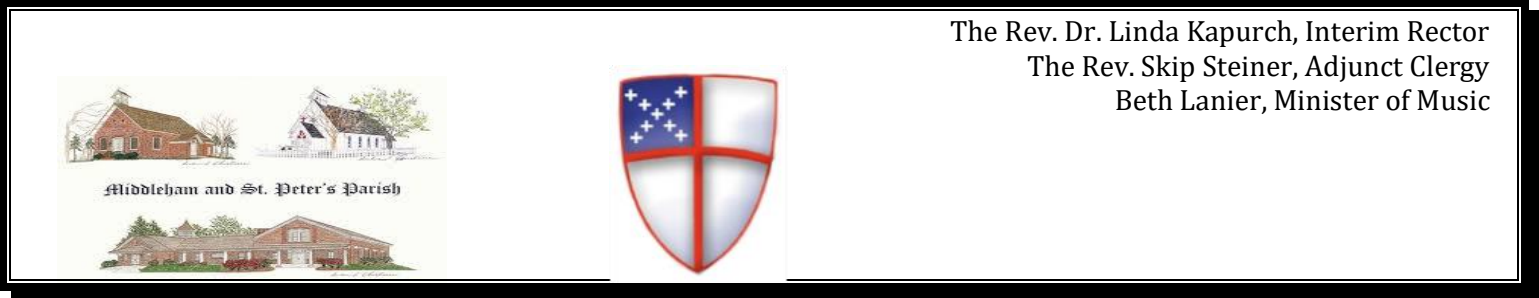


The **CONNECTOR**

Jim Yoe
Jr. Warden

Karen Timmons
Editor



MAY 2020

Contradictions

There are many contradictions in our lives, especially these days. Some contradictions are obvious, others not so much. Just to get it out of the way, since we are a church, I'm guessing that the Bible comes to mind when contradictions are brought up. I'm certainly not an expert in the Bible, but I've noticed that for almost every event or circumstance mentioned in the bible, there is an alternative or contradiction that presents itself. Because we are a church, many of us turn to the bible in good times and in bad times looking for guidance and answers and odds are we'll find them. How contradictory is it that we recently experienced the Holiest of religious holidays, Easter, Passover and Ramadan during one of the most difficult times in world history? How can God's presence be felt when some might feel that God has abandoned us? How do we remain faithful when circumstances push us to the limit to doubt our faith? This is only the tip of the iceberg of how contradictions exist in our present life.

How is it possible to walk outside and experience a beautiful spring day with trees budding, bees buzzing, birds singing, flowers blooming, and the warmth of the sun on our faces and still have the COVID-19 crisis hovering around like a dementor from the Harry Potter books? How is it possible for us to be cloistered in our homes with family members and still feel so isolated by this necessary social distancing? How is it that the worst crises tend to bring out the best in people? A contradiction is that the good get better and the bad get worse. How is it that while some people step up and contribute in so many good ways to do anything and everything possible to help, offer kindness, and give heroically, while there are others who fall into the “bringing out the worst category” which rears its ugly head in forms such as scams, price gouging, looting, noncompliance, selfishness, racism and xenophobia?

How can we keep apart and stay together? Keep your distance, but stay close. How can we have hope and hopelessness at the same time? How can we muster up courage when fear threatens to consume us?

One of the biggest contradictions of all is that in the past a primary goal has been to get off line, put our phones down, not to watch too much TV or stream movies and disconnect. Now our lifeline is online and everyone is being encouraged to spend as much time as possible doing just that. As many of us struggle with boredom we just have to contradict that with a plethora of other things to do online or offline. Start a hobby. Write a letter. Write a book. Read a book. Learn a language. Play a board game. Do a crossword puzzle. Do a jigsaw puzzle. Learn to play chess. Binge-watch a television series. Watch movies. Clean out the closets. Learn some new recipes from a famous chef. Listen to music. Call someone and have a conversation. Take a walk inside or outside. Stretch. Take a virtual tour of an art museum or a national park. Order take out and support a local restaurant.

Usually we celebrate anniversaries of wonderful milestones, but there are also always going to be anniversaries of the horrible events that have happened in world history and in our lives. The Ides of March will take on a new meaning as we recall how COVID-19 invaded our lives, but we will also celebrate the day

the virus ends, a contradiction we have to look forward to. We remember the passing of loved ones in our lives, but we also celebrate the joy of every birth. Now in the presence of so many deaths that affect so many people personally, for many they will be remembered only as being part of the daily rising death toll. The contradiction, however, is that there are so many people testing positive for this virus who survive and many more who will not get it at all who will continue to remind us that we can get through this no matter what. It shouldn't be a competition to see which country in the world or state in the nation leads in deaths and the number of people testing positive. We may never know those statistics completely. The competition should become a collaboration of world and local leaders and scientists who come together to find a solution to combat this or any other kind of adversity that affects the world's population and this precious earth on which we all live.

By now you are aware that for every piece of bad news there is some good news to contradict that. We have been given an opportunity to press the reset button on normal. The before and after COVID-19 will be different and the after has the potential to be exceedingly better. Think about it. What did we have before that we can do without now? What are we doing now that is different than before, but is better for us and the environment? We've changed the way we address hygiene and germs so less people will get sick from other things. We are not so keen on getting a specific brand of something, but are making do with any brand of everything we need. We are spending more time with immediate family and figuring out how to get along in limited surroundings. We may also be learning a lot more about ourselves and each other than we wanted to know, but which will ultimately be better for forming and maintaining a closer relationship with the ones we love. We will have to redefine what it means to be sociable and understand that protecting ourselves and others may mean wearing a mask. The three-second rule may turn into the three-day rule. We will be forced to address mental illness, depression, and abuse, which is going to be a side effect of this virus. The real fact that big brother could be watching us more closely may seem like an invasion of privacy, but it could be a way to keep us safer. We are conserving the use of paper products, killing less trees. For the first time in

years, some regions all over the world that were clouded with a haze of air pollution have seen a dramatic improvement in air quality recently as car traffic and air travel have nearly grounded to a halt.

By now you should also be aware that MSP is providing online worship opportunities that you can participate in or simply watch. On a wider level you are also encouraged to seek out other spiritual offerings, so maybe pick an Episcopal diocese, any diocese and see what they have in store for you. If you find an interesting site please let us know so we can share it. Stay within the comfort of your home church or broaden your horizons and see what else is out there to feed your faith in these unconventional, uncertain and unsettling times. Just to be contradictory let's look forward to losing the "un" in front of all those words. We have changed the way we do church so maybe we should consider how virtual options can be good for us as a congregation. The option of going to church on Sunday has taken on many forms, contradictory to say the least, but all equally effective in supporting faith needs. Being there in the pews and/or online could be the church's future. Having online church options seem to bring in people who are deterred and uncomfortable by physically coming to church, but realize they need a church community.

These are just some of the leading edges for what we can do to create a new and improved normal. What is your silver lining in this unprecedented bad / good opportunity? Try to be optimistic. It is uplifting. Get those endorphins going and you will actually feel better. Pessimism is its contradiction. It feeds on fear and actually makes us feel worse. Resilience and restoration contradicts defeat and destruction. Focus. Breathe. Smile. It's the contradiction of a frown. The sun does come up everyday, even if it's cloudy.

Blessings

Joan Shisler, Senior Warden

24 Apr 2020: *And the people stayed home.*
c. The Rev. Dr. Linda M. Kapurch, Interim Rector

Like many of you, I receive a lot of commentary—in the form of eMails and Facebook posts mostly—intended to lighten up these anxious and most-unusual days. One that recently came across my radar screen was this reflection by Kitty O’Meara (does anyone out there know who she is?) No matter; I’ve given her credit for what follows:

And the people stayed home. And read books, and listened, and rested, and exercised and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal.

And when the danger passed, the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Who knew—that *staying* (or more to be point, being cooped up at) *home* could be this ‘Resurrection experience?’ For us, who are in the thick of the Easter Season, it may seem much more like one, interminable Good Friday—for the not-knowing, the uncertainty, the pins-and-needles that we’ve all been on. But, just think about it! Resurrection leads us to...*think differently*. And it is precisely because of the Resurrection that we can make *new choices...dream new images...create new ways to live...and be healed*.

This time of (enforced) incubation—of being solitary, in solitude and silence—when we (might just have to) face our own shadows, can—in the end—lead to this *new way of being*:

known as Eternal Life, which Jesus died to give us. As you've heard me say before, what good is Eternal Life—if we have to wait until we die...to get it? Jesus's Resurrection from the dead *now* is meant for so much more for us...*now*. In the midst of so much suffering *now*, it is impossible to carve out this new way of being *now*. We are all in the throes of varying degrees of trauma and grief (for an excellent exposition of this, I highly recommend Joshua Rodriguez-Hobbs', Episcopal Chaplain at Johns Hopkins, presentation to the Clergy, "Trauma, Grief, and Ministry," found on www.episcopalmaryland.org, under the COVID-19 Response- Tab.) *Now* is not a good time to take important decisions or strike out on a new life's direction or re-configure a relationship. Instead, *now* is the time to...*stay home*—and allow the miracle of Jesus' Rising from the dead-- and all of the graces that flow from it-- to work its miracle... in us.

The bad news is that we don't know how long we'll be staying home—for some of us, longer than for others. The Good News is that Jesus' new creation is being formed right in our midst, and we just have to wait around...reading our books, and playing games with our children, and (hopefully !) not arguing with our spouse, and exercising...to see it.

P.S. Send me an eMail: MSPPastorLinda@gmail.com; if any of this strikes a chord with you; I'd love to hear from you!

Faithfully,

Pastor LindaK+

PARISH LETTER UPDATE 04-24-20

Dear Fellow Parishioners,

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

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

ALL distribution of Holy Communion is banned in whatever form: pastoral visits, Reserved Sacrament, etc.

Maryland Schools are closed through May 15th.

PASSWORDS FOR ZOOM NO LONGER REQUIRED

*There is an offering on **Sunday Mornings, 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.

<https://zoom.us/j/242641749> (Meeting ID: 242 641 749)

or call 301-715-8592 (Meeting ID 242 641 749).

*There is an offering on **Sunday Mornings Prayer Online** worship opportunity hosted by Laura Carpenter, Rev. Greg Syler and Pastor Linda Kapurch.

Log-on or call in to our ZOOM online Morning Prayer by or before 10 am Sunday morning.

<https://zoom.us/j/814070929> (Meeting ID: 814 070 929)

or call 301-715-8592 (Meeting ID 814 070 929).

***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**.

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

*Join the Maryland Diocese every **Tuesday** for **NOON DAY PRAYER**.

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

***Coffee Hour hosted by Anne Hayes on Wednesday's at 3:00 PM.**

Join Zoom Meeting

<https://us02web.zoom.us/j/3770715758>

Meeting ID: 377 071 5758

***There is 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.

<https://zoom.us/j/318167939> (Meeting ID: 318 167 939)

or call 301-715-8592 (Meeting ID 318 167 939).

The **Caring Network** is continuing to call parishioners on a weekly basis. If you are not receiving a phone call, please contact Diane Davies. 410-326-0370 daviesd@comcast.net

If you or someone you know should be on our prayer list please send it to office@middlehamandstpeters.org or daviesd@comcast.net

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/givingonline/>

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, logging into zoom etc., 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](#)



Caring Network

“Call on me when you need a friend. We all need somebody to lean on.”

These words from the song *Lean on Me*, have new meaning for all of us. The revived MSP Caring Network (CN) callers (25 of them) took these words to heart and for the past six weeks have made weekly calls to check in on MSP parishioners. The results have been marvelous:

- 1) Every parishioner, for whom we have contact information, is regularly contacted by a Caring Network Caller for a friendly “We Care about You Chat “.
- 2) Parishioners who did not previously know each other are becoming friends. Many are praying together.
- 3) Contact information on all parishioners is verified and updated -looking forward to a new parish directory.
- 4) Parishioners who were not receiving email information, such as the MSP *Weekly* and the *Connector*, because of missing or incorrect email addresses should be receiving them soon.
- 5) A new Prayer List is published in the MSP *Weekly* for anyone who desires to be on the list or would like prayers offered for a friend or loved one.
- 6) Caring Network Callers have advised their people on the various opportunities for online worship, not only for Holy Week and Sundays, but throughout the week.

- 7) They have helped parishioners to access Zoom. The Network has referred parishioners to Jim Yoe, who has helped several parishioners to access Zoom. The CN callers have also helped parishioners to fix other computer and email access problems. This has allowed parishioners to feel more connected with their church, worship together and meet together for parish events such as Coffee and Conversation with our Asbury folks or the Wednesday Zoom Coffee Hours.
- 8) The clergy leadership and the CN callers have helped numerous parishioners with needs from food and shelter, masks, medical, and pastoral counselling or to connect with agencies who can assist them.

For as long as we are in quarantine and practicing social distancing the Caring Network will continue to stay in touch with parishioners. The Caring Network is practicing what Bishop Sutton asked us to do in his March sermon to: Stay Calm. Stay Churched, Stay Connected.

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



Middleham and St. Peter's Episcopal Parish

Middleham and Saint Peter's
EPISCOPAL PARISH
The Caring Network



PRAYER LIST

Doctors, Nurses, EMT'S, Those Hurting And Suffering
And Researchers

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
Peggy Hovermale
Penny File
Dana King
Martha Matthewson
Jonathan Seymour
Jenny Magee
Tom Bennett
Pam Bennett
Julia Ann Majsztrik
Dr. Lawrence Chairamonte
Jeremy Nazimek

Andrea Glasgow
Carol Anderson
Danny Miller
Dr. Elizabeth Rickerson
Sarabeth Smith
John and Abigail Wagner
Sarah and Antonio Gaustafierro
Hannah Schul
David Schul
Sue and Dick Hu
Jim Stevenson
Virginia Krivos
Amish Shah
Craig Garland
Joy Walters
Dave Smith
Nikki McAllister
Barbara Fetterhoff
Flo Pamillo
Mack Spencer
Mary Moore
Marj Costanzo
Ginger
Mary Ellen Elwell
Abby Renchan
Maddie Olson
Theresa Eble
Jered Whealton
Bob Elperman
Phyllis Duff

Jim Horton
Hannah Spencer
Ronald Moore
Bob Wilson
Rosie Carter
Eddie Jones
Gary
Greeta Holden
Richard Hayes
Elliott James
Lori Garcia
Dorothy Lada
Jessica Lewis
Jean Cooper
Meaghan Augulario
Kerry White
Virginia Binger
Abby Renchan
Maryellen Kalivoda
Becky Smith
Llaria Grace
Susan Monjauze
John Bell
Sue Berry
Eddie Jones
Wendy Clowser
Cathy Prusia
Tom and Lil Lauterbach
Joyce Barony
Trey Mancini

Joan Shisler, Senior Warden
Caring Network

Tell us if you or the person's name you submitted should remain on the Prayer List.

If we do not hear from you, the name will be removed.

If you need to submit or resubmit a name,
please contact Diane Davies daviesd@comcast.net.

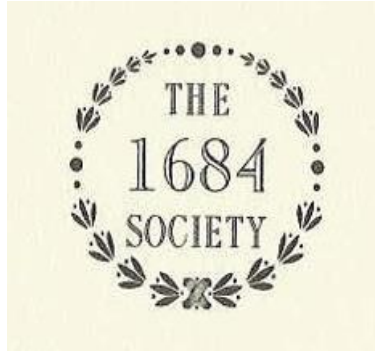


If you use the Forward Day by Day booklet for your daily devotions, please let Anne Gross, 410-610-2706, know. Anne will mail a copy of the May - July edition to you as soon as they arrive. Please specify whether you use the regular or large print version. Thank you.



For those that listen and subscribe to Podcasts, “Forward Day by Day Podcast” is an excellent listen. Each day lasts about 4 minutes and is a good calming break during your 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. Awards from the fund may also support tuition or supplies for skilled trades training, and for higher education expenses.

Awards will be made based on need and there is no deadline for applying.

If you need more information or not sure if what you need support for, qualifies, please contact Hugh Davies at 410-326-0370 or daviesh@comcast.net

Applications are available on the website.

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

SCAM ALERT: COVID-19 Scams

Police are warning the public about a new coronavirus-related scam.

The scam involves a text message that tells people they've come in contact with someone who has tested positive for COVID-19. The text urges people to self-isolate and click a link for more information.

"DO NOT click the link!" the Thomaston (Maine) Police Department warned. "It is not a message from any official agency. It is however a gateway for bad actors to find their way into your world."

The department issued the warning after several people reported receiving the text.

"The virus is not the only invisible enemy. Be vigilant against all threats!" the department wrote on Facebook.

According to the [Federal Trade Commission](#), Americans have lost \$13.4 million to coronavirus-related fraud since the beginning of the year. However, that figure could be much higher since not all consumers report fraud to the agency.

Aside from bogus text messages, the other top COVID-19 schemes are related to travel and online shopping. Phone scammers are also posing as government officials amid the pandemic, the FTC warned.

If you're getting calls, emails or texts, or seeing related offers online, here are some things to keep in mind:

- First, the government will never call out of the blue to ask for money or your personal information (like Social Security, bank account, or credit card numbers).
- Anyone who tells you to pay by Western Union or Money Gram, or by putting money on a gift card, is a scammer. The government and legit businesses will never tell you to pay with those methods.

The public is urged to be on the lookout for any of these COVID-19 scams, which can be reported to the:

National Center for Disaster Fraud (NCDF) hotline (1-866) 720-5721 or to the NCDF e-mail address disaster@leo.gov

- Treatment scams: Scammers are selling fake vaccines, medicines, and cures for COVID-19.
- Supply scams: Scammers are claiming they have in-demand products, like cleaning and household supplies, and medical supplies, but when an order is placed, the scammer takes the money and never delivers the order.
- Charity scams: Scammers are fraudulently soliciting donations for non-existent charities to help people affected by the COVID-19 crisis. Scammers often use names that are similar to the names of real charities.
- Phishing scams: Scammers, posing as national and global health authorities, such as the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC), are sending fake emails and texts to trick the recipient into sharing personal information like account numbers, Social Security numbers, and login IDs and passwords.
- App scams: Scammers are creating COVID-19 related apps that contain malware designed to steal the user's personal information.
- Provider scams: Scammers pretending to be doctors and hospitals demand payment for COVID19 treatment allegedly provided to a friend or family member of the victim.
- Investment scams: To promote the sale of stock in certain companies—particularly small companies, about which there is little publicly available information—scammers are making false and misleading claims that those companies can prevent, detect or cure COVID-19.

Thank you, Julie Fuller, for sharing this information.



In the last edition of the Connector, the Big Conversation Steering Committee announced the postponement of our planned annual Big Conversation from April 26 to Sunday, September 13, 2020. The title for the event is: *Many Wounds to Heal: Health Care Inequality- How does it affect me?* While the committee has done a great deal of preparation for this event, the pandemic has precluded an event like the Big Conversation being held in the April timeframe.

What has happened since the rescheduling is the disclosure of substantial disparities in the impact of Covid-19 on Blacks throughout the country. This is particularly true in Maryland where Blacks are 29% of the population, but make up 47% of the covid-19 cases. In comparison, Whites are 58% of the population, but only make up 29% of the covid-19 cases. This data is from Johns Hopkins as of April 21. Given our studies and interviews, the Big Conversation Committee is not surprised by this information. We are surprised by the extent of the disparity. The pandemic and the racial disparities substantially raise the need for us to examine this issue in the context of Southern Maryland whereas of April 23, we had 657 Covid-19 cases and 38 deaths.

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 critical 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 and all in our community that are suffering from the Covid-19 virus.

Diane Davies – Chairperson

Big Conversation Partners for Dismantling Racism and Privilege in Southern Maryland

Christian Formation - Children & Youth

The youth and I are still meeting, the younger group have not been on zoom in the last week or so, but I still email activities and videos out to them

Anne Hayes, For Christian Formation Children & Youth

**This photo was taken a short time after sunrise on Easter morning.
By Dr. Charles Bennett**



**THOSE GRADUATING FROM
HIGH SCHOOL OR COLLEGE
WILL BE RECOGNIZED BY
MIDDLEHAM & ST. PETER'S
PARISH**

If you or a member of your
family are graduating,
email:

office@MiddlehamandStPeters.org
with the name of the graduate, the
high school or college, and the
degree.

**We know during these unusual
times many graduations will be
celebrated differently.**





Coffee and Conversation at Asbury

Come Join Us! By Zoom on Friday May 15 at 10:00 am

Our zoom session on April 17 went well, and those on the call asked that we continue it as long as we cannot meet in person. We will send you the study materials and zoom instructions the week before the meeting. Last week we had a very interesting study of Thomas and how doubting works for us in our faith and our everyday lives. Program leaders Dr. Charles Bennett, Claude Martin and Hugh Davies want you to know that, while our program has a foundation of Bible study (the Reading Between the Lines curriculum), our focus is on the discussion.

Call Hugh if you have questions at 410-326-0370.

Hugh Davies, Charles Bennett and Claude Martin



WORSHIP & PRAYER 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)

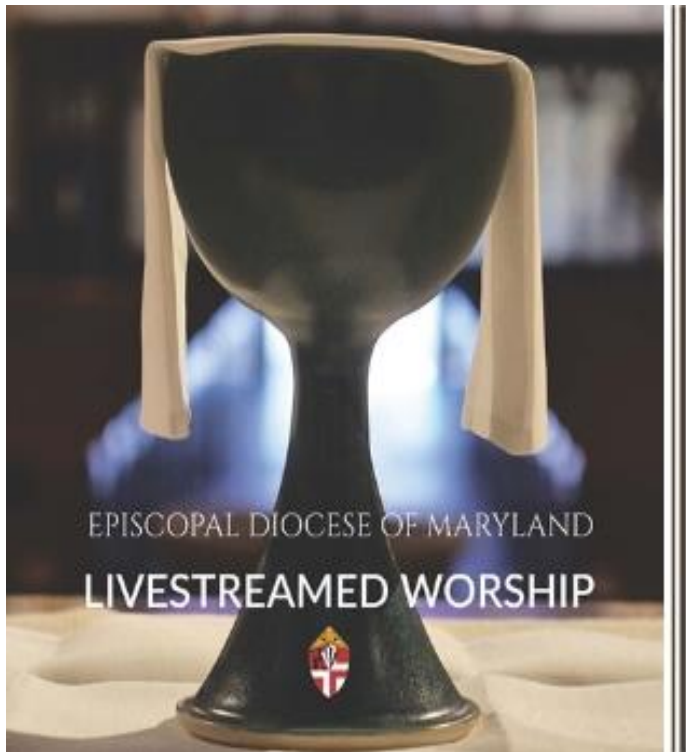
Sunday
ON ZOOM
Morning
10am Sundays
Prayer

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.STGEORGESVALLEY-ET.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)



"COFFEE HOUR" IS NOW SCHEDULED FOR WEDNESDAY AFTERNOONS.

SO GET YOUR BEVERAGE READY AND JOIN ANNE HAYES AT 3:00 PM.

Join Zoom Meeting

<https://us02web.zoom.us/j/3770715758>

Meeting ID: 377 071 5758

If you have any questions contact Anne Hayes mspyouthleader@middlehamandstpeters.org

A flyer for Pastoral Care is set against a background of yellow flowers. The text is contained within a white oval. At the top, the words "PASTORAL CARE" are written in a large, bold, brown serif font. Below this, in a smaller, brown serif font, is "Middleham and St. Peter's Episcopal Church". The main message, "If you or someone you know requires pastoral care or want communion at home, please let us know.", is in a brown serif font. At the bottom, the contact information "office@middlehamandstpeters.org" and "410-326-4948" is provided in a brown serif font.

**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

Think fast!

In the United States, Stroke is the fifth leading cause of death and the major cause of disability for adults. Approximately 795,000 people will have a stroke yearly. We need to

understand that a stroke is preventable.

Strokes are sometimes called a brain attack. Strokes occur when something blocks blood flow to parts of the brain or when a blood vessel bursts.

The brain controls movement, stores memories, and is necessary for thoughts, emotions.

Our brain also regulates temperature, breathing, and digestion.

There are two types of strokes, ischemic and hemorrhagic. Ischemic strokes involve either a blood clot or other particle that block blood vessels to the brain. A hemorrhagic stroke involves a blood vessel bursting in the brain.

Brain damage is caused by both types of strokes.

First understanding the risk factors can help to reduce the possibility of having a stroke.

According to the CDC, up to 80% of strokes can be prevented by making healthy life style changes and partnering with your health care team to control health conditions that raise your risk of having a stroke.

By following a healthy diet, maintaining a healthy weight, increasing physical activity, smoking cessation, and limiting alcohol consumption all play roll in decreasing your risk of a stroke.

Controlling medical conditions can also help to prevent a stroke. Know your cholesterol level. Control your blood pressure. Control your diabetes. If you have heart disease your doctor may recommend treatments and or surgery. Take your medications as directed by your health care provider. If you are having difficulty paying for your medications talk with your health care provider and they may be able to recommend a different medication.

Your health care team will be important in helping you to reduce the risk of stroke and can help to initiate a plan for you to follow.

In the event of a stroke time is critical.

Learn and share the F.A.S.T. warning signs.

F=Face drooping

A=Arm weakness

S=Speech difficulty

T=Time

Learn to think and act FAST in the event of a stroke. Understanding the warning signs of a stroke may be critical in recovery and disability. For more information you can contact the American Heart Association.

Stroke.org or 1-800-AHA-USA-1

Debbie Cole, BSN, RN

COVID-19 INFORMATION

These are anxious days for many of us as we hunker down in our homes and keep ourselves to ourselves to protect ourselves but just as importantly to protect others around us. We are keeping the medical system from being overwhelmed and protecting citizens and healthcare professionals alike.

Most of us will likely be safe in our own homes, we will be able to make it through all this safely. It is important now that we draw on our internal resources. Strength that we may not know that we have, God given strength and common sense. We can take a deep breath, we can keep a routine of daily living, we can walk outside, we can meditate and pray. We can feed our bodies and our souls. We can stay in touch through technology, we can believe in our futures. You are not alone.

Don't watch too much news, don't drink or take drugs, don't overeat. Keep your minds busy with reading, writing, sewing, cooking. Don't stay up late at night and sleep late in the morning. If you go out now in Maryland after 8pm tonight, it must be only for essential reasons that include food, medications, pet or farm supplies, or medical treatment. If you can, order online your groceries for delivery or pick up. If you must go to the grocery use social distancing of 6 feet as much as possible. Wipe your grocery cart and wear disposable gloves. Set up a system at home when you bring your groceries back of going from dirty to clean on a table or counter. Wipe down all that you can moving from dirty to clean. Empty fresh vegetables and fruits into your sink for washing with soapy water.

Allow things such as non-perishables to sit out on a porch or garage for a day even before bringing them inside. Use the bags from the grocery and pitch them away. Use gloves to pick up your mail and let it sit for a day out of the house. Simple things like this can help you stay safe and well. And always remember wash your hands with soap and water frequently.

Marcia Monnett- RN, - has a masters in Mental Health and has worked in Calvert Co., for many years.

Submitted by Dale Yoe for Parish Health

Calvert County Health Department Announces COVID-19 Consumer and Employee Safety Enhancements, Effective April 16 PRINCE FREDERICK, Md. - April 14, 2020

The Calvert County Health Department has issued an order for enhanced consumer and employee safety. The order identifies additional directives for businesses to protect customers and employees to help slow the spread of Coronavirus Disease 2019 (COVID-19). The following new measures will take effect Thursday, April 16:

- Customers should wear face coverings in grocery stores, pharmacies, convenience stores and all retail establishments. Cloth masks/coverings are acceptable to be used as face coverings.
- Retailers should purchase face coverings for employees and encourage employees to wear a face covering, especially for staff who are in contact with customers.
- Employers should not prohibit any employee from wearing a face covering.
- To lessen overcrowding, all grocery stores, pharmacies, convenience stores and retail establishments should limit occupant capacity to no more than five people per 1,000 square feet of retail space, including employees.

Calvert County Health Department Announces COVID-19 Consumer and Employee Safety Enhancements, Effective April 16 April 14, 2020 Page 2

- Retailers should promote social distancing spaces of six feet between customers at checkout lines, queues outside of stores and service counters. Appropriate signage and floor markings should be displayed.
- Retailers should provide disinfectants, such as hand wipes, for use by customers in areas adjacent to baskets and carts.
- Retailers should provide employees with access to clean and sanitary restrooms stocked with cleaning products, such as soap and sanitizer. Supervisors should allow employees to wash their hands at a least once per hour. The order will remain in effect until the governor's declaration of a state of emergency for the state of Maryland expires.

For more information about health information and guidance from the Calvert County Health Department at www.CalvertHealth.org and the health department COVID-19 online information center at www.CalvertCountyCOVID19.com.

Visit <https://www.calvertcountymd.gov/2630/COVID-19-Virtual-Resource-Center> for further updates, guidance and resources. Updates will continue to appear on the Calvert County Government website, www.CalvertCountyMd.gov, Facebook page at www.facebook.com/CalvertCountyMd and Comcast Channel 6.



Friends of the Haiti School Nurse Project Newsletter

Volume 2 Edition 2

April 2020

School nursing at the three schools in Leogane resumed with the re-opening of schools in January. Then came the corona virus impacting nearly all countries around the globe, including Haiti. Just as in Maryland, there are stay-at-home orders and school and business closures in Haiti. These started in March, so the school nurse program has been interrupted once again.

In our last newsletter, we shared the good news about the Haiti Nursing Foundation (HNF) raising funds for school nursing. Together with the funds raised by Middleham and St. Peter's (MSP), we can sustain school nursing at the three schools for an additional two years. In order to plan for the extension, a meeting was scheduled for April 16 in Ann Arbor, Michigan, coinciding with the joint meeting of the FSIL and HNF boards. Our team was set to fly to Ann Arbor when the corona restrictions interrupted the onsite meeting, but HNF arranged to have the meeting continue on an online basis. Our meeting included: Dean Hilda Alcindor – Dean of the FSIL School of Nursing (from Leogane, Haiti), Dr. Jessie Colin – FSIL Board Chairman (from Florida), Dr. Donna Martsof – President –HNF Board of Directors (from Pittsburgh), Dr. Ada Sue Hinshaw – HNF Program Committee Chair, Thom Bales – HNF Executive Director, and our MSP team from Maryland.

The meeting objective was to plan for the continuation of the school nurse program at FSIL for the next two school years (2020-21 / 2021-22). The following was accomplished during our five hour meeting:

Current Project Status

The program, when schools are open, is currently serving all of the elementary level students in the three schools – Abellard, Ste. Croix, and St. Rose. As many as 2,000 students are being served. All of the elementary students are enrolled and assessed. The objective is to provide full physicals for students, which is a work in process. Sick or injured students are treated by the nurses or referred for more extensive treatment most often to Hospital St. Croix. The three nurses – Fabiola Rejouis, Yola Clervil, and Chardelyne Escarment (all are FSIL graduates) – are each assigned to a school. Fabiola is the lead nurse for the project and directs the work of the other two nurses. They visit their school at the start of the day and return in the afternoon. Student nurses accompany the school nurses and assist at their direction. Hearing and eye examinations are being provided. There is the possibility that an ophthalmologist may be made available for the program. There is a pediatrician available to assist with referrals to the hospital.

Areas to strengthen

Health Education The nurses have been teaching health education for hand washing, dental hygiene, and basic hygiene. The nurses intend to make their education adjusted for grade level. Nurses also share information with faculty and parents and have attended faculty meetings. Health education is an area which the nurses seek to strengthen. As a first step, we will share the Hesperian materials as noted below. They are prepared for the underserved parts of the globe and are in either French or Kreyol.

- Sanitation and Cleanliness for a Healthy Environment
- A Corona Virus Factsheet
- Caring for Children
- Helping Children Who Are Deaf
- Helping Children Who Are Blind
- First Aid
- Where There Is No Dentist
- Water for Life
- *Water & Sanitation*
- *Vaccines Prevent Illness*
- *Malaria, Dengue and Other Illnesses from Mosquitoes*

It was recommended that we consult with lead nurse Fabiola Rejouis about what the educational needs are and how we can best respond. The intention is that she and the nurses would use the materials in their educational planning and their daily work.

About vaccines and vaccinations. This is a major aspect of the program. Only a fraction of the children across Haiti and in Leogane have been vaccinated. As a first step, information is being collected on the students as to what vaccinations they have already received, so that the appropriate amount of vaccines can be obtained. Funds are included in the budget for vaccines. It is also hoped that vaccines can be obtained from the Department of Health. Having all students in the program vaccinated will be a focus in the next school year.

Next steps to be taken as a result of the meeting:

- Prepare a new project agreement and budget through August 2022.
- Support the strengthening of health education including the provision of the Hesperian materials
- Plan for the recognition of the nursing students for their work with the program at their next graduation
- Assist in obtaining two more medical scales
- Obtain improved headset for hearing test (Freedom Hearing here in Calvert has provided and it has been sent)
- Resolve connection between National Association of School Nurses and our school nurses in Leogane

And longer term:

- Plan for expanding to additional schools in Leogane, sustaining current schools, and modeling the program so that it can be adopted in other communities
- Plan for evaluation

Submitted by Hugh Davies

OUTREACH



Carolyn Steiner, Outreach Coordinator

FOOD DISTRIBUTION

TUESDAY APRIL 21ST

Mark and Kristin put a great deal of time and effort into getting the Food Distribution organized and carried out. There were volunteers from Southpoint Church and SMILE as well as our own Middleham and St. Peter's Parish.

The Maryland food bank brought approximately 240 boxes for distribution of 10 to 15 pounds of fresh vegetables each. Each of the 147 (255 family equivalents) received one box. 626 people were served, 130 addresses delivered to.

The pallets had food items bagged and then those bags were transferred into the garden parking lot, where the delivery drivers picked them up. The photo shows one of the three delivery pick up areas for the drivers in the garden parking lot.

The other pick up areas were one for potatoes and one for a combined bag of frozen meat/lettuce/other vegetables.

Thank you to all the volunteers.





Welcome Shoppers

CalvertHealth Medical
Center Parking Lot
Tuesday, April 28
2:30-6:30 p.m.

CalvertHealth Medical Center is pleased to host the Calvert County Farmers Market on Tuesdays beginning on April 28. Respecting social distancing requirements, the market will be drive-thru. Shoppers will have a few minutes at each stand to place their orders and should have payment ready to expedite the process. Some, but not all, vendors accept credit card payment. Please have multiple forms of payment available.

This Week's Vendors:

Breakfast by the Bay

Cardinal Creek Plant Farm

Janemark Winery & Vineyard

Prosperity Acres

Olga's Cakes

White Oak Point Farm

Windy Willow Farm

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/>

**VARIOUS
RESOURCES
ARE AVAILABLE
ON OUR WEBSITE
MIDDLEHAMANDSTPETERS.ORG/RESOURCES**

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



“The Deadline For Submissions”

JUNE CONNECTOR EDITION IS

FRIDAY MAY 15TH

Thanks so much, Karen Timmons, Communications



WORLD LABYRINTH DAY Be part of a rolling wave of peaceful energy as the earth turns. Walk a labyrinth at 1 PM in your local time zone.

Walk as One at 1pm
 First Saturday in May

#LabyrinthDay

TAKE STEPS TOGETHER FOR PEACE

The Labyrinth Society
LabyrinthSociety.org/world-labyrinth-day

May 7, 2020
NATIONAL DAY of PRAYER

HAPPY Mother's Day

WE HONOR AND LOVE YOU

SUNDAY MAY 10TH

MEMORIAL DAY

A Time To Honor America's Heroes

MONDAY MAY 25TH



MAY BIRTHDAYS

Eric Rutherford	05/01
Ricky Hayes	05/02
Grayson Broadus	05/03
Veronica Mehl	05/03
William Miller Jr.	05/05
Jason Shank	05/05
Scott Galczynski	05/06
Miles Hupp	05/06
Norma Lee Buckler	05/08
Rory Hayes	05/09
Julie Fuller	05/10
Douglas Pardoe	05/12
Gordon Patten	05/12
Lora Harris	05/15
Jason Pardoe	05/15
Lindsay Connolly	05/16
Christopher Mehl	05/19
Richard Staley	05/20
Cameron Forrest	05/21
Sue Connolly	05/22
Bernie Helms	05/22
Mackenzie Jedrey	05/22
Quinn Koterwas	05/22
Karin Roscoe	05/24
James (Jim) Yoe	05/26
Dan Gross	05/31
Mark Tonacci	05/31

MAY ANNIVERSARIES

Paul & Brinson Perks	05/04
John Wilson & Nancy Warren	05/07
Danny & Debbie Chapman	05/08
Joan & Mike Shisler	05/08
Tom & Wendy Briggs	05/20
Sam & Carol Bergeson-Willis	05/24
Steve & Leanne Lyle	05/24
Mark & Tonya Stanley	05/25

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!