth training for those who wish to go further.

We all need to grapple with the spiritual and social crisis of racism in the aftermath of the contentious and troubling national and local events that show how far we are from being a “post racial” country. There is a solution and it begins with ourselves. There are peaceful, long-lasting answers.

*Submitted by Diane Davies, Chairperson for the Big Conversation Committee of Middleham and Saint Peter’s Parish.*

# Dismantling Racism in America: A Book Study

## Living into God's Dream



Live: Sundays 10/8 -11/12 2-3 PM  
Middleham & St. Peter's Great Hall

OR

Online - Wed. 10/11-11/15 @ 7PM  
Dismantling Racism Book Discussion  
Join the group at  
[www.FACEBOOK.com/middlehamandstpeters](http://www.FACEBOOK.com/middlehamandstpeters)  
beginning 10/8

All are welcome.

This 6 week program will examine the chapters in the book, Living into God's Dream: Dismantling Racism in America. Each session will be lead by a facilitator and include discussion of the topics presented. Join us for this important and challenging dialogue.

Books available online from Church Publishing and Amazon (paperback and Kindle formats) A limited number of books will be available from the Church office after 9/12. Call the office by 9/5 to reserve a copy.

For further information and updates, visit our website,  
[www.MiddlehamandStPeters.org](http://www.MiddlehamandStPeters.org)

This program is sponsored by the Big Conversation  
Middleham and St. Peter's Episcopal Parish, 10210 H.G. Trueman Rd., Lusby  
410-326-4948  
[Office@MiddlehamandStPeters.org](mailto:Office@MiddlehamandStPeters.org)

# Christian Formation

September marks the beginning of the program year at Middleham & St. Peter's! There will be a wide variety of offerings for children, youth, and adults. This year, Ministry Sunday on September 10<sup>th</sup> will kick off the year with a Joint Service, Ministry Fair, and Christian Formation Open House. Here are ways to engage your faith this Fall:

## **September 10<sup>th</sup>: Ministry Sunday**

*A Celebration of Parish Ministries and Christian Formation*

### **9:30 am Joint Service with a Special Blessing of the Backpacks**

\*Children and adults are invited to bring your backpacks, briefcases, diaper bags, or any symbol of the rhythm your life takes on this Fall. We will have special prayer that morning for the beginning of the school year.

\*Childcare for infants through age 5 will be available during the Joint Service.

### **10:30 am Ministry Fair and Christian Formation Open House**

\*Ministry leaders will display information about various ministries of the parish, and offer ways you might get involved. Parents and students can meet their Sunday School teachers and visit classrooms before Sunday School classes resume on Sunday September 17<sup>th</sup>. Connect with old friends, meet new ones, and learn more about the ministries Middleham & St. Peter's.

## **September 17<sup>th</sup>: Sunday Morning Christian Formation Resumes**

Sunday School for children, youth, and adults resumes its regular schedule on September 17<sup>th</sup>. Classes begin following the 9:30 am service in the Great Hall at 10:30 am and end at 11:30 am. *Parents must register all participating children and teens.* Registration forms are available in the office, worship spaces, or via the Children and Youth Email Newsletter.

### **Wonder and Joy Classes (Children Age 3 through 5<sup>th</sup> Grade)**

Sunday School begins with music led by Ms. Beth Lanier. Learning continues by looking at one of the Bible stories from the morning using the engaging and fun Whirl Lectionary Curriculum.

### **Middle and High School Youth**

On Sunday mornings, youth will gather in a combined class for grades 6-12 in the lower level of the Parish Hall after the 9:30am service. Youth will engage a variety of topics that connect their faith to real life.

#### **\*\*Youth Group\*\***

Once a month, middle and high schoolers gather for a Youth Group evening activity. The first of these will be a cookout on **Sunday September 24<sup>th</sup> from 5-7pm!**

#### **\*\*Confirmation\*\***

*Stay tuned for information about a Spring Faith on Fire Confirmation Course for youth in grades 9-12!*



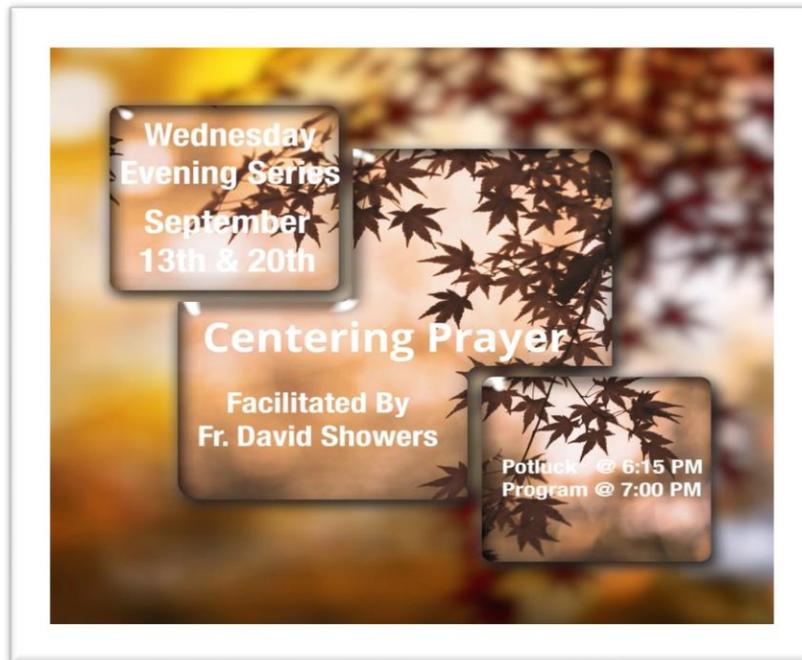
## *Coffee and Conversation*

Coffee and Conversation is the program for adults during the Sunday School period - Sunday mornings from when the middle service ends - usually between 10:15 and 10:30 to 11:00 am. The timing allows adults, young and old, to attend any of the three Sunday Services and make it to or from their regular worship. The first session is on Sunday September 17.

Coffee and conversation takes the current Sunday's Bible reading and guides a conversation about how it impacts our current life. Of course, coffee and munchies are provided at the beginning. Everyone is welcome to join in the conversation. You certainly don't have to be a Bible scholar to take part. Materials are provided for you to read ahead, but you really don't need to do that either. All are welcome.

We meet in the large meeting room that used to be part of the day school. Our mentors this year are Dr. Charles Bennett, Hugh Davies, and Claude Martin. Parishioner Joshua Bowen will also share his fascinating knowledge and experiences around his doctoral studies on Assyriology and other related matters during the course of the year.

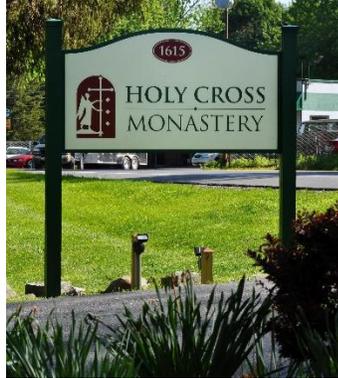
# Centering Prayer



For two weeks in September our Wednesday evening focus will be on Centering Prayer. I will be drawing on two books, *Centered Living, The Way of Centering Prayer*, by M. Basil Pennington and *Listening for the Heartbeat of God, A Celtic Spirituality*, by J. Philip Newell. Each week the program will last an hour and include times for experiencing centering prayer and other types of meditation and prayer experiences. The program starts at 7:00 PM and is preceded by a Potluck dinner starting at 6:15 PM.

***Facilitated by Fr. David Showers***

# Asbury Episcopalian Fellowship



Asbury Episcopalian Fellowship will meet on Monday, September 18, 2017 at the Asbury Riverview Dining Room at noon. The speaker will be Fr. David Showers from Middleham and St. Peter's Episcopal Parish. The topic will be on Fr. David's sabbatical in May at Holy Cross Monastery.

The charge for the luncheon is \$11. Reservations should be made with Russ Horton five days before the event by calling [410-394-3216](tel:410-394-3216).

# Breathing Room = Balanced Life

Balanced  
Work  
Life?

Balanced  
Home Life?

Balance?  
Schedule, Finances,  
Relationships,  
Family, Obligations,  
Work & Volunteer Time

**4 Week Series Starting Monday, September 11th @ 10:00 AM**

Middleham and St. Peter's Parish - Small Conference Room  
10210 HG Trueman RD, Lusby, MD 20657

# MUSIC MINISTRY

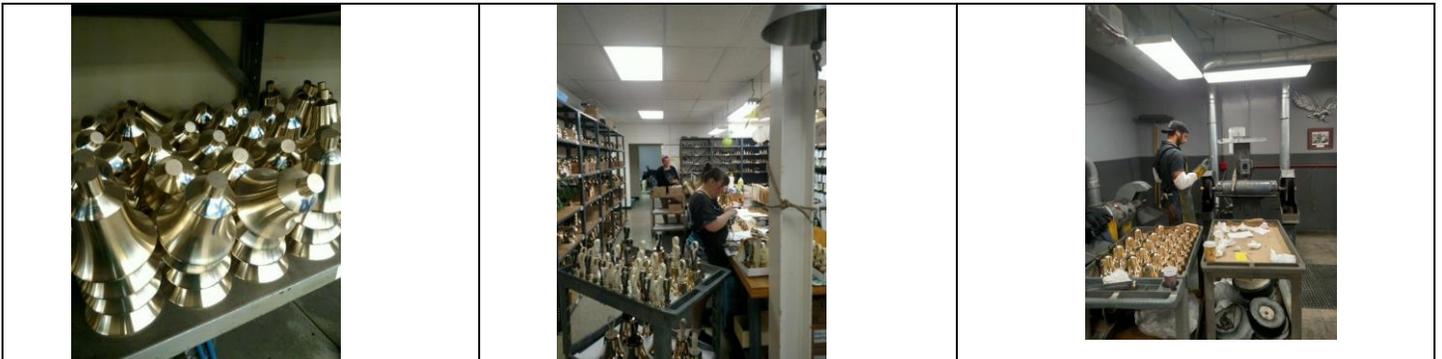
## Bells and Church Choir

2017 – 2018

The Handbell Choir of Middleham and St. Peter's welcomes new members 6th grade and up. Some musical experience is helpful, however, with an enthusiastic mindset and a good sense of humor anyone can find success in bell ringing! Rehearsals are held in the Great Hall balcony on Thursday evenings from 6:15 - 7:00. We perform at services during Christmas and Easter and other dates as we feel prepared. Contact Beth Lanier @ [music.ministry@middlehamandstpeters.org](mailto:music.ministry@middlehamandstpeters.org) or leave a message at the church office [410-326-4948](tel:410-326-4948). Rehearsals will begin in October. Actual start date will be in the weekly email, "The Messenger".

## ROAD TRIP

Beth describes it as the bells being on a spa retreat! Our bells are being refurbished. This involves completely disassembling, cleaning, fine tuning the clappers, replacing any worn parts, tuning, and a brilliant polish. The entire process takes about a month.





The Choir will begin rehearsals for the coming year on Thursday, October 5<sup>th</sup> . Rehearsals are held on Thursdays at The Great Hall from 7:15 PM to 8:15 PM. All are welcome to join us. Contact Bill Houpt on [410-394-3149](tel:410-394-3149) if you are interested.

Bill Houpt

# OUTREACH

With summer ending we are thankful for the participation of all the school aged kids in our many ministries, including the monthly MD Food Drops, Helpful Harvest Garden, SMILE, Health Fair, Mission Trip and more.

At this writing, the folks going on the Mission Trip are preparing to leave for Franklin, PA where they will be helping with various tasks. We do know they will eat well with Chef Karl and Chef David planning the meals, to include beautiful tomatoes from the Helpful Harvest Garden and homemade salsa. Andy Connelly is leading the rather sizeable group and they will be gone August 20 - 25. Watch for their report in next months Connector.

We haven't had a Ministry Fair in a few years so stand by. September 10th after the 9:30 joint service in the Great Hall, all ministries are welcome and encouraged to show their wares. This is always a great deal of fun to see who is doing what, and what might be of interest to you. We will kick off "Shoeboxes for Children and Seafarers" and "The Alternative Giving Market. A table will be provided for each ministry for displays of posters, storyboards, etc. Everyone, please come and bring your friends and neighbors! POC: Anne Gross (410-610-2706).

There are a lot of exciting events coming up for Parish Health and the Community Life Center. See Dales articles in this newsletter.

Elizabeth is ending the summer Heart f.e.l.t. program which was partnered with Solomons Methodist Church. Assessments will be made after school starts for how many backpacks will be needed to continue "Feeding Empty Little Tummies." If you have a little time during the week, check with Elizabeth to see if she could use help sorting the food on Wednesday mornings and also delivering to the schools on Fridays. Watch for her article to see what foods are needed.

Donations can be left at each place of worship. Elizabeth Broadus, coordinator: 240-925-1681

The monthly MD Food Drops are amazing. Kristen and Mark do a bang-up job of organizing and executing the ordering, picking up carts loaned from Giant and SMILE, receiving the food, sorting, distributing and cleaning up, not to speak of

their general kindness to people. Please try to give a couple hours or so of your time. Thousands of people have been fed since this effort was started in 2014. See the dates elsewhere in this Connector.

Sharon Cargo continues to be a SMILE Board member, representing MSP along with Hugh Davies. She also serves as their Grants Coordinator.

I'm looking forward to what the Fall season has to bring and seeing everyone as they wind up Summer and return from vacations.

Blessings to you all,

*Nancy Favor for Outreach Ministries*

# BSA Troop 1684



**Troop 1684 returned to Ockanickon Scout Reservation in Buck's County, PA in June for week long summer camp. 9 scouts earned 45 merit badges and had a great time. Some of the badges earned included; Shotgun Shooting, Forestry, Lifesaving, Wilderness Survival, Canoeing and Home Repair.**

**11 Scouts and 8 adult leaders spent a weekend in August camping on a creek feeding the Shenandoah River and canoed 10 miles through some of the best scenery in the east. Fun fact; the river flows *north* at this point!**

***Robb Hupp – Scout Master***

# SOLEFUL STRUTTERS

Walking group has their kick-off meeting, on Wednesday, September 6th @ 9:00 AM, in the Great Hall @ Middleham and St. Peter's Parish. as their kick-off meeting, on Wednesday, September 6th @ 9:00 AM, in the Great Hall @ Middleham and St. Peter's Parish.

This group is open to the community for participation.

Both Men and Women, get out and move for your health and fellowship.

We will determine and schedule days and times for future gatherings. We will also discuss various locations that participants may be interested in visiting for our walks.

Please wear comfortable clothing and shoes so we can take a walk the first day on Middleham Campus grounds, if raining we can use the Great Hall perimeter.

Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. Joining a walking group is a wonderful way to get exercise into your day and build stronger relationships with family, neighbors, or friends.

Simply walking 30 minutes every day can have a significant impact on health. By planning walks and encouraging each other, a walking group can have an enormous impact on everyone involved.

Walking is one of the safest forms of exercise. Still, if you have concerns, you should check with your doctor before starting. They can also use this easy screening tool to help determine if they're good to go: <http://easyforyou.info/>.

A side note of humor, our walking group name is the SOLEFUL STRUTTERS.

Definition of strut: to walk with a lofty proud gait, often to impress others; a type of walk to use one's feet to advance by steps.

"He struts around like a rooster in a hen house".

"Well, we definitely will be walking to advance forward but the lofty proud gait may be down the road."  
~ Karen Timmons

For information please email [soleful.strutters@middlehamandstpeters.org](mailto:soleful.strutters@middlehamandstpeters.org)

Or call and leave a message at Middleham and St. Peter's Parish Office @ 410-326-4948

***Walking Group Coordinators, Karen Timmons and Jackie Vos***



## “Books, Banter & Brunch”

### Our new book club starts Friday September 8th @ 11:00 AM @ Salsa's Mexican Cafe in Lusby

This is a planning greet and meet gathering. The first book selection has been made. Information is available now for purchase purposes. We will start the read on 9-8-17, with the attempt to read half the book in two weeks prior to next meet up, after the 8th.

Our first selection is from the book series Grantchester Mysteries, by James Runcie. We will be delving into the first book "The Shadow of Death".

You can make your purchase ahead of time where you shop. Included is the Amazon link to the paperback and e-book/Kindle versions. (If you use Amazon please remember to use <https://smile.amazon.com/>, so Middleham and St. Peter's Parish benefits).



#### [book available on Amazon kindle and paperback](#)

"The Grantchester Mysteries - Full-time priest, part-time detective, Sydney Chambers is England's most lovable sleuthing vicar. Whether it's a poisoned lemonade or a body on the college green, Sidney is first on the case, with his Labrador Dickens and his friend Inspector Geordie Keating never far behind." - Bloomsbury Publishing

#### [Grantchester walking tour map](#)

For those on Facebook, information coming soon. A closed group on Middleham and St. Peter's page will be setup for discussions as we delve into the book.

Currently the book club is headed up by Jackie Vos. and Karen Timmons.

Have any questions just send us an email, [bookclub@middlehamandstpeters.org](mailto:bookclub@middlehamandstpeters.org).

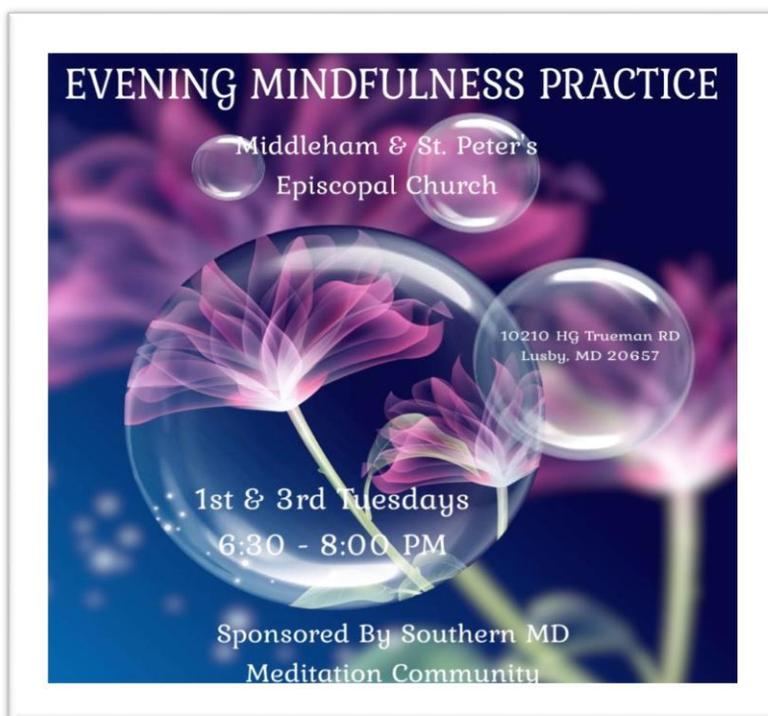
# “Evening Mindfulness Practice”

Evening Mindfulness Practice will be held each month on the 1st and 3rd Tuesdays

@ 6:30 - 8:00 PM.

"We will come together for sitting and walking meditation, followed by a discussion on practicing mindfulness in daily life." This offering is sponsored by Southern Maryland Meditation Community. There is no registration required. Drop-Ins Welcome, open to all in the community. This event is held at Middleham and St. Peter's Parish in the Great Hall.

***For information – Nancy Radcliffe @ 410-326-4070 or  
somedmeditationcommunity@hotmail.com***



# Middleham Chapel

## Open To The Community

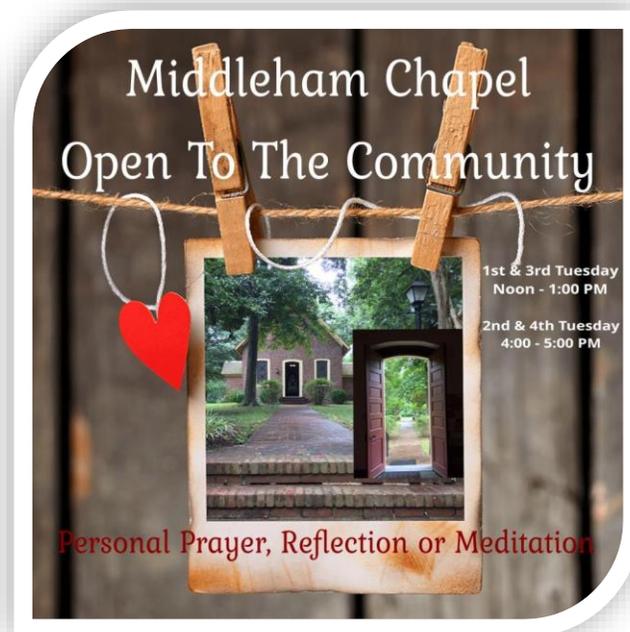
**1st and 3rd Tuesdays Noon - 1:00 PM**

**2nd and 4th Tuesdays 4:00 - 5:00 PM**

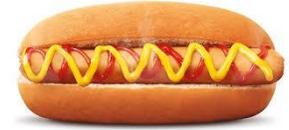
**For Personal Prayer, Reflection or Meditation**

At the noon slot bring something to read or just sit and enjoy the quiet. Bring a bag lunch and enjoy your meal out at the picnic tables. Also we have a labyrinth open to the community.

The 4:00 PM slot is convenient for those on their way home from work, or waiting for their child to finish an after school activity, or maybe you just have the time later in the day or the need.



# **CRAB FEAST AND PICNIC**



**The 22nd Middleham and St. Peter's Crab feast and Picnic is Sunday, September 17th from 4:00p.m. - 6:00p.m. It will take place on the Great Hall grounds. Crabs, hot dogs, and hamburgers will be provided by the vestry, please bring a side dish to share.**

**RSVP is needed by Monday September 11<sup>th</sup> to assist with the food purchasing. Donations to help defray the cost of the crabs will be appreciated.**

**Sign-up sheets are in each worship space. This is a BYOB event, ice water and ice tea will be provided. Phone the parish office if you have any questions.**

**Invite a friend, family member or neighbor, and enjoy the day with great company and great food.**

# Blessing of the Animals

Sunday October 8<sup>th</sup> at 3pm



Bring your pets of all shapes, sizes, and varieties for a blessing and celebration of St. Francis of Assisi! We will have a short service with special prayers for all creatures great and small. Fellowship on the lawn will follow.

Treats for humans and pets will be available!

Donations for the Humane Society of Calvert County and Pets with Disabilities will be collected at the service. Please consider bringing an item from their “Kennel Wish List”

- Puppy food
- Canned Pedigree dog food
- Canned cat food
- Dream bones
- Milk bones
- Kongs
- Large bags of rice
- Scoopable kitty litter
- Large trash bags
- Bleach
- Clorox wipes
- Paper towels

Call the Parish Office with questions: 410-326-4948



## THE CENTER for SPIRITUALITY in NATURE

*Offering intimate experiences in nature that deepen spirituality and open us to a loving relationship with the natural world.*

**Rediscover** the rich and loving interrelationship between the Earth, humans and the Divine.

### Wade in the Water: Spiritual Storytelling and Service along the Patuxent River

**Saturday, September 30, 2017 9AM – 2PM**

We'll sit on the banks of the river, hear from an ethnically and spiritually diverse group of storytellers, share some stories of our own, and give back to the river by planting native plants along its banks!

This event is FREE but registration is required:

[www.wadeinthewater.eventbrite.com](http://www.wadeinthewater.eventbrite.com)



#### LOCATION:

Patuxent Riverkeeper  
Center  
17412 Nottingham Rd.  
Upper Marlboro,  
Maryland 20772

#### For more information:

Beth.Norcross@spiritualityinnature.org  
[www.centerforspiritualityinnature.org](http://www.centerforspiritualityinnature.org)  
202.257.0319

There are **glimpses of God** in all aspects of creation, and much to be learned about the Creator from the creation.

## ***The 8<sup>th</sup> Annual Health Fair!***

**September 9, 2017**

**9:00 AM – 1:00 PM**

*As we finish our summer and roll into school and fall activities, I'd like for you to remember to attend this year's Health Fair. The Parish Health Ministry began this event and continue on as a way to bring health screening to the underserved of Calvert County and to bring health information to our entire community.*



*Each year we bring new screenings and educational material. This year we will be bringing back the Dexascan test-used for bone density and Dermascan- for skin damage due to the sun; as well as our usual:*

*Cholesterol tests*

*Vision and Hearing tests- including a test for Glaucoma*

*Blood pressure screenings*

*Vascular risk assessments*

*Pulmonary function tests*

*Dental screenings*

*And the Health Van, with a nurse practitioner, will be present to offer breast exams and many more screenings.*

*We will also have valuable information of Parkinson's, MOLST and Advanced Directive forms, Hospice, Diabetes, Nutrition and food preparation, and Substance Abuse.*

*This is just to name a few. Bring the children to have their car seat's adjusted or replaced by the Sheriff's Dept. or to learn about bicycle safety. We will once again have a few bikes to give away!*

*So- spread the word- we'd love to see you there! Dale Yoe, Parish Nurse*



# Health Ministry Team Network

Calvert Memorial Hospital and Middleham and St. Peter's Parish Present

## The 8th Annual Community Health Fair 2017

*Take Care of Your Health While Having Fun*

**Saturday, September 9**

**9 a.m.–1p.m. (Rain or Shine)**

Middleham and St. Peter's Parish Hall located at 10210 Trueman Road, Lusby, MD,  
across the parking lot from SMILE

**FREE Cholesterol Screening** (*no fasting required*)

**FREE Infant and Child Car Seat Checks** (by the Calvert County Sheriff's Dept.)

- Bike safety and other displays especially for children
- Bring your helmet and bike to participate in the Bike Rodeo
- BIKE RAFFLE!

**FREE Health Screenings:**

- Health Risk Assessments (height, weight, blood pressure, body composition)
- Dental Screening
- Skin Cancer/Derma Scan (skin damage related to sun exposure)
- Breast Exams

**Education Displays:**

- Ask The Dietitian
- Diabetes
- Ask a Vet (Pet Care)
- Calvert CAN Healthy Eating
- Hospice
- Smoking Cessation
- And more!

**Middleham and Saint Peter's**  
EPISCOPAL PARISH  
**Our Church**



**For more information, please call 410-610-7755**



Calvert Health System

**Calvert Memorial Hospital**

*Tradition. Quality. Progress.*

# Drug Problem in Southern Maryland



In cooperation with the Community Life Center, the Parish Health Ministry is sponsoring two programs concerning the Drug Problems in Southern Maryland. Both will be in the Parish Hall with a potluck dinner at 5:00 p.m. followed by the program at 6:00 p.m.

**September 27:** Doris McDonald, MA, LCADC, LCPC. Doris is the Director of Behavioral Health of the Calvert County Health Dept., Local Addictions Authority.

**October 4:** Lynn Taylor, Behavioral Health and on the board for the Calvert Alliance Against Substance Abuse (CAASA).

These programs will cover the many aspects of addiction in Calvert County. Please plan to attend!



**Sunday, September 3<sup>rd</sup> @ 4:00 PM** *“Dancing on the Fragile Edge of the World: an Afternoon Concert of Music and Poetry”*, in the Parish Hall.

**Monday, September 4<sup>th</sup>** Labor Day Office is Closed.

**Tuesday, September 5<sup>th</sup>** - Monthly Staff Meeting for August

Staff Meeting

**Tuesday, September 5<sup>th</sup>** - Monthly Vestry Meeting For August

**Tuesday, September 5<sup>th</sup> & September 19<sup>th</sup>** - Noon - 1:00 PM - Middleham Chapel will be open to the community for Personal Prayer, Reflection or Meditation. (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of every month)

**Wednesday, September 6<sup>th</sup>** - @ 9:00 AM - “Soleful Strutters” - walking group, open to all, 1<sup>st</sup> meeting at the Parish Hall.

**Wednesday, September 6<sup>th</sup>** - The Southern Maryland Job Source Mobile Career Center (MCC)  
10:00 AM - 2:00 PM



**Wednesday, September 6<sup>th</sup>** - @ 1:00 PM - Parish Health Meeting

**Wednesday, September 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>** - @ 7:00 PM Boy Scout Troop 1684

**Thursday, September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>** @ 7:00 PM - EFM



**Friday, September 8<sup>th</sup> @ 11:00 AM – “Books, Banter & Brunch”, 1<sup>st</sup> meeting of the new book club at Salsa's Mexican Cafe in Lusby.**

**Saturday, September 9<sup>th</sup> - @ 9:00 AM – 1:00 PM 9<sup>th</sup> Annual Health Fair**

**Sunday, September 10<sup>th</sup> – Joint Service - @ 9:30 AM - Ministry Sunday –  
*A Celebration of Parish Ministries and Christian Formation***

**Monday, September 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, & October 2<sup>nd</sup> @ 10:00 AM – Small Meeting Room in the Parish Hall – “Breathing Room = Balanced Life”, series.**

**Monday, September 11<sup>th</sup> - @ 2:00 PM – Daughters of the King**



**Tuesday, September 12<sup>th</sup> - @ 11:00 AM · Bible Study in the small conference room**

**Tuesday, September 12<sup>th</sup> & 26<sup>th</sup> @ 4:00 – 5:00 PM - Middleham Chapel will be open to the community for Personal Prayer, Reflection or Meditation. 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays each month**

**Tuesday, September 12<sup>th</sup> Food Drop – Volunteers needed for Prep @1:00 PM, Distribution @ 3:00 PM.**



**Wednesday, September 13<sup>th</sup> @ 10:00 AM – 2:00 PM A Nurse Practitioner and the Health Van, sponsored by Calvert Memorial Hospital, will be at**



**Wednesday, September 13<sup>th</sup> & 20<sup>th</sup> @ 6:15 PM Potluck, Program @ 7:00 PM – “Centering Prayer”**

**Thursday, September 14<sup>th</sup> @ 6:00 PM SMILE Board Meeting**

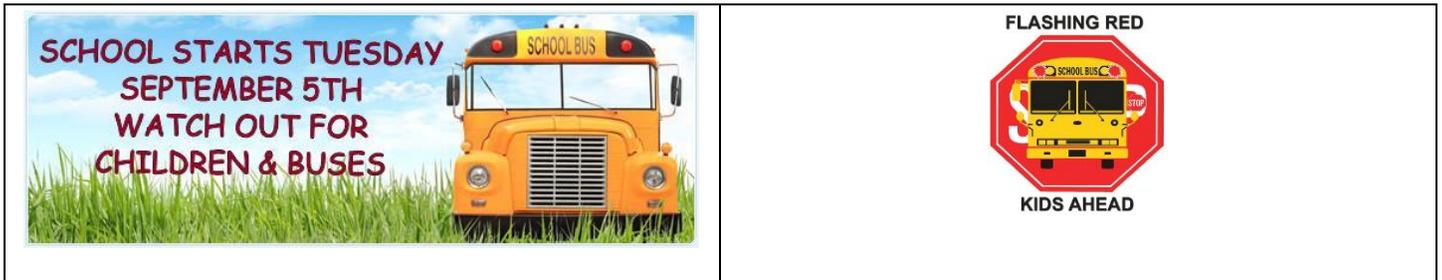
**Thursday, September 28<sup>th</sup> @ 6:15 PM – Bells Check Weekly Email For Change of Start Date**

**Sunday, September 17<sup>th</sup> @ 4:00 – 6:00 PM Annual Crab Feast**

**Monday, September 18<sup>th</sup> - @ noon - Asbury Episcopal Fellowship – Topic – “Holy Cross Monastery”**

**Wednesday, September 27<sup>th</sup> & October 4<sup>th</sup> – 5:00 PM Potluck, Program at 7:00 PM – “Drug Problems in Southern MD”**

**Thursday – Sunday September 28<sup>th</sup> – October 1<sup>st</sup> – Calvert County Fair**



- October 8<sup>th</sup> - 3:00 PM - Blessing of the Animals @ MSP
- October 8<sup>th</sup> - 2:00 PM - @ MSP - Dismantling Racism In America: A Book Study @ MSP
- October 14<sup>th</sup> - Noon - 2:00 PM - 1<sup>st</sup> "Harvest Tea" @ MSP
- October 21<sup>st</sup> - 9:00 AM - 3:00 PM "A Day of Mindfulness For Our Community" @ MSP
- October 28<sup>th</sup> - 2:00 - 4:00 PM - "Trunk-Or-Treat" @ MSP



**Connector Article Deadline**

The deadline for submissions for **OCTOBER** will be **THURSDAY SEPTEMBER 14<sup>TH</sup>** .

Thanks so much, [Karen Timmons, Communications](#)  
Submissions earlier as they are ready are most welcome.



## SEPTEMBER BIRTHDAYS

Erin Shank	09/01
Alicia Felix	09/03
Hailey Patten	09/05
Carol Bergeson-Willis	09/07
Karin Griffin	09/07
Brynn Beckner	09/13
Jane Foster Knox	09/13
Alyson Simmons	09/16
Tonya Stanley	09/18
Calvin Davies	09/20
Russell Clift	09/23
Marjorie Caya	09/26
Jackson Broadus	09/30
Dan Heflebower	09/30



## SEPTEMBER ANNIVERSARIES

Skip & Carolyn Steiner	09/03
David Deaderick & Nancy Bupp	09/03
Hugh & Diane Davies	09/05
Mark & Melissa Converse	09/12
Bob & Julia Luckritz	09/24
Tom & Jane Surles	09/11
Bill & Nancy Favor	09/20
Dick & Rosemary Staley	09/20
Tom & Joan Hogenson	09/27

# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b> 10:00 AM Overeaters Anon 7:00 PM AA Meeting
<b>3</b> 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 11:15 AM HE Middleham 4:00 PM Concert – Dancing on the fragile edge of the world.	<b>4 Labor Day</b> Office Closed  6:00 PM AA Meeting	<b>5 Public Schools Start</b> 10:00 AM Staff Mtg 12:00 PM Middleham Prayer & Reflection 6:30 PM Meditation 7:00 PM Vestry 8:00 PM AA Meeting	<b>6</b> 9:00 AM HE St. Peter's JobSource Van @ SMILE 1:00 PM Parish Health 7:00 PM Boy Scouts – 1684	<b>7</b> 7:00 PM EfM	<b>8</b>	<b>9</b> Health Fair 10:00 AM Overeaters Anon 7:00 PM AA Meeting
<b>10</b> Joint Service Ministry Fair 9:30 AM HE Great Hall Blessing of the Backpacks 10:15 AM Christian Ed Open House	<b>11</b> 10:00 AM Breathing Rm. 3:30 PM Girl Scouts 5145 3:00 PM Daughters of the King 6:00 PM AA Meeting	<b>12</b> 11:00 AM Bible Study 1:00 PM Food Dstn prep 3:00 PM Food Dstn 8:00 PM AA Meeting	<b>13</b> Health Van @ SMILE 9:00 AM HE St. Peter's 6:15 PM Potluck 7:00 PM Adult Ed – Centering Prayer 7:00 PM Boy Scouts – 1684	<b>14</b> 6:00 PM SMILE Board 7:00 PM EfM	<b>15</b> 4:00 PM – Wedding rehearsal (GH)	<b>16</b> 4:00 PM Great Hall: Samilton Wedding 10:00 AM Overeaters Anon 7:00 PM AA Meeting
<b>17</b> 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 10:15 AM Christian Ed 11:15 AM HE Middleham 4:00 PM Crab Feast	<b>18</b> 10:00 AM Breathing Rm 12:00 PM Asbury Episcopal Fellowship 6:00 PM AA Meeting	<b>19</b> 11:00 AM Bible Study 12:00 PM Middleham Prayer & Reflection 6:30 PM Meditation 7:00 PM Regional Council 8:00 PM AA Meeting	<b>20</b> 9:00 AM HE St. Peter's 6:15 PM Potluck 7:00 PM Adult Ed – Centering Prayer 7:00 PM Boy Scouts – 1684	<b>21</b> 7:00 PM EfM	<b>22</b>	<b>23</b> 10:00 AM Overeaters Anon 7:00 PM AA Meeting
<b>24</b> 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 10:15 AM Christian Ed 11:15 AM HE Middleham	<b>25</b> 10:00 AM Breathing Rm 3:30 PM Girl Scouts 5145 6:00 PM AA Meeting	<b>26</b> 11:00 AM Bible Study 8:00 PM AA Meeting	<b>27</b> 9:00 AM HE St. Peter's 5:00 PM Potluck 6:00 PM Adult Ed – Parish Health 7:00 PM Boy Scouts – 1684	<b>28</b> 7:00 PM EfM	<b>29 Calv Co Fair</b>	<b>30 Calv Co Fair</b>  <i>Updated 8/11/2017</i>

# SEPTEMBER WORSHIP SCHEDULE 2017

DATE	SERVICE Time & Location	CELEBRANT & PREACHER	CHALICIST	READER	GREETERS	HEALING St. Peter's @ 9:00 AM
9-03-17	8:30 St. Peter's	Rev. Akes-Cardwell	John Wagner	Caroline Fuller	Bernie Helms & Russ Horton	9-06-17
Thirteenth Sunday after Pentecost <a href="#">Proper 17</a>	9:30 Great Hall	Father Showers	Diane Davies	Avery Kury		Fr. Showers
	11:15 Middleham	Rev. Akes-Cardwell	Jackie Vos	TJ Rivers		
9-10-17 Joint Service	9:30 Great Hall		John Wagner		Tom & Joan Hogenson	9-13-17
Fourteenth Sunday after Pentecost <a href="#">Proper 18</a>		Father Showers Rev. Akes-Cardwell	Diane Davies			Rev. Akes-Cardwell
9-17-17	8:30 St. Peter's	Rev. Akes-Cardwell		Sally Ray	Dick & Rosemary Staley	9-20-17
Fifteenth Sunday after Pentecost <a href="#">Proper 19</a>	9:30 Great Hall	Father Showers	Laura Carpenter	Avery Kury		Fr. Steiner
	11:15 Middleham	Rev. Akes-Cardwell	Jane Knox	Brenda Hollweger		
9-24-17	8:30 St. Peter's	Father Showers			Monte & Sally Ray	9-27-17
Sixteenth Sunday after Pentecost <a href="#">Proper 20</a>	9:30 Great Hall	Rev. Akes-Cardwell	Chris Davies			Rev. Akes-Cardwell
	11:15 Middleham	Father Showers	Mike Shisler	Bruce Calvin		
<b>Altar Guild</b>						

ST. PETER'S: : CHERI CAMPBELL & LOUISE SMITH  
GREAT HALL: DIANE DAVIES & ANNE GROSS  
MIDDLEHAM: BONNIE TOLSON & BARBARA BARRETT