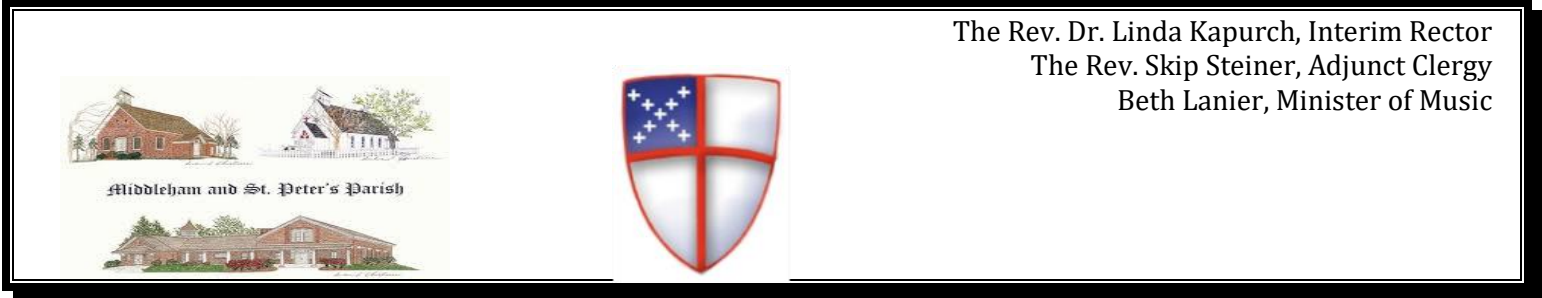


The **CONNECTOR**

Jim Yoe
Jr. Warden

Karen Timmons
Editor



APRIL 2020

The Secret Hand Wave

Passing the peace during worship services is something we do very well at Middleham and St. Peter's Parish. We warmly embrace each other every chance we get. We hug and shake hands to let each other know we genuinely care about each other. In fact one of the things Pastor Linda, our interim rector, immediately noticed about us was that we took our time greeting one another, chatting and engaging in fellowship, making sure not to miss anyone, during the passing of the peace, so much so that it was difficult to get us to resume the service in a timely manner. She quickly realized this was important to us and let us take our time to do it. In a matter of weeks this has all changed. Social distancing is the word(s) of the year and may become Time Magazine's cover of the year or as in 1982 when the

Computer was Time's cover of the year, the dreaded symbol of the Corona Virus will forever take its place in history, a non-person, on the cover as well.

For a while now we have all been aware of not only the Coronavirus, or COVID-19, but of the ripple effects of it. Once discovered, it and the ripples spread like wildfire. As scientists are frantically trying to find a vaccine or a cure and medical personnel are trying to cope with the onslaught of sick people, with a shortage of space, staff and supplies, we the people, are frantically trying to figure out what to do about it. Washing your hands is the primary task. Coughing or sneezing into a tissue or into the crook of your elbow is high on the list. Standing six feet away from people, no shaking hands and staying home if you're sick with anything are also in the top ten. Better yet, just stay home. Don't panic, don't hoard, and don't worry. Yeah right.

Shaking hands, in most cultures, is an accepted way of greeting someone in a warm, friendly, honest and trustworthy way. Shaking someone's hand can tell you a lot about a person. A firm handshake shows confidence. A wishy washy grasp tends to indicate insecurity. Offering a hand, palms up, (indicates servitude, the recipient should take charge), palms down, (shows you are authoritative and can take charge and the lead), or palms vertical (shows equality on all fronts), all provide insight to our greeting intentions. Making a hand sandwich, (offering a hand and placing your other hand on top of the recipients), indicates familiarity, concern and caring. The handshake with the other hand grasping the recipient's arm is always suspicious. For now, actually shaking someone's hand is off the table. Handshaking used to be considered an automatic gesture, a universal symbol and tool

for bringing people together. For now, we can only dream about the day when we might actually get to do that again. For now we are dreaming up different ways to show we care about our fellow human beings.

I'm sure something resembling the handshake has existed in some form or another for thousands of years. The history of the handshake traditionally dates back to the 5th century BC in Greece when it was a symbol of peace, showing that neither person was carrying a weapon. In ancient Rome a handshake was a symbol of friendship and loyalty. Homer described handshakes several times in his "Iliad" and "Odyssey" as a display of trust. Maybe while you're stuck at home you should consider reading or re-reading some of the classics. Today, depending on what country you are in, the handshake has certain cultural implications that differ greatly from American customs. Since it will be some time before we are able to actually visit other countries, why not take this time to travel afar virtually and maybe even learn a few words in a different language. You might find out what form of greeting is acceptable in foreign countries and what American gestures can provoke serious complications if offered unwittingly.

When our circumstances changed from free and easy to confined and difficult we all faced a collective moment of fear and uncertainty. Fear also spreads like a virus, but we do have some control over that. Step by step we should realize that we are adaptable and creative. With the Internet at our fingers tips we can be resilient, strong and capable. Social distancing is not the same as social isolation. We can be more connected than ever with phone calls and video chats and computers. While we cannot be together in the same church

building on Sundays, we can still worship together, have faith together and pray together. We can support each other and spend some quality time with each other, time that used to be a luxury, which in these trying times seems to be an opportunity. Easter is the season of resurrection and hope. There is a sliver of light at the end of this long, dark tunnel. Where is God in all this? There is a master plan in the works that we may not know about, but everything happens for a reason. We'll get there!

The big question here is one I'm sure all of you are wondering about; will we ever shake hands again, or any time soon, in person and with the same vim and vigor we once did? We might just have to come up with a new secret hand wave. There is no shortage of comical, creative and fun alternative "handshakes" that have been mastered by men, women and children all over the world. Why not try and make up a secret handshake or wave of your own while practicing social distancing and preparing for what is to come? Who knows, a new phase in greetings may evolve out of all of this uncertainty and become the new greeting of choice. In my book, the best secret handshake / wave / greeting that we can all practice, even from a distance, is and will always be, a smile. Hang in there. We're all in this together. Be safe. Be conscientious. Be healthy. Believe.

Blessings,

Joan Shisler, Senior Warden



Two examples of sports teammates and TV show actors performing whimsical secret handshakes can be found here:

<https://www.humorthatworks.com/database/21-best-secret-handshakes/>

<https://redtri.com/follow-the-parent-traps-guide-to-secret-handshakes/>

For more fascinating handshake theories, options and meanings check out this link:

<http://www.speechmastery.com/hand-shake.html>

Happiness is an eternal Spring, and every day, an Easter

A long, long, *very* long time ago—so long ago that I don't even have a source for the above--a dear friend sent me a (real, hold-in-your-hand) Easter card with this quote inscribed. For some unknown-to-me reason (or perhaps, for just such a time as this?) I have trotted it out now—recovering it from the deep recesses of time and memory. To me it speaks of the 'new reality' of what we will *most likely* be facing this Easter: that, try as we might, and as much as we might long for it, we will not be together, physically, as Middleham and St. Peter's Parish this Easter Day, April 12, 2020. Mindful of our grief and sadness over this present burden, our Bishop, the Rt. Rev. Eugene Sutton, in his words to Clergy (over Webinar, of course!) has encouraged us to recognize what we also all know: *that Easter is not simply a date on the Calendar—but an entire season.* He goes on to say that, for us this year, "Lent is being extended"—until such time, on a Sunday, when we can all return and be together again. Whenever that date appears on the Calendar will be our *true* Easter—when we can re-gather again, to truly Rejoice! and Celebrate Resurrection Day! Make no mistake about it: Christ *does* Rise from the dead on the Third Day! Its just that our Third Day this year is a moveable feast.

Meanwhile, we take comfort that, the *happiness* we now look forward to and will then feel *will be an Eternal Spring* for us—while we rest assured that every day in this sheer unpredictable valley *is an Easter*—because Christ has already Redeemed us.

To that end, and while we cannot receive the Holy Eucharist, I offer this *Prayer for a Person Unable to Take the Eucharist* (St. Alphonsus de Liguori, 1696 - 1787...for those of you eager to GOOGLE and learn more about this mystical writer!)

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and untie myself entirely to you; never permit me to be separated from you. Amen.

(Note: Bishop Sutton also prayed this prayer during the LIVE-STREAM of The Holy Eucharist on 22 March.)

The Blessings of Good Health and Safety be with each of you and with those you love,

Faithfully,

Pastor LindaK+

SEARCH COMMITTEE UPDATE

Search Committee update. I wanted to take a minute to let you know what your Search Committee has been up to since our discussion at the Parish Hall during the annual meeting. To date, we have met six times in order to get to know each other, review the Parish Profile, and fill out a Profile about our Parish to submit to the Diocese Office of Transitional Ministries. This OTM profile is our initial advertisement that allows potential rectors to evaluate who we are and see if they want to learn more about us. We were able to get our profile into the system in time to be presented at the semi-annual Transitional Ministries conference in Florida (right before the outbreak of the Corona Virus) and we have high hopes that we will generate some interest in our parish. We are currently working on how we will interview and make first contact with candidates who express interest and hope to have some resumes in hand shortly after Easter. The restrictions on meetings and travel will present some challenges for this search, but I have every confidence that we will make the most of technology and our opportunities when they present themselves. I want to express my thanks to the committee members, and for all of you who are holding our parish, our search committee, and our prospective candidates in your prayers. Happy social distancing.

Tom Briggs

MSP Search Committee Chair

Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



Bishop Sutton, in his online sermon Sunday, stated that there are “**The 3 C’s of Stay**” that we should all practice during COVID-19. They are: **Stay Calm, Stay Connected, Stay Churched**. Following his suggestions, Middleham and St. Peter’s Parish is reinstating the parish “Caring Network”.

During this time of “social distancing”, the goal of the Caring Network is to touch base with every parishioner/family once a week till our worship services resume. Twenty-five Caring Network parishioners have volunteered to make the phone calls. They have several objectives:

1. *Call and chat with you – we are all missing the human contact.*
2. *Check if you have any concerns or issues that need to be addressed. If so, with your permission, your caller will pass it on to the clergy leadership to see how the parish might assist you.*
3. *Inform you of activities and worship services the parish is supporting online each week. And help you access these events. For example, this Sunday 3/22, fifty parishioners participated in an online Morning Prayer service with Ascension Parish and Middleham and St. Peter’s using the App-Zoom.*
4. *Share other online worship resources with you.*
5. *Ask if you would like your name added to a special COVID-19 Prayer List and/or included in the parish Prayer Chain.*
6. *Review and update, if necessary, your communication information that the Parish has for you.*
7. *Offer to pray with you and/or share uplifting, thoughtful writings with you.*

The Caring Network will make their first week of calls from Monday, March 23 – Saturday, March 28. If you do not receive a call, please let us know by calling 410-326-4948 and leave a message and your phone number.

Stay Calm, Stay Connected, Stay Churched,
Diane Davies For the Caring Network

Middleham and St. Peter's Episcopal Parish



Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



PRAYER LIST

Names for Prayer List as of 4.1.2020

The following people have requested to be placed on the Prayer List via Caring Network calls as of 4/1/2020

**Lisa Greenlee
Curtis Moore
Mary Beth Dent
Jayci Dale
Richard Dale
The Spencer Family
Helen and Lawrence Shea
Anita and Jim Shepherd
Dan and Mary Heflebower
Tom Moorman
Dr. Joseph Kapurch
Dr. Caitlin Kapurch
Nick Lemaster
Julie Kapurch
Wenda Yenson
Francis Willson
Werner Tiegs
June Bessette
Rita Kapurch**

ACCEPTANCE INTO VIRGINIA THEOLOGICAL SEMINARY

Greetings,

It is with great joy that I share with you all that I have been accepted to Virginia Theological Seminary and plan to begin their Masters of Divinity Program this upcoming Fall. Since September I have been able to serve as a Chaplain Intern at Anne Arundel Medical Center, as part of my Clinical Pastoral Education (CPE) seminary requirement, and although our clinical hours at the hospital have been put on hold as a response to COVID-19, I am still able to meet with my CPE classmates virtually as we finish out our unit. I am being formed in many ways through CPE and have found the program to be enriching both vocationally and personally, and am thankful to work with Chaplains who are providing compassionate care and demonstrate resilience in this time of uncertainty. I want to express thanks and deep gratitude to you all for sponsoring me as a Postulant, and I am sending up prayers for you all at Middleham and St Peters. Prayers for health and happiness to you and yours!

**Yours faithfully,
Charity Humm**

UPDATE

April 1, 2020

Dear Fellow Parishioners,

Pasto Linda is participating in the weekly webinars with Bishop Sutton and Clergy every Wednesday, which will continue as he reassesses his main points.

1. All in person, public gatherings throughout the diocese are hereby suspended through May 16, 2020.
2. Bishop Sutton is asking that all throughout the diocese pray with him each Sunday, at 11 am as Holy Eucharist will be [LIVE-STREAMED from the Cathedral of the Incarnation](#).
3. We are offering a Sunday Morning Prayer Online worship opportunity presented by Laura Carpenter and Rev. Greg Syler. Log-on or call in to our ZOOM online Morning Prayer by or before 10 am Sunday morning. <http://zoom.us/j/814070929> (Meeting ID: 814 070 929) or call 301-715-8592 (Meeting ID 814 070 929).
4. We are offering a Sunday Morning kids service, Donut Church, a brief interactive, virtual Children's Chapel at 9 am Sundays hosted by Rev. Greg Syler. Log-on or call in to our ZOOM online Donut Church by or before 9 am Sunday morning. <http://zoom.us/j/242641749> (Meeting ID: 242 641 749) or call 301-715-8592 (Meeting ID 242 641 749).
5. We are offering a Prayer at Sunset, a night prayer compline, on Wednesdays at 7:30 pm hosted by Rev. Greg Syler. Log-on or call in to our ZOOM online Prayer at Sunset by or before 7:30 pm Wednesday evening. <http://zoom.us/j/318167939> (Meeting ID: 318 167 939) or call 301-715-8592 (Meeting ID 318 167 939).
6. ALL distribution of Holy Communion is banned in whatever form: pastoral visits, Reserved Sacrament, etc.

7. We have started a Caring Network that includes a group of designated parishioners making phone calls to check in with and provide information to all members of MSP. Please see the flyer in this weekly. If you are not receiving a phone call, please call the office at 410-326-4948.

[LIVE-STREAMED from the Cathedral of the Incarnation](#)

8. Holy Week - Palm Sunday - On Palm Sunday, April 5th There will also be an online service offered by Bishop Sutton at 11 am that will be LIVE-STREAMED from the Cathedral of the Incarnation.

9. Holy Week – Maundy Thursday - On Maundy Thursday, April 9, there will be an online service offered by Bishop Sutton at 7 pm, that will be LIVE-STREAMED from the Cathedral of the Incarnation.

10. Holy Week - Good Friday – On Good Friday, April 10, there will be an online service offered by Bishop Sutton at **noon** that will be LIVE-STREAMED from the Cathedral of the Incarnation.

11. Holy Week - Easter Vigil - On Saturday, April 11, there will be an online service offered by Bishop Sutton at 7 pm that will be LIVE-STREAMED from the Cathedral of the Incarnation.

12. Easter Sunday - On Sunday, April 12, there will be an online service offered by Bishop Sutton at 11 am that will be LIVE-STREAMED from the Cathedral of the Incarnation.

This is a lot to process and we are hoping you are finding some of the many other alternative worship opportunities available through the internet. We hope all are staying safe and well. In the words of Psalm 46 – We are all being held in a much greater love. God is our refuge and strength, a very present help in trouble...

If you are able to please consider mailing in your pledge (P.O. Box 277 Lusby, MD 20657) or using our online giving option with Vanco through a link on our website.

<http://www.middlehamandstpeters.org/giving/qivingonline/>

The diocese also has an option where folks could continue paying their pledges through the diocese and the diocese in turn would inform the churches of monies received.

<https://episcopalmaryland.org/my-offering/>

If you are having trouble accessing or logging on to view online worship opportunities, please let us know and we will help you. Call Jim Yoe - 443-975-6797

If you have any questions, concerns or pastoral needs, please let us know. Thank you for your patience and stay healthy!

Joan Shisler

Senior Warden

410-474-4849

jrbstiger@comcast.net

Rev. Dr. Linda M. Kapurch

Interim Rector

msppastorlinda@middlehamandstpeters.org

Jim Yoe

Junior Warden

443-975-6797

jmyoe@comcast.net

Anne Gross

410-610-2706

grossanne@comcast.net

office@middlehamandstpeters.org



Please remember during this time when Sunday worship at our locations is not possible, 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](#)



**CATHEDRAL OF THE INCARNATION HOLY WEEK
STREAMING SCHEDULE**

**All Worship Dates Are The Same Link
Just Click the Flyer to launch**

PALM SUNDAY, APRIL 5TH

11:00 AM

MAUNDY THURSDAY, APRIL 9TH

7:00 PM

GOOD FRIDAY, APRIL 10TH

NOON

HOLY SATURDAY, APRIL 11TH

7:00 PM

EASTER SUNDAY, APRIL 12TH

11:00 AM



HOLY WEEK AND EASTER AT HOME RESOURCES

Pastor Linda's Reflections for Palm Sunday, 05 April 2020

c. The Rev. Dr. Linda M. Kapurch, Interim Rector

Gospel Readings for Palm Sunday (RCL/Year A)

Jesus' Triumphal Entry into Jerusalem (Matthew 21: 1 – 11)

The Passion Reading (MT. 26: 14 – 27, 66) or, (MT. 27: 11 – 54)

Today's reflections begin with a poem by Rowan Williams: the former 104th Archbishop of Canterbury and before that, Archbishop of Wales. *I Saw him Standing* is found in The Poems of Rowan Williams (Eerdmans, c. 2000) and is taken from the Welsh of Ann Griffiths

Under the dark trees, there he stands,
There he stands; shall he not draw my eyes?
I thought I knew a little
How he compels, beyond all things, but now
He stands there in the shadows. It will be
Oh, such a daybreak, such a bright morning,
When I shall wake to see him
As he is.

He is called Rose of Sharon, for his skin
Is clear, his skin is flushed with blood,
His body lovely and exact; how he compels
Beyond ten thousand rivals. There he stands,
My friend, the friend of guilt and helplessness,
To steer my hollow body
Over the sea.

The earth is full of masks and fetishes,
What is there here for me? Are these like him?
Keep company with him and you will know:
No kin, no likeness to those empty eyes.
He is a stranger to them all, great Jesus.
What is there here for me? I know
What I have longed for. Him to hold
Me always.

What is there for me, for us? Today, on the day we would wish to be part of that joyous, boisterous crowd—cheering Jesus on, as He rides on high...into Jerusalem. But no, we are not allowed---this year—to take part in the throngs singing, *Hosanna to the Son of David!* Instead, for us today, Palm Sunday 2020, Jesus indeed *stands in the shadows*. And for us, at the head of Holy Week, Jesus' *skin is indeed flushed with blood...no*

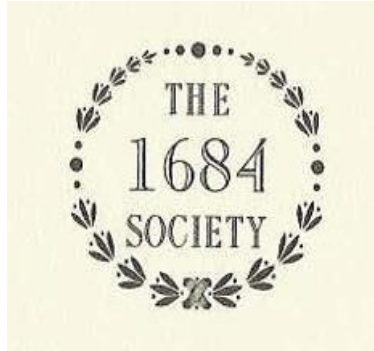
likeness (like) those empty eyes: we know that 'look'...we've read the Passion Stories so many times before in our lives. Perhaps this year, we will go into Holy Week, seeing more clearly His blood-flushed skin and empty eyes. Perhaps this year—as we pray over and over again for ourselves, our loved ones, our communities, our world—*My Father, let this cup pass from me...* (26:39) we will pause...to remember: that this was Jesus' prayer, too, on Good Friday.

Maybe we once thought that we indeed *knew a little how he compels beyond all things*. Maybe we thought—once upon a time—that we had our lives under our control, that there was a 'place for everything, and everything in its place'—including Jesus. Maybe what our suffering-soaked selves now catch a glimpse of is *what we have longed for all along: Him to hold me always*. Isn't at the rock-bottom of all of our prayer this week the plea that...we would (somehow) be held up by God...that this cup would pass us by?

Perhaps this will be the year, Holy Week, 2020... this will be the Holy Week, that our blood-stained footsteps through Gethsemane, into the Upper Room, onto Golgotha will drive us back into His arms—where we'll find ourselves in the Garden...on the Third Day.



Opportunities from the Planned Giving Committee



The New “Personal Growth Fund”: This fund will provide support for the participation and enrollment needs of parish members and/or their children as well as members of an organization directly connected to the parish. Awards from the fund may support such activities as church-related conference costs, summer camp attendance, scouting activities and events, tuition or supplies for skilled trades training, and support for higher education expenses. Awards will be made on the basis of need and the suitability of the activity. No deadline for applying. Applications are available in the parish office or on the website.

<http://www.middlehamandstpeters.org/giving/planned-giving-and-endowment/>



Dear Middleham and St. Peter's Community,

At our meeting on March 4, the Big Conversation Steering Committee voted to postpone our planned annual Big Conversation from **April 26 to Sunday, September 13, 2010**. The title for the event is: ***Many Wounds to Heal: Health Care Inequality- How does it affect me?***

The decision was based several of factors.

As we are preparing for this program, we are working with local Public Health officials, hospitals, doctors and other healthcare providers. Thus, we are very aware that they are swamped now and for the foreseeable future as they work on risk management, agency coordination and treatment of patients in light of the growing Corona-19 virus threat. We want to have as many voices represented in the conversation as possible, so their voices are important to us. We feel asking more from them at this time is not sensitive to their needs. Also, at the time of our meeting, we were concerned about a large public gathering and the health risk involved, now officials are discouraging such meetings. Thus, April 26 no longer seemed prudent for an event such as ours.

The committee will make use of this additional time by expanding our research and conversations with local health providers and consumers on the topic. Also, we will work to widen the circle to include even more healthcare providers in the conversation. To date, we

have received wonderful support from the healthcare community and health care consumers as we have prepared for this topic. Your thoughts or suggestions on the topic are always welcome.

As a refresher, the theme of inequality and bias in health care came directly from feedback received from our audiences during the events on implicit and explicit bias. As the Corona-19 virus continues to impact our country, we all are witnessing firsthand the effects of inequality on lives. The Big Conversation Partners are striving to make the September 13 Big Conversation a civil discourse where we can all gain a better understanding of the issues.

Please mark your calendars for the **Big Conversation on Sunday, September 13 from 2:00 – 5:00 PM**. We are finding that the health care arena is a hidden aspect of dismantling racism that needs to be part of the larger conversation in our community.

Thank you for your support and patience. Pray for all our healthcare providers.

Diane Davies – Chair

Big Conversation Partners for Dismantling Racism and Privilege in Southern Maryland

Christian Formation Children & Youth

Truth be told, this is my second revision of this particular article. A few weeks ago I wrote an article to encourage parishioners to support our youth in their endeavors outside of the church walls. Many of our youth have spent the last few weeks and months working and training for a multitude of performances, concerts and sports. As it stands, most of these events have been cancelled and indefinitely suspended. We have some of the most amazing youth that any parish can ask for, and they either understand or will understand the necessity of their social isolation. That does not mean it's easy for them. We are in a very strange time, and I cannot imagine how the children are feeling. They are not only disappointed as some of them watch their "last year of" activities disappear, but they are scared. This is the first time for many of them that the internet does not have all the answers, even the adults in their lives may be contradicting each other, or have just surrendered to the fact that we are completely at the mercy of an unknown force and we are just going to go on this ride.

Sitting here currently, I cannot say what will happen in the weeks to come. Here's what I do know, we have faith, we have love and we have each other. Continuing from this point I may attempt to have an online source for Christian Formation, but I am going to see what is out there and what we can do. It is a time for new spins on old favorites. Rest assured, these children are loved and cared for abundantly, and we will get through this new normal together. As I have emailed and texted with the parents and youth alike, if you want or need to talk, call me. I may not have answers, but I have faith and love for all children of God. Do not hesitate, we are in this together.

Anne Hayes, For Christian Formation Children & Youth

HOLY SPIRIT WEEK FOR MIDDLEHAM AND ST. PETER'S PARISHIONERS

HOLY MONDAY- WEAR YOUR FAVORITE OUTFIT AND START THE WEEK OFF RIGHT

HOLY TUESDAY - PARISH PRIDE, WEAR A SHIRT FROM YOUR HOME CHURCH

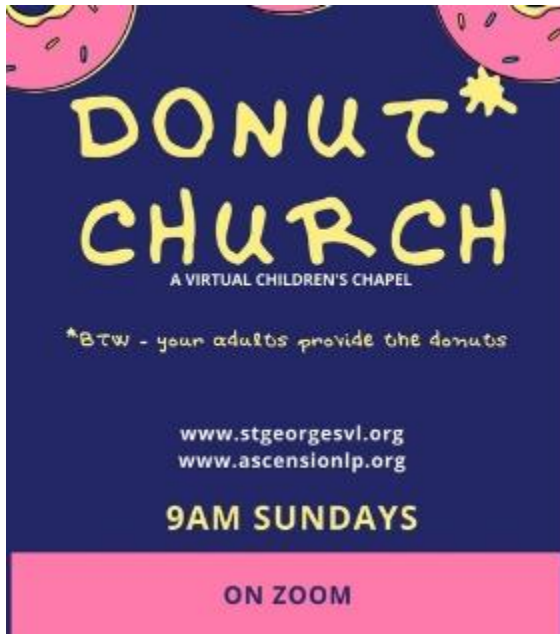
HOLY WEDNESDAY- SPY WEDNESDAY, DRESS AS A SPY, OR IN BLACK, LIKE A NINJA

MAUNDY THURSDAY- IT'S ALL ABOUT YOUR FEET, WEAR YOUR CRAZIEST SOCKS

GOOD FRIDAY - WEAR SOMETHING SURPRISING TO BRING A SMILE AND SOME GOODNESS TO FELLOW PARISHIONERS (COSTUMES, FUNNY HATS, COMICAL SUNGLASSES, ALL ARE STRONGLY ENCOURAGED) AND SHOW A GESTURE OF PEACE.

Please text your pictures to
Anne Hayes at
443-624-6959
or email to - mscopyouthleader@middlehamandstpeters.org

WORSHIP & MEDITATION OPTIONS



DONUT CHURCH
A VIRTUAL CHILDREN'S CHAPEL

*BTW - your adults provide the donuts

www.stgeorgesvl.org
www.ascensionlp.org

9AM SUNDAYS

ON ZOOM



Join DONUT CHURCH (Zoom)
- <https://zoom.us/j/242641749>
(Meeting ID: 242 641 749)
Or call (301) 715-8592
(Meeting ID: 242 641 749)



Sunday
ON ZOOM
Morning
10am Sundays
Prayer

www.stgeorgesvl.org | www.ascensionlp.org

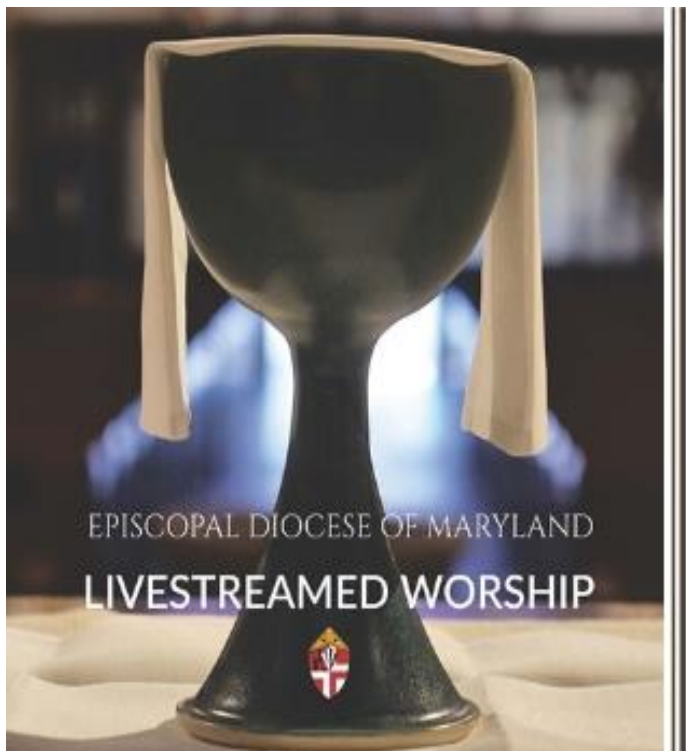


Join SUNDAY MORNING PRAYER
(Zoom)
<https://zoom.us/j/814070929>
(Meeting ID: 814 070 929)
Or call (301) 715-8592
(Meeting ID: 814 070 929)



**CLICK THE LINK FOR LIVE
STREAMING OF WORSHIP AT
CATHEDRAL OF THE
INCARNATION,
BALTIMORE, MARYLAND.**

There is an option to save and watch for later.



THE EPISCOPAL DIOCESE
OF MARYLAND

MORNING PRAYER WILL BE
OFFERED ON TUESDAY
MORNINGS
@ NOON ON FACEBOOK
LIVE.

PLEASE CHECK THEIR
OFFERINGS AND
GATHERINGS

EDOM LIVESTREAMED WORSHIP



PRAYER *at* SUNSET

Wednesdays
7:30pm

WWW.ASCENSIONLEXINGTONPARK.ORG

WWW.STGEORGESVALLEYLIFE.ORG

Wednesday Night Prayer, or 'Compline' is a lovely, short time of prayer - giving God thanks for what has been done, asking God to take what hasn't been completed; slowing down, preparing to rest ... really rest.

Wednesday (Zoom) Compline - join Fr. Greg and others.
You'll be glad you did.

Join Prayer at Sunset (Zoom)
<https://zoom.us/j/318167939>
(Meeting ID: 318 167 939)
Or call (301) 715-8592
(Meeting ID: 318 167 939)



PASTORAL CARE

Middleham and St. Peter's
Episcopal Church

If you or someone you know requires
pastoral care or want communion at
home, please let us know.

office@middlehamandstpeters.org

410-326-4948

PARISH HEALTH



Deaconess
FAITH COMMUNITY NURSE
Ministries

Pan Flu- So many questions-

Dale Yoe, Parish Nurse

Proverbs 27:12 A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers the consequences.

Seasonal and Pandemic Flu- definitions

Seasonal Flu: contagious respiratory illness caused by viruses that occur in winter months

Pandemic Flu: global new virus

- causes more severe and deadly illness
- occurs any time of the year- no immunity

UNDERSTAND - Transmission of Flu

- ❖ Respiratory viruses spread by droplets and secretion-contaminated items
- ❖ Person-to-person transmission: practice- "**Social distancing**" - 6 feet away, avoid crowds
- ❖ Keep hands away from face/eyes/mouth!
- ❖ Hand hygiene & cough etiquette

Historically speaking:

- **In 1918- Spanish Flu Pandemic-** 20 million died worldwide- @ 500,000 died in the US
- **In 1957- Asian Flu Pandemic-** 70,000 died in the US
- **In 1968- Hong Cong Flu Pandemic-** 34,000 died in the US

Now- Corona Virus Flu..... we were told years ago that we are overdue for a pandemic flu- hopefully this will not take the toll of deaths as before as we know so much more about how to treat and prevent the spread of disease.

For more answers to questions- check the <https://www.cdc.gov/> website

OUTREACH



SAFE NIGHTS



Middleham and St. Peter's Parish helped St. Paul's host Safe Nights the week of March 1-7.

Thanks to all who helped out with Safe Nights.

St. Paul's UMC really appreciated our help and

hopes they can count on MSP again next year. Because of the warm weather there were not as many guests as last year, but those who were there were thankful for warm meals, greeting smiles, and a safe place to rest.

Carolyn Steiner, Outreach Coordinator

HeartFELT

HeartFELT Backpacks resumed serving 20 students at Mill Creek Middle School this week at the request of the guidance counselor and with parental permission secured by the school. We delivered the bags to the school where they were retrieved by the Principal for delivery to the children's houses. Social distance was maintained at all times and minimal volunteers were involved. The school was enormously grateful for our efforts. Thank you for your continued financial and spiritual support for these children of great need in our community while school is out for an unknown duration.

If you want to join the team or have any questions, please contact Elizabeth Broadus.

Thank you for your support!

Elizabeth Broadus, HeartFELT Coordinator - elizabethruggles@comcast.net.



Please call ahead to confirm hours and needs. During these unsettling times changes occur sometimes weekly. 410-326-0009



*FOOD PANTRY HOURS:

Monday - Tuesday 9:00 AM — 10:00 AM

Wednesday - Thursday 10:00 AM — 2:00 PM

Friday Closed

Saturday 9:00 AM — 12:00 PM

Sunday Closed

Middleham and St. Peter's Parish Profile February 2020

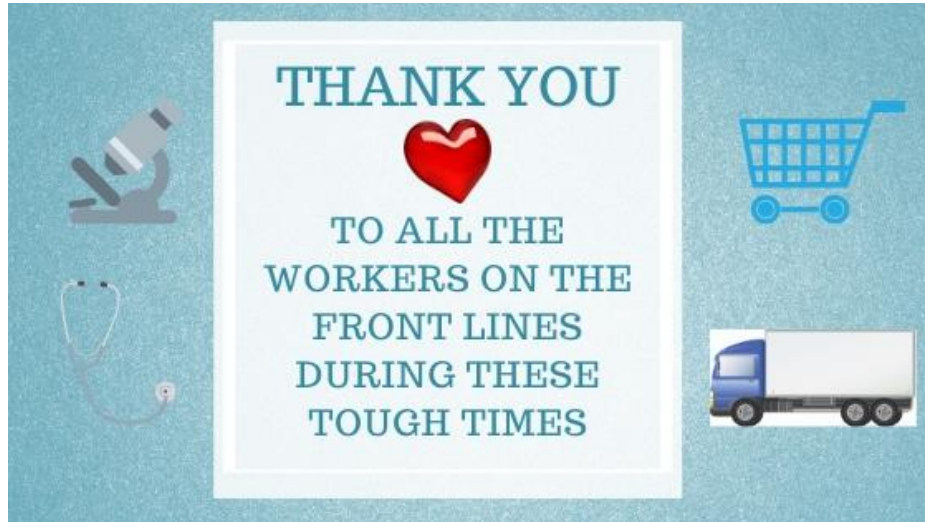


[Middleham and St. Peter's Profile 2020 Link](http://www.middlehamandstpeters.org/about-us/profile/)

<http://www.middlehamandstpeters.org/about-us/profile/>

 *April showers* 

Bring  *May flowers* 



Senior Store Hours

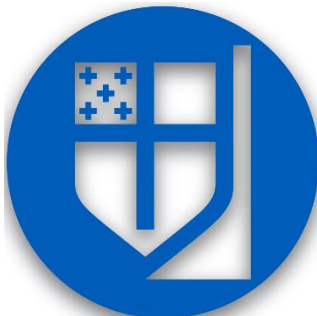


Marylanders 60+ can shop these hours to avoid crowds:

Giant: 6 - 7 AM Daily
Safeway: 7 - 9 AM Tuesdays & Thursdays
Aldi: 8:30 - 9:30 AM Tuesdays & Thursdays
Dollar General: 8 - 9 AM Daily*
Target: 8 - 9 AM Wednesdays*
Whole Foods: 7 - 8 AM Daily

*Most Locations

FOR SENIOR RESOURCES, VISIT: AGING.MARYLAND.GOV




[Episcopal Church Publishing - Free Resources](#)

PARISH HALL AND CHAPELS



The parish hall and the chapels have been thoroughly cleaned and no one should be going into them until further notice.



THE EPISCOPAL DIOCESE
OF MARYLAND

AN UPDATE FROM BISHOP SUTTON
MARCH 26, 2020

**All in person, public gatherings throughout the diocese
are hereby suspended
through May 16, 2020.**



SCHOOLS CLOSED

**IN MARYLAND
THROUGH APRIL 24TH**

2020 Census Maryland

<https://2020census.gov/en.html>

You still have time, complete it online it only takes a few minutes.



“The Deadline For Submissions”

MAY CONNECTOR EDITION IS

SUNDAY APRIL 15TH

Thanks so much, Karen Timmons, Communications



APRIL BIRTHDAYS

Kristina Jedrey	04/01
Paul Perks	04/02
Betty Miller	04/04
Bill Miller	04/06
Kaileigh Weems	04/10
Paul Fuller	04/11
Virginia Binger	04/12
Rachel Clift	04/12
Andy Connolly	04/12
Gail Hoerauf-Bennett	04/14
Leyna Magee	04/24
Colin Shisler	04/24
Jane Surles	04/26
David Tonacci	04/29

APRIL ANNIVERSARIES

John & Sharleen Wagner	04/16
Bernie & Betty Helms	04/16
George & Betty Eble	04/19
Andy & Karin Roscoe	04/20

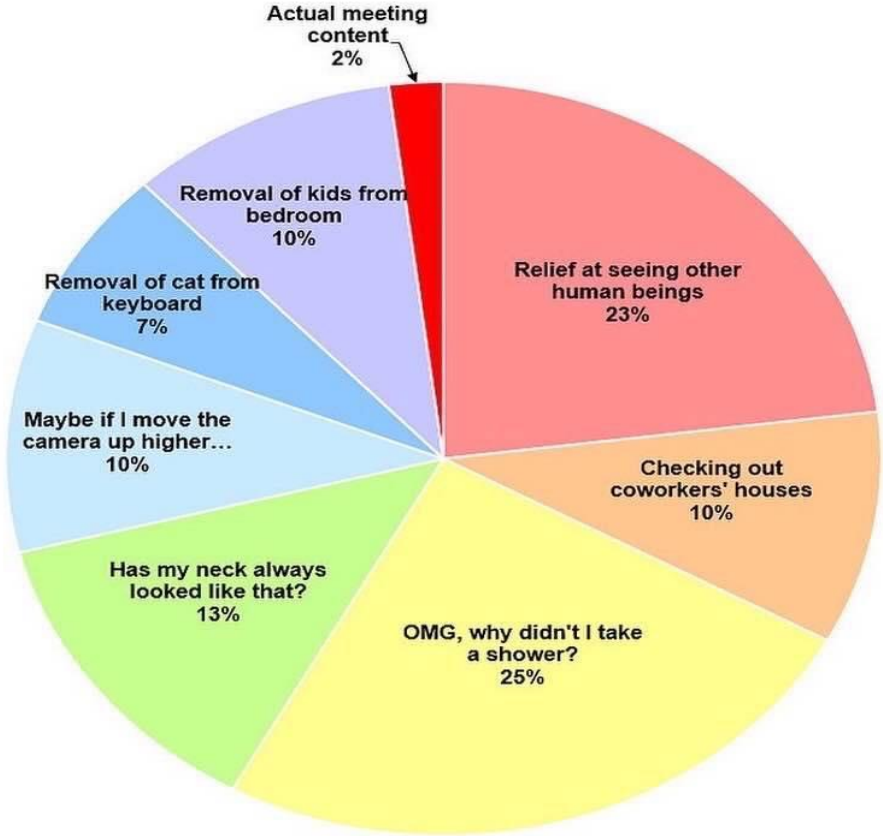
Birthdays and Anniversaries

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!





Diagram of Zoom Meeting Attention Span



Dear God,
I pray for healing
for all those affected by
this deadly virus. We
pray that all negative
outcomes be resolved in
Your Healing Hands.
Amen.



lessonslearnedinlife.com