

The **CONNECTOR**

Jim Yoe
Jr. Warden

Karen Timmons
Editor



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

APRIL 2018

WAITING

Some years ago a friend after living most of her life in Washington DC moved to rural Virginia. Visiting her a year later she went into the bank and seeing a line for the teller turned to me and said “ we are leaving I don’t wait in lines anymore.”

Waiting seems to be a fundamental aspect of life we cannot escape. Waiting on the stop light in St. Leonard at route 4 can some days seem like it takes a half hour to cycle. Most of us have been waiting for spring to arrive and yet the end of March was snow, rain, and cold weather.

Waiting is without our choice part of our existence. I wait for my resolve to build up to making a hard decision. I wait for the behavior of a loved one to straighten it's self out. I wait for the next round of therapy to be complete. I wait for my next automatic bank deposit so I can pay bills. I wait in the darkness of early morning for the next sunrise.

Anticipation, I believe is different from waiting, anticipation assumes an outcome of some sort that either buoys my hopes or feeds my fears. Waiting may be allowing a space in my life to be open to what is next. I choose to believe I do not wait alone but in the presence of God, in the presence of the my ancestors, and the company of in my current company of saints who I see all around me every day. This waiting allows me in some small way to let go of the current anxiety trying to run "rough shod" over my life. This waiting may allow me to step aside in the words of words of Archbishop Desmond Tutu, "so glimpse a more eternal perspective" on the emotions, activities, and the conditions of my life".

For me each stop light, each line at the bank or the grocery store can be a time for reflection on my condition and place in ongoing mystery we call life in the here and now.

Peace,

Fr. David Showers

VESTRY RETREAT

The Vestry held a retreat on February 11, 2018. We met for almost three hours in the Parish Hall. All Vestry members and clergy were able to attend. Our agenda was to get to know each other better and discuss at length where we see ourselves as a parish now and develop what are our goals for the immediate and long term. We concluded the day with Holy Communion.

Approaching these tasks from 4 broad categories: Communication (internal and external), Welcome, Connect, Strengthen (WCS) program, What Do We Want To Hold On To and Growing Edges, our work together generated the following:

* **COMMUNICATION: Need to Examine and How to Improve**

Internal

Announcements

Bulletin

Weekly email

Connector

Bulletin Board in each worship space

Types of verbal announcements:

Calendar, Testimonials, Special Events

Videos of Youth Activities

Youth Sharing Experiences

Child Care at Joint Services

External

Social Media

Website

SOMD.com

Radio Stations

Smore Flyers

*** Get Google Information and Wikipedia set up so our information is correct and easily accessible by phone search!!

*** WHAT DO WE WANT TO HOLD ON TO:**

| | |
|-------------------------|--|
| Community (sense of...) | Fostering lifelong relationship with God |
| Fellowship | Inclusion of children |
| Welcoming New People | Keeping 3 structures / worship spaces |
| Episcopal - "ness" | "Pastoral Care" – Empathy shown and show up for each other |
| Community Service | |

*** GROWING EDGES:**

| | |
|--|---|
| Membership – Inviting folks to events and developing relationships | Outreach |
| Finances | Engaging with Community |
| Relevance in 21 st Century | Youth involvement |
| Patience | Creating space for the marginalized, such as the LGBTQ community (acceptance, outreach) |

*** WELCOME CONNECT STRENGTHEN (WCS):**

The Vitality Committee is holding a half-day retreat in March to clarify congregational goals and the scope of the committee's work. Some of the areas they will consider are:

Metrics / Goals of the Committee (identify them)

Regular communication

How can the parish support WCS?

How can we attract various age groups, such as: 30-50, 65 and older,

How do we get parishioners to invite friends / neighbors

How can other parishioners get involved?

A Statistics / Metrics paper provided by Mark Tonacci gave us a good foundation for periodic evaluation of where we are with growth and finances. Average Sunday Attendance doesn't mean what it used to. Being fully engaged in church activities means being a part of the church as much as coming to worship on Sunday morning, We need to be aware of what it means to be an Episcopal church in the 21st Century. We acknowledge that while tradition is

important, it is also necessary to understand that there is a population out there in the community who may want a relationship fostered by the church through ministries and relevant events like the Big Conversation, the Food Drop and other social activities. Touching the lives of people through any means is the basic premise of Christ's love. The Vestry realizes that if we are going to grow and remain financially sound, we need to reach people any way we can and give them a reason to want to join us.

Members of the Vestry:

The Rev. David Showers – Rector

The Rev. Sarah Akes – Cardwell – Assistant Rector

The Rev. Skip Steiner – Adjunct Clergy

Joan Shisler – Senior Warden

Jim Yoe – Junior Warden

Jackie Vos – Treasurer, Diocesan Delegate, Vestry member

Anne Gross - Assistant Treasurer, Registrar, Alternate Diocesan Delegate

Andy Connolly – Assistant Treasurer

Sally Arbuthnot – Vestry member – Term Expires 2021

Laura Carpenter – Vestry member – Term Expires 2019

Colleen Davies - Vestry member - Term Expires 2021

Franz Kury – Vestry Member – Term Expires 2019

Anne Hayes – Vestry member – Term Expires 2021

Mark Tonacci – Vestry member – Term Expires 2020

Jackie Vos – Vestry Member - Term Expires 2020

Karen Wilson – Vestry member – Term Expires 2019



Update on the Vitality Team and the Welcome Connect Strengthen Project

The Vitality Team met on March 3, 2018 for a retreat to spend some quality time reflecting on what has been accomplished in the year since the initial workshop in March of 2017 and propose how to move forward with the original idea of growing our church.

Welcome Connect Strengthen (WCS) is MSP's intentional focus on growing diverse community participation with our church. This concept has been put into effect through the efforts of many people in many ways over the course of a year, such as a booth at the Calvert County Fair, inviting friends to the Crab Feast, the Harvest Tea and the Chili Bowl, opening the chapel on Tuesdays, Father David holding office hours at Roy Rogers on Wednesday afternoons, Book Club meeting at Salsa's once a month, Episcopal Fellowship at Asbury once a month, and community groups holding their meetings at the Parish Hall.

Our ultimate goal is to connect with the larger community in as many ways as we can. Doing so will help sustain our faith, values and ministries ensuring our relevancy and viability now and in the future.

Our current plan is to hold a combined Vestry - Vitality Team meeting on April 3rd to evaluate this Evangelism effort and determine how to move forward in the best interest of Middleham and St. Peter's Parish.

Members of the Vitality Committee:

Josh Bowen

Megan Lewis

Elizabeth Broadus

Kristin Sandusky

Sarah Akes-Cardwell+

Joan Shisler

Diane Davies

David Showers+

Hugh Davies

Skip Steiner+

Anne Gross

Karen Timmons

Anne Hayes

Mark Tonacci

Rickie Hayes

John Wilson

Mike Kolenik

Treasurer's Corner

April is known as the bad month since we all are required to pay the tax man. That thought alone, puts some folks in a bad mood. April may be the time that we look at our finances and determine where we have been and where we are going. The Finance Committee does just that each quarter in determining our risk tolerance, investments, changes to reporting requirements, and policy review. We recently discussed our investment risk and determined it should remain at moderate for investment growth. We also discussed implementing a scholarship program for high school seniors within our church or within the community to apply for funds to go to college. More on this in the coming months. In addition, we determined there was a need to update our facilities rental policies and rental fees. That also will be forthcoming in future months. Stay tuned.

April is also the time for clean up, flowers, and repairs. MSP recently fixed the leaking cupola and also installed a new furnace near the church offices. It was chilly with out heat for a week, but we soldiered on. Without your generous giving to the Building for Greater Ministry campaign and also the building and ground funds, we would have struggled mightily to pay for these two repairs. Also, our kitchen has gotten a face-lift by extending it to the farther wall near the old columbarium doors. Many thanks to Jim Yoe for directing the project and to the many volunteers who gave their time to help with the renovations. Planning and strategic thinking helps MSP to manage it's funds and ensure that we use it for what it was intended.

Actually, for MSP, April is the time for our Annual Spring Dinner fundraiser, to be held on April 14. Tickets are \$65 each. Call the church office for reservations. And, as always, if you have any questions, comments or concerns, or if you just want to vent, give me a call anytime. Numbers and email are in the church bulletin.

Jackie Vos, Treasurer



The Executive Summary and Follow-up

The Big Conversation was a five-month long effort, intended to examine and address the experience of racism and privilege in our Southern Maryland community in the past and today. This was Middleham and St. Peter's sixth annual Big Conversation on topics of interest to our community. Since the third Big Conversation, the committee has submitted, for the public, an executive summary on the outcomes or common ground discovered during each civil discourse. Below is the Executive Summary on Dismantling Racism and Privilege in Southern Maryland. It is hoped that you will find this document informative and useful and that you will share it with others as we continue to build bridges and work to dismantle racism in our community.

The participants of the Big Conversation wanted to know "what's next?" There was a follow up **Potluck and discussion on Feb. 25** to discuss going forward. Nearly 80 people attended! Several ideas came out of the session on how we can maintain the momentum. The group agreed to meet quarterly to continue to nurture the relationships that we are developing. This will be an ongoing commitment for the Big Conversation committee. The Big Conversation committee members will email information on relevant events happening. The idea of a "clearinghouse" was put forth and the committee is looking into how we might accomplish this.



Findings from the Big Conversation VI: A Communitywide Civil Conversation on Dismantling Racism

An Executive Summary

The annual Big Conversation series is sponsored by Middleham and St. Peter's Parish in Lusby and provides an opportunity for communitywide civil conversation on topics of concern. This year's sixth Big Conversation was on dismantling racism. It was offered in three parts:

- ❖ A book study on six Sundays in October and November discussing "Living into God's Dream: Dismantling Racism in America" by Catherine Meeks, over 60 participating.
- ❖ On December 3, 100 people met to view and discuss the movie "13th". The film explored race, justice, mass incarceration, and the new "Jim Crow".
- ❖ On January 14, over 200 people met to focus on dismantling racism in our own community - hearing from community leaders, sharing our stories in small groups, identifying ways we can move forward and learning about what is happening now to build bridges.

The following is a summary of what was heard and learned in each of those parts:

Book Study:

Sharing our stories and listening to others – The six sessions of the book study provided the attendees the opportunity to share their stories regarding racism and to intentionally listen to others. Many affirmed that they learned a great deal and truly expressed that "they didn't know" about aspects of racism.

Developing trust – Through the study, and especially in the later sessions, attendees – Black and White – developed a level of trust, allowing for authentic engagement around issues of race.

Working together – With Catherine Meeks' guidance, attendees grew to understand the importance of working together – Black and White – on projects of mutual interest and concern.

Wanting more - The Sunday sessions ended with participants expressing the desire to continue the conversation, many stating that they rarely had an opportunity to discuss racism with the "other" and wanting to learn more.

The Film:

About the topic – This documentary film sets out in graphic detail how racial disparities in the criminal justice system have served to continue suppression of African Americans through the present day, especially men, in the same way that "Jim Crow" laws and policies did after the Civil War.

The data is overwhelming – Most of the audience had no idea that although the U.S. has just 5% of the world's population, 25 % of the incarcerated people in the world are incarcerated in the U.S. A highly disproportionate number incarcerated in the U.S. are African American males.

Big business influence – on setting the laws and operating prisons to the extreme detriment of Blacks and Black men. Laws around penalties for drug use need to be changed and equitable.

Uncovering the facts. Hearing the stories and understanding the data is critical to dismantling racism.

The January 14th Big Conversation:

Racism never went away. It continues to exist. Issues of racism in our communities are real and current – not in the past.

Need for the truth. There is a need for a full and accurate history of slavery and racism - a fact-based history in Calvert and Southern Maryland – for students and adults. We want to acknowledge and honor Black leaders of the past and present.

Education. There is a need for more education on racism for both children and adults, and it is important to start early.

Taking responsibility. We all should take personal and organized action when racism occurs– not be silent. Don't tolerate racism from friends or enemies.

Leadership is critical - Leadership needs to be inclusive, moral and motivated, and have the courage to address racism. Informed voting is one way to create change.

There are continuing racial disparities in Calvert and St. Mary's Counties – Including continuing disparities– in schools, law enforcement, justice, affordable housing, media, health and business to name a few. How can we address this?

We need to come together and work together more. How can we come together? SMILE and the Middleham and St. Peter's food drop are good examples.

Churches have an important role. People of faith have a particular responsibility to oppose and dismantle racism. Church is a good place to start the discussion.

Creating Opportunities for honest exchange. Create small diverse group opportunities where people can share their stories and be listened to without judgement and work together to benefit the community.

Whites need to talk to one another racism – There needs to be an honest consideration of White privilege. It is too easy to not be aware of racism as a White person. Black people experience racism – small and large – nearly every day of their lives. Racism is familiar, but awareness of White privilege is not.

Activism – both personal and organizational. There is too much talk and not enough action. Individually we should train ourselves to speak out against bias and racism and seek out opportunities for engagement to do so.

We need better communication, especially about initiatives going on. We should be doing a much better job of sharing what is happening in the county and Southern Maryland to dismantle racism. What is happening in the school system is a good example. A clearinghouse would be good.

The Bridges list – The packet “Building Bridges” was shared at the January 14th session. It is a start at listing Southern Maryland resources for dismantling racism. We should work together to expand it.

This Big Conversation VI is sponsored by Middleham & St. Peter's Episcopal Church in partnership with Calvert NAACP, St. Mary's NAACP, Calvert Library, the Community Mediation Centers of Calvert and St. Mary's Counties, the College of Southern Maryland, and the Concerned Black Women of Calvert Co.

Email address: bigconmsp@gmail.com

A Report from SMILE

On March 8, SMILE held its annual meeting. This is SMILE's 26th year. Convened by President Bruce Robertson, the following provides a summary of the primary programs and activities. Middleham and St. Peter's and our parishioners support many of these activities. We also provide health services for clients and arrange for the health van and mobile career center to visit SMILE once a month. Sharon Cargo and Hugh Davies serve on the SMILE board.

- The Thrift Store – 121 volunteers maintained the thrift store, providing assistance to over 1,000 families, and generating sales of \$263,400 to support all of the SMILE ministries. The annual report noted that our Grace Korn at 95 is the oldest volunteer and does wonderful work.
- SMILE Food Pantry – The pantry budget is \$140,000 and provides 220 families with food every week. In addition to the budget providing funds for the pantry, SMILE receives food from Weis Markets, Wawa, and Panera. It also receives fresh produce from the Middleham garden and Serenity Farms. Canned goods are provided by the Boy Scouts. SMILE provides special food distributions on Easter, Memorial Day, Thanksgiving and Christmas. The pantry also distributes 300 backpacks with school supplies in September. 92 individuals volunteer at the pantry.
- Emergency assistance – SMILE provides limited emergency financial assistance to clients who need help to meet utility bills, purchase medicine, or avoid eviction. Reverend Irvin Beverly coordinates this activity. Over the course of the year, 237 clients received assistance of a total of \$67,117.
- Homeless prevention – SMILE administers a special program to assist clients who are in danger of foreclosure or eviction, or having utilities shut off. 47 individuals received assistance through grants of \$31,220.
- Ecumenical worship – SMILE coordinates the Good Friday service, including the procession from St. Peter's to Our Lady Star of the Sea on the island. SMILE also sponsors the Patuxent High School Baccalaureate service.

As President Robertson reported, "It has been a real blessing to be a part of this wonderful organization that we call SMILE and its very dedicated community, member churches, and volunteers who, together, reached out to folks in need. We must always endeavor to be a real blessing to others."



BUILDINGS AND GROUNDS

KITCHEN RENOVATIONS



How to Build a Community

You may have noticed a new poster in each of the worship spaces. Some parishioners saw the poster at a church in Annapolis and suggested that it would be good to share with our parish. In any case, it really reflects the outward focus and spirit that we as a parish are seeking through our Welcome * Connect * Strengthen initiative.

Nearly all the ideas are good ones, especially:

Know your neighbors

Greet people

Share what you have

Plant flowers

Play together

Garden together

Have potlucks

Honor elders

Bake extra and share

Sing together

Share your skills

Turn up the music

Turn down the music

Seek to understand



Which are your favorites?

Christian Formation

This month we celebrate the Great 50 Days of Easter! Stay connected weekly by signing up for the MSP Children and Youth Newsletter. Contact Rev. Sarah to be added to the list.

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

Easter Sunday April 1st

Easter Sunday, following the 9:30 service, all children through 5th grade are invited to participate in the annual **Easter Egg Hunt**. Kids should bring an Easter basket and a plastic bag for emptying the contents of the eggs after the hunt (we recycle the plastic eggs each year). There are designated hunting areas for the different age groups.



Sunday 4/15: Youth Group Meets (5-7pm)



Our monthly gathering for middle and high school youth will take place on 4/15. We'll meet in the Parish Hall. Friends are always welcome. In addition to this offering, youth gather every Sunday morning in April, except for (4/1) from 10:30am-11:30am in the lower level of the Parish Hall and tackle various faith questions from the re:form program.

Sunday 4/22: Fellowship Pot Luck (5-7pm)

Come celebrate Earth Day with a community meal! All are welcome, and the agenda for the evening will simply be to get to know each other better.

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New Beginnings Middle School Retreat

April 20-22 (Friday at 7pm through Sunday at 3pm)

Cost: \$50, financial assistance is available

The Diocese of Maryland offers this retreat for youth in grades 6-8 at Camp Wright in Stevensville, MD. It's a time dedicated to youth working through the transitions of middle school. The retreat is planned and staffed by previous New Beginners who are now in high school. Parent and adult leaders from the Diocese also serve as staff. It's a place where youth can find community in Christ and mentors in high school students. Campers are responsible for transportation to and from Camp Wright.

*****If your middle schooler is interested in participating, please contact Rev. Sarah ASAP. It will be a great weekend!*****



This year, we are encouraging participation in the VBS program offered at Christ Church. Middleham & St. Peter's has historic ties to this neighboring Episcopal parish and we are building upon this relationship through VBS.

There will be volunteer opportunities to support the program!
If you have questions, please contact Rev. Sarah.

June 18th-22nd 2018

The program will run in the morning with a special celebration dinner for parents and campers on Thursday evening 6/21.

Stay tuned for specific times and more details in the weekly email.
We'll be announcing more summer activities offered by Middleham & St. Peter's soon!

Night Watch NYC 2018

In March, I had the great joy of accompanying seven of our parish youth on an overnight pilgrimage to the Cathedral of St. John the Divine in NYC. Friday March 16th, we journeyed by bus with youth and adults from across the Diocese of Maryland to NYC. There, we met other youth from across the country who had all made their way to the sacred space of the cathedral. Our time that night was shaped by prayer, song, scavenger hunts, games, and reflection. We took part in a midnight Eucharist, and two of our youth shared poetry and art they created that evening during a late-night poetry slam. Our conversations centered on belonging and how the season of Lent can invite us deeper into realizing the deep sense of belonging God offers each of us.



Saturday morning, we packed up our sleeping bags, had breakfast and then explored the Cathedral by day. We then set out for a walk through the upper parts of Central Park. There was a special Stations of the Cross exhibit that various churches across the city are hosting. We stopped by the Church of the Heavenly Rest, which has an art installation corresponding to Station Six: Veronica Wipes the Face of Jesus. We rounded out our time in the city with lunch, and then began our trip back to Maryland. It was a wonderful and moving whirlwind, and I encourage you to talk to our youth who participated to hear more about their experience!

-Rev. Sarah



Have questions? Contact Rev. Sarah assistant.rector@middlehamandstpeters.org or 410-326-4948

Adult Christian Formation

- ✝ **Coffee and Conversation** continues on Sunday mornings from 10:30-11:30am in the Parish Hall Conference Room. All are welcome!
- ✝ **Bible Study** continues throughout the year every Tuesday morning @ 11:00 AM in the small conference room.
- ✝ **Asbury Solomons Episcopal Fellowship** - The Asbury Solomons Episcopal Fellowship will meet at the Asbury Riverview Dining Room on Monday, April 16, 2018 at noon. The speaker will be The Rev. Beth Bellner, Deacon at Christ Church, Port Republic, MD, and Russ Horton from Middleham and St. Peter's Episcopal Church. The topic will be about their experiences in "Prison Ministry". All are welcome. Please respond to Russ Horton by **THURSDAY APRIL 12, 2018** @ 410-394-3216 or at jrhortonsr@comcast.net.

Contact Fr. David Showers rector@middlehamstpeters.org
Or the office at 410-326-4948



CONVERSATIONS WITH FR. DAVID SHOWERS
Wednesdays, 2:00 – 4:00 PM
@ Roy Rogers in Solomons, MD
“Come Tell Me A Story”
Free Drink With A Story



Easter Sunday, April 1st

8:30 AM - Holy Eucharist - St. Peter's Chapel

9:30 AM - Holy Eucharist - Great Hall

10:30 AM - Easter Egg Hunt

11:15 AM - Holy Eucharist - Middleham Chapel



OUTREACH

Heart FELT backpacks provided "super sized" bags for the school Spring Break.

Thank you for your support,
Elizabeth Broadus, HeartFELT Coordinator



Boy Scout Troop 1684

Troop 1684 has been busy!

The troop practiced basic water rescues and learned about careers in aquatics at the Edward T. Hall Aquatic Center in Prince Frederick.

Four adult leaders in the troop completed the 18 hour Red Cross/BSA Wilderness Remote First Aid course over 2 weekends in February and March. This course teaches how to treat injuries in situations where first responders are at least an hour or more away. The BSA requires this course for high adventure and remote trips. With 4 leaders trained, troop 1684 is in good hands. The course must be retaken every 2 years to stay current.

We camped at Crossroad church in St. Leonard March 9-11. The scouts put practical skills to work building towers out of bamboo and rope. The troop also ran 1st Aid drills in the woods requiring teams to use navigation and 1st aid knowledge to complete. This was a fantastic camping trip!

Robb Hupp

Scoutmaster, Troop 1684

Come Out and Support Troop 1684



MONDAY, APRIL 23rd

Troop 1684 Boy Scouts Spirit Night at Roy Rogers, 5:00-7:00 PM.

Soleful Strutters Spring Launch



Our walking group will be meeting up every Wednesday from 10:00 - 11:00 on the boardwalk in Solomons. Starting point across from Our Lady Star of the Sea Church. (weather permitting)

I am not a jogger so don't let the picture mislead, this is a walking group.

In addition we will be meeting up every Monday from 10:00 - 11:00 at various locations. This upcoming Monday April 2nd will be at Calvert Cliffs State Park. [10540 H G Trueman Rd, Lusby, MD 20657](#) (weather permitting)

Monday April 9th will be at Myrtle Point Park in [St. Mary's County](#). [24050 Patuxent Blvd, California, MD 20619](#) (weather permitting)

All are welcome to join these walks, you do not need to be a parishioner to join.

Bring a friend. Any questions please email me - Karen Timmons

soleful.strutters@middlehamandstpeters.org



An Active Shooter Program

(Violent Critical Incident Response Training)

Presented by the Calvert County Sheriff's Office

Special Ops. Team, will be at:

Middleham and St. Peter's Parish Hall

10210 H.G. Trueman Road

Lusby, MD 20657

April 25, 2018 @ 6 PM



MayFest is Coming!

Saturday, 5 May, is MayFest, the parish's large indoor yard sale and a major fundraiser.

The success of this event depends on the amount of stuff we have. So ... start looking through your closets, garage, and basement for items to donate. What is junk to one person is a treasure to another!

Donations may be dropped off anytime after set up on Sunday April 29th. For contact numbers please call Anne at the office for Judy Seymour, Norma Lee Buckler, and Cheri Campbell.

If you have questions call Anne at the Parish Office, 410-326-4948.

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

Bake Sale: Parish bakers, we need your help! We need your delicious pound cakes, regular cakes and pies (sweet or savory), cookies, bars, and brownies to sell. Please bring your home-baked goodies to the Great Hall on Friday afternoon, May 4, or first thing on MayFest morning.

Plant Sale: Please bring your plant donations to the Great Hall on Friday, May 4 for pricing. Please label them since unidentified plants are hard to sell. We can use pots that are 6 inches in diameter or less. And we can always use more help. A green thumb is not required.

Raffle: There will be several nice prizes to be won – several gift certificates; chocolate, wine, and gardening baskets; two tickets to a concert at the Marine Museum; and other prizes. In addition to the raffle prizes, there will be a 50/50 raffle. Tickets for the raffle are \$1.00 each or 6 for \$5.00.

Please help make this year's MayFest a huge success.

Parish Health Ministry

For April, I thought that touching on the national topic of Mental Health Awareness could not be a bad idea. However, I am not so much trying to engage a topic that has so many depths and variables, I am just hoping to help enlighten and perhaps encourage others that need help to get it. I am not trained in mental health, but I am definitely not a stranger to it. I know how hard it is to live with and be around someone that has a diagnosed issue. I also know how difficult it can be when that person needs help, and you are at a loss to convince them to receive it. Even with this knowledge, I know now first hand what could lead people to be so resistant to admitting that there is a problem.



In the last year, I had our fourth child. In the weeks after what ended up being a very difficult cesarean, I noticed some things just felt so heavy and hard to deal with. I had already passed my postpartum depression screening, three times to be exact. I did not feel depressed, I felt *anxious*. I was constantly in a state of worry, I was constantly snapping at people, and I was constantly waiting for something horrific to happen. While all of this was mentally going on, I was fighting with the part of me that did not want people to know. I did everything in my power to make sure that it always appeared as though everything was as normal and natural as possible. I did not want someone to look at me as though I was broken, I did not want someone to tell me that I was being a bad Mother or a bad wife, I wanted everyone to believe that any cracks they saw was exhaustion and chaos being brought by having four children on summer break.

Over the summer, light started to shine through some of those cracks. My flinching as our pediatrician asked to look our daughter over, my unwillingness to allow my paramedic husband to watch our daughter, my completely altering our daily lives so that I could better supervise every moment of

every day. It was actually at her baptism that my husband finally started to recognize that this was not just a tired new mom, there was signs of a different problem. My May baby was baptized in August, and by this point in my mental health journey, I was physically apprehensive about the minister holding her for the baptism. After she was baptized I told family members that her dress was too big, I did not want her passed around because I was worried you couldn't feel her through all the layers. I was willing to make up anything and everything I could to keep her in my arms, even if my arms were also holding my 3 year old. I did not want help, and I did not *need* help.

After that day, my husband approached me. He never addressed that he was concerned, he started the conversation that he had noticed some "quirks" and just wanted to know why I was acting that way. We spoke for a while, and realized that I needed help. Just talking about the fact I was feeling that way had made a huge difference. I was no longer alone and trying to do everything on my own. My doctor also has a wealth of information, and was very open to listening to how I wanted to go to the next step. I did not want to have to be medicated, and I was very lucky in the aspect that I did not need to be. Just putting all these feelings out there and talking them through had a massively incredible impact. There was still so far to go, but no longer being exhausted trying to hide it, and trying to deal with it by myself made the weight a little lighter.

Now with that story, I feel compelled to put the reminder out there; This was my fourth c-section, I had never experienced anything like this and I thought I was "immune" to it. Sometimes you are just not going to have control over how you feel, and that's ok. My advice in its truest form, trust someone, talk to someone. I am a much different friend, wife and especially Mother, now than I was 6 months ago. Everyday I am a different and better person to those around me, and I feel good about the day and about my abilities to cope with it. So I will just close with the reminder that not all cracks need to be hidden, let people see your cracks and perhaps they can also see your light through them.

Available Resources:

Primary Care Physician

Crisis Intervention Center 410-535-1121

Suicide Hotline - 1-800-273-8255

Mental Health System of Maryland - 1-800-888-1965

Southern Maryland Community Network 410-535-4787

Anne Hayes for Parish Health

Mental Health First Aid 8-hour Course

April 28, 2018 9:00 am - 5:00 pm

Community Life Center @ Middleham and St. Peter's

[10210 H.G. Trueman Road Lusby, MD 20657](http://www.middlehamandstpeters.org/10210-H.G.-Trueman-Road-Lusby-MD-20657)

[410-326-4948](tel:410-326-4948)



Sometimes, first aid isn't

a *bandage,*

or *CPR,*

or the *Heimlich,*

or calling *911.*

Sometimes, first aid is *YOU!*

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone - friend, family member, coworker, neighbor, or member of the community - in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid

course - first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you. Take the course, save a life, strengthen your community.

REGISTRATION

To register, please email the information below to wendy.yowell@maryland.gov. If you do not have access to email, fax to [410-535-2220](tel:410-535-2220), or mail this information to:

Calvert County Behavioral Health

Attn: Wendy Yowell or Ann Ueno

PO Box 980

Prince Frederick, MD 20678

Questions? Call [410-535-3079](tel:410-535-3079) ex. 33

Name

Phone number, if any

E-mail address, if any

Occupation and employer name, if any

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

Online registration is now open

<https://portal.mentalhealthfirstaid.org/instructors/course-overview/?id=b3649cf1-622c-e811-bbd3-00155d55c7f4>

**SPRING DINNER THEATER BENEFITING
MIDDLEHAM AND ST. PETER'S PARISH**



Alumni Players Present:
"Dying For A Drink"
Dinner Theater & Wine Tasting

Date: April 14, 2018

Time: Doors Open at 5:30

Cost: \$65.00

For Information and Tickets
410-326-4948

Location: Middleham and St. Peter's Parish Hall
10210 HG Trueman RD, Lusby MD 20657



Wine & Design Event

We are excited to announce a Wine and Design Event to be held on Friday, April 20, 2018 from 6:30-8:30 pm in the Middleham & St. Peter's Parish Great Hall.

Light refreshments and fellowship will begin at 6:00pm. Please feel free to bring your beverage of choice.

Sign up, show up, sip up, paint! Bring your friends, enjoy some wine, and create memories that will last a lifetime in a two-hour painting class.

Tired of the same old entertainment? Unleash your inner artist in a fun and social environment. Art supplies, snacks, wine, and everything you will need is provided. Just sign up, show up, and paint!

Registration for this event is required. The cost for the event is \$35 per person.

You may register online at the link below, or call the Parish Office, [410-326-4948](tel:410-326-4948). Once you click the link, it will ask you for your Event Code, which is the word Paint. The code is case sensitive. Be sure not to insert any additional characters or spaces. Once you have chosen the event and added it to your cart, you will be able to complete the checkout process with a Debit or Credit Card. If you need assistance, please contact the parish office.

event URL: <https://www.wineanddesign.com/calendars/event.php?id=104335>

Or call the Parish Office, [410-326-4948](tel:410-326-4948).



Living Well Through Lent is moving forward this year to “*Living Well Through 2018*”, and will continue on Thursdays @ 9:00 AM @ The Frying Pan in Lusby. If you couldn’t join us during Lent please consider this Wellness Group, “Loving with all your Heart, Soul, Strength and Mind. It is an informal fellowship time with a discussion also on Living Well.

All are welcome, one does not to be a parishioner so please share this information.

Starting in May on Wednesday mornings St. Peter’s Chapel will be open to the community for quiet prayer, reflection or meditation. Also for tourists or locals that have questions or an interest in Middleham and St. Peter’s Episcopal Church.

Saturday, May 5th @ 6:30 – 12:30 MayFest

Sunday, May 6th 1:00 PM Sweet Potato Plantings in MSP Garden

Sunday, May 20th @ 9:30 Pentecost Joint Service and Parish Picnic

Saturday, June 9th Noon – 1:30 PM Tropical Tea-zer

Friday, June 22nd Bible Museum Trip



Connector Article Deadline

The deadline for submissions for **MAY** will be **APRIL 16TH -20TH**

Fr. David Showers and I will be at the Episcopal Communicators Conference, “EpisComm18: Pause.Connect.Grow” at the Kanuga Conference Center, Hendersonville, NC.

If time permits I will work on the rough draft of The Connector while in NC.

Thanks so much, [Karen Timmons, Communications](#)



Sunday, APRIL 1st – Easter Services

Monday, APRIL 2ND @ 10:00 – 11:00 AM Soleful Strutters at Calvert Cliffs (weather permitting)

Monday, APRIL 2ND, 9th, 16th, 23rd, 30TH @ 6:30 PM “Empathy Café”, in the conference room.

Tuesday, APRIL 3RD, 10th, 17th, 24TH @ 11:00 AM - Bible Study in the small conference room.

Tuesday, APRIL 3RD, 10th, 17th, 24TH @ 4:00 – 5:00 PM - Middleham Chapel Open to The Community. (Personal Prayer, Reflection or Meditation). Please Note Not Open at Noon, schedule change.

Tuesday, APRIL 3RD & 17th - @ 6:30 - 8:00 PM - Evening Meditation Practice - in the Parish Hall - Open to all, 1st and 3rd Tuesdays.

Tuesday, APRIL 3RD @ 7:00 PM Vestry and Vitality Meeting

Wednesday, APRIL 4th @ 10:00 AM - 2:00 PM - The Southern Maryland Job Source Mobile Career Center (MCC) at SMILE

Wednesday, APRIL 4th @ 10:00 AM Big Conversation Meeting

Wednesday, APRIL 4th 11th, 18th & 25th @ 10:00 – 11:00 AM Soleful Strutters Walking Group on Solomons’ Boardwalk, weather permitting.

Wednesday, APRIL 4th, 11th, & 25th @ 2:00 – 4:00 PM Fr. David at Roy Rogers “Tell Me A Story”

Wednesday, APRIL 4th, 11th, 18TH & 25th @ 7:00 PM Boy Scout Troop 1684

Wednesday, APRIL 4TH & 11TH @ 7:00 PM Alumni Players Rehearsal

Thursday, APRIL 5TH, 12TH, 19TH & 26TH @ 9:00 AM @ Frying Pan *Living Well Through 2018*

Thursday, APRIL 5TH, 12TH, 19TH & 26TH @ 6:15 PM Bell Choir

Thursday, APRIL 5TH, 12TH, 19TH & 26TH @ 7:00 PM EFM

Monday, APRIL 9th @ 10:00 – 11:00 AM Soleful Strutters at Myrtle Point Park (weather permitting)

Monday, APRIL 9TH @ 3:00 PM - Daughters of the King

Sunday, APRIL 8th @ 2:00 PM Parish Health Meeting in the Parish “Great Hall”.

Tuesday, APRIL 10TH @ 10:00 AM Staff Meeting (Please Note Moved To 2nd Tuesday for April)

Tuesday, APRIL 10TH @ 1:30 PM Food Distribution Prep time, volunteers needed

Wednesday, APRIL 11TH @ 10:00 AM – 2:00 PM A Nurse Practitioner and the Health Van, sponsored by Calvert Memorial Hospital, will be at SMILE.

Wednesday, APRIL 11th, 18TH & 25th @ 10:30 AM HeartFelt loading of backpacks

Wednesday, APRIL 11TH @ 6:00 PM Outreach Meeting

Friday, APRIL 13th @ 10:00 AM – “Tea-Zer” Planning Meeting for June 9th, all are welcome to join.

Friday, APRIL 13th @ 11:30 AM – “Books, Banter & Brunch”, meeting of the book club at Salsa's Mexican Cafe in Lusby. All are welcome, will be deciding on next selection. Meets 2nd Friday of each month.

Saturday, APRIL 14th @ 5:30 Spring Dinner Theater

Monday, APRIL 16th @ noon - Asbury Episcopal Fellowship in the Asbury Riverview Dining Room at Noon, cost is \$11.00 for your meal, reservations needed by Thursday, April 12th.

Thursday, APRIL 19TH @ 6:00 PM SMILE Board Meeting

Friday, APRIL 20th @ 5:00 PM Wine and Design

Sunday APRIL 22nd @ 5:00 PM Fellowship Pot Luck

Monday APRIL 23RD @ 5:00 PM BSA Troop 1684 Spirit Night @ Roy Rogers

Wednesday, APRIL 25th @ 6:00 PM Active Shooter Program

Saturday, APRIL 28th @ 8:00 AM – 4:00 PM Mental Health First Aid Training

Sunday April 29th – May 4th MAYFEST Preparation Week



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 |
| Rachel Clift | 04/12 |
| Virginia Binger | 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 |

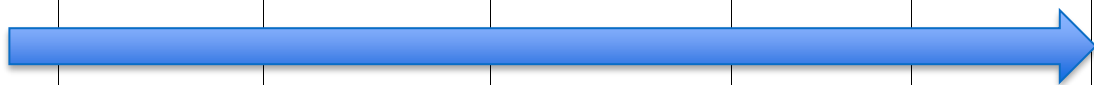


APRIL ANNIVERSARIES

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

A P R I L

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|---|
| 1 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 10:15 AM Easter Egg Hunt 10:15 AM Christian Formation 11:15 AM HE Middleham | 2 6:00 PM AA Meeting 6:30 Empathy Café 7:00 Musica Rehearsal | 3 11:00 AM Bible Study 4:00 – 5:00 PM Middleham Chapel Open 6:30 PM Meditation 7:00 PM Vestry & Vitality Meeting 8:00 PM AA Meeting | 4 9:00 AM HE-St. Peter's 10-2:00 JobSource Van @SMILE 10:00 BC Meeting 10:30 AM Heart FELT Backpacks 2:00 – 4:00 PM Fr. David @ Roy Rogers 7:00 PM Boy Scouts – 1684 7:00 PM Alumni Players Rehearsal | 5 9:00 AM Living Well Through 2018 @Frying Pan Restaurant 6:15 PM Bells 7:00 PM EfM | 6 6:30 PM Girl Scouts – 2762 | 7 10:00 AM Overeaters Anon 7:00 PM AA Meeting Boy Scout Campout onsite |
| 8 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 10:30 AM Christian Formation 11:15 AM HE Middleham 2:00 PM Parish Health | 9 3:00 PM Daughters of the King 3:30 PM Girl Scouts 5145 6:00 PM AA Meeting 6:30 Empathy Café | 10 10:00 AM Staff Meeting 11:00 AM Bible Study 1:30 PM Food Distribution Prep 4:00 – 5:00 PM Middleham Chapel Open 8:00 PM AA Meeting | 11 9:00 AM HE-St. Peter's 10-2:00 PM Health Van @ SMILE 10:30 AM Heart FELT Backpacks 2:00 – 4:00 PM Fr. David @ Roy Rogers 6:00 PM Outreach 7:00 PM Boy Scouts – 1684 7:00 PM Alumni Players Rehearsal | 12 9:00 AM Living Well Through 2018 @Frying Pan Restaurant 6:15 PM Bells 7:00 PM EfM | 13 10:00 AM Tea-Zer Planning Meeting 11:30 Books, Banter, Brunch Book Club @ Salsa's Restaurant | 14 10:00 AM Overeaters Anon 5:30 Dinner Theater 7:00 PM AA Meeting |
| 15 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 10:30 AM Christian Formation 11:15 AM HE Middleham | 16 12:00 PM Asbury Fellowship 6:00 PM AA Meeting 6:30 Empathy Café | 17 11:00 AM Bible Study 4:00 – 5:00 PM Middleham Chapel Open 6:30 PM Meditation 8:00 PM AA Meeting | 18 9:00 AM HE-St. Peter's 10-2:00 PM Health Van @ SMILE 10:30 AM Heart FELT Backpacks 7:00 PM Boy Scouts – 1684 | 19 9:00 AM Living Well Through 2018 @Frying Pan Restaurant 6:00 PM SMILE Board 6:15 PM Bells 7:00 PM EfM | 20 5:00 PM Wine & Design 6:30 PM Girl Scouts – 2762 | 21 10:00 AM Overeaters Anon 7:00 PM AA Meeting |
| 22 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 10:30 AM Christian Formation 11:15 AM HE Middleham 5:00 PM Fellowship Pot Luck | 23 3:30 PM Girl Scouts 5145 5:00 PM BSA Troop 1684 Spirit Night @ Roy Rogers 6:00 PM AA Meeting 6:30 Empathy Café | 24 11:00 AM Bible Study 4:00 – 5:00 PM Middleham Chapel Open 8:00 PM AA Meeting | 25 9:00 AM HE-St. Peter's 10:30 AM Heart FELT 2:00 – 4:00 PM Fr. David @ Roy Rogers 6:00 PM Active Shooter Program 7:00 PM Boy Scouts – 1684 | 26 9:00 AM Living Well Through 2018 @Frying Pan Restaurant 6:15 PM Bells 7:00 PM EfM | 27 | 28 8:00 Mental Health First Aide Training 10:00 AM Overeaters Anon 7:00 PM AA Meeting |
| 29 8:30 AM HE St. Peter's 9:30 AM HE Great Hall 10:30 AM Christian Formation 11:15 AM HE Middleham MAYFEST PREP WEEK | 30 6:00 PM AA Meeting 6:30 Empathy Café | | | | | |



APRIL 2018

WORSHIP SCHEDULE

| DATE | SERVICE Time & Location | CELEBRANT | CHALICIST | READER | GREETERS | HEALING St. Peter's @ 9:00 AM |
|------------------------------------|-------------------------------|---------------------------------|-----------------|---------------------|-------------------------------|-------------------------------------|
| <i>04-01-18</i> | 8:30 AM St. Peter's | Fr. David Showers | Anne Gross | | Bernie Helms & Russ Horton | <i>04-04-18</i> |
| <u>Easter Sunday</u> | 9:30 AM Parish Hall | Rev. Akes-Cardwell | Colleen Davies | | | Fr. Showers |
| | 11:15 AM Middleham | Fr. David Showers | Karen Wilson | | | |
| <i>04-08-18</i> | 8:30 AM St. Peter's | Fr. Skip Steiner | Betty Eble | Anita Shepherd | Dick & Rosemary Staley | <i>04-11-18</i> Fr. Steiner |
| <u>Second Sunday of Easter</u> | 9:30 AM Parish Hall | Fr. David Showers | Tom Briggs | | | |
| | 11:15 AM Middleham | Fr. Skip Steiner | Jackie Vos | Bruce Calvin | | |
| <i>04-15-18</i> | 8:30 AM St. Peter's | Rev. Akes-Cardwell | John Wagner | Nancy Briggs | John & Sharleen Wagner | <i>04-18-18</i> |
| <u>Third Sunday of Easter</u> | 9:30 AM Parish Hall | Fr. David Showers | Diane Davies | | | Rev. Akes- Cardwell |
| | 11:15 AM Middleham | Rev. Akes-Cardwell | Jane Knox | Brenda Hollweger | | |
| <i>04-22-18</i> | 8:30 AM St. Peter's | Fr. David Showers | Bill Miller | Sally Ray | Monte & Sally Ray | <i>04-25-18</i> |
| <u>Fourth Sunday of Easter</u> | 9:30 AM Parish Hall | Sermon - Rev. Akes- Cardwell | Laura Carpenter | | | Fr. Showers |
| | 11:15 AM Middleham | Fr. David Showers | Mike Shisler | Claude Martin | | |
| <i>04-29-18</i> | 8:30 AM St. Peter's | Fr. Skip Steiner | Anne Gross | Jim Shepherd | Tom & Joan Hogenson | |
| <u>Fifth Sunday of Easter</u> | 9:30 AM Parish Hall | Fr. Skip Steiner | Colleen Davies | | | |
| | 11:15 AM Middleham | Fr. Skip Steiner | Jackie Vos | Sharon Cargo | | |

Altar Guild

ST. PETER'S: : BETTY MILLER
 GREAT HALL: DIANE DAVIES & ANNE GROSS
 MIDDLEHAM: NORMA LEE BUCKLER & SHARON CARGO