

# 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



## SEPTEMBER 2018

### How's Your Self-Esteem?

Now that it's September, the kids are going back to school and will be having all kinds of new experiences. They will be making new friends, catching up with old ones, meeting new teachers, navigating a new grade or a new school, and dealing with all sorts of challenges. Parents are also getting back into the swing of things, trying to juggle work, schedules, and life in general. They too are dealing with all sorts of challenges. With all of this going on, much of what everyone is facing and how they handle it stems from one basic personality trait: Self-esteem.

Self-esteem is basically an overall sense of how much you like and appreciate yourself, how you feel about your abilities and what you think of your self-worth. It covers your appearance, beliefs, emotions, behaviors and personal value and begins to take shape very early on in life. It is influenced by your experiences, relationships and thoughts. Almost everything you encounter in life affects your self-esteem. Your thoughts and perceptions, how other people react to you or treat you, what happens to you at school, work, home or in the community, illnesses, disabilities, age, social status and even media messages all affect your self-esteem.

When you have healthy self-esteem you feel good about yourself, you have confidence and a positive outlook. You know your strengths, recognize that you also have flaws and are able to find balance in both. Signs of low self-esteem unfortunately are more numerous. You tend to have a low opinion of yourself, a negative outlook, and you accentuate your flaws and weaknesses. You believe others are better and more capable than you and you lack confidence.

Relationships with those close to you; parents, siblings, friends, teachers, co-workers and your experience with them significantly determine your self-esteem. When your relationships are strong and offer you positive feedback, you will see yourself as worthwhile and develop a healthy self-esteem. If you receive criticism, are bullied, teased and devalued by others, your self-esteem tanks. When confronted with abuse, belittling and bullying, it is no wonder a person's self-esteem takes a hit. To make matters worse, bullies target people who already have low self-esteem, who may be uncomfortable with their appearance, are struggling with their identity, who have a disability, lack assertiveness and confidence and radiate fear. It is so important for children and adults who are bullied to know where to find a safe haven or a reliable person to confide in for help.

In order to develop a healthy sense of self-esteem a person needs to have a sense of security, a sense of belonging and a sense of purpose. Beginning early in life, children need to be accepted and loved, supported and encouraged and be allowed to develop the ability to make decisions and good choices, realize their potential, accept failure and learn from their mistakes. Teens need to have their opinions valued, be encouraged to try new things and find acceptance just because of who they are, no matter what they look like. Even as adults, people need to feel valued and respected.

So what is your self-worth? How much do you like yourself? Do you have faith in yourself and faith in God to give you the strength and courage to face your challenges with a positive outlook and fend off any bad influences and deflating experiences that cross your path? People need both esteem from other people and inner self-respect for themselves to grow into healthy, productive individuals. While you are keeping your self-esteem in check you might want to boost someone else's self-esteem. A smile and some kindness go a long way. Only when you value yourself and feel worthwhile can you be confident in your abilities, have realistic expectations of yourself, be assertive in expressing your opinions, make good decisions, form secure and honest relationships and be less likely to stay in unhealthy ones, and be more resilient and better able to deal with stress and setbacks.

Those of us who watched his show, *Mr. Rogers' Neighborhood*, quickly learned that Fred Rogers was a master at boosting self-esteem in children and adults . He said, "knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people." You are special just the way you are. Don't let anyone tell you you're not. You matter. Believe it.

***Blessings, Joan Shisler, Senior Warden***



# Treasurer's Corner



September already. Time for school shopping and preparation, so don't forget AmazonSmile. When purchasing school supplies for your own needs or anything else you buy from Amazon, please consider using AmazonSmile. It is so easy to order what you need and to help Middleham and St. Peter's in the process at no cost to you. Middleham and St. Peter's receives a half-percent back for every purchase you make through AmazonSmile.

Please go to: [Smile.Amazon.com](http://Smile.Amazon.com) and follow the program details.

The Harvest Tea committee is busily getting ready for our fall fund raiser. Our second annual Harvest Tea: Wonder-Fall is scheduled for October 20, from Noon until 1:30 p.m. If you enjoyed our first fall tea, this one will be just as enjoyable. More info to come in the weekly emails. Mark your calendar. Any and all help is greatly appreciated. (Donations of food is always helpful :), too).

The Finance Committee is meeting quarterly and will be submitting our draft 2019 budget to the Vestry on September 4. Other items to be discussed during finance are our "facilities rental policies" and possibly new rental fees.

How many Episcopalians does it take to support a church? ALL OF US! Thank to you for being so generous with your time, talent and treasure.

\*\*\*\*\*

For continued support for Middleham and St. Peter's "Labyrinth Revitalization Project" there are options for doing this.

When submitting checks, please include in the memo "Labyrinth Project". If mailing, please send to Middleham and St. Peter's Episcopal Church, P.O. Box 277, Lusby, MD 20657.

ONLINE: To donate online:

1. Use the direct link for Middleham and St. Peter's Episcopal Church Giving Online:  
<http://www.middlehamandstpeters.org/giving/givingonline/>
2. Scroll to the bottom of the page and click on GIVE NOW
3. At the bottom of the list, choose the Other line and enter donation amount
4. \*IMPORTANT\* In the box next to the donation amount entered, type "Labyrinth"
5. Donation Frequency: Click on Choose One in the drop down box and select "One Time"
6. Click Continue
7. Fill out donation information
8. Click box for I'm not a robot
9. Click Process to submit donation

***Jackie Vos, Treasurer***

# BUILDINGS AND GROUNDS

## *Great Hall Dedication*

**We are having a Joint Service in the Great Hall on  
September 2nd @ 11:00 AM.**



We are dedicating the Great Hall in memory of Donald K. Smith for the generosity of his family to Middleham and St. Peter's Parish.

Childcare will be available. Light refreshments will be served after the dedication.

There will not be services in the Chapels that day.

## **Middleham Chapel Roof Completed**



## **Door Painting In Parish Hall**

We still need about ten more doors painted in the Parish Hall. Either call the Parish Office at

410-326-4948 or contact Jim Yoe to volunteer.



# Update from the Vitality Team

Your Vitality Team has been busy over the summer. Remember that the objective of Welcome\*Connect\*Strengthen is to intentionally focus on growing community participation in our church. The team met on August 14 at the Southern Community Center off of Appeal Lane, getting us out into the community.

Feedback on the Drum Point event - 61 people attended, and 21 people assisted – which was much appreciated. But there were relatively few new people – six altogether. The conditions for the day were excellent – cooler than the previous week and no nettles in the water. 15 attendees responded to the survey –

- Attendees like outside worship
- Lunch was fine – and liked cookie contest
- Excellent event to invite friends and neighbors
- All respondents understand the importance of growing the church through inviting and bringing friends and neighbors
- What we learned from Drum Point
  - The design worked well, but we need to continue to push moving parishioners from just understanding WCS to action. There is still lots of work to be done to change the culture of the parish to an outside focus and inviting friends and neighbors.
- Updates on the age group sub-committees
  - 30 – 50 – Sarah and Anne Hayes reported out. Early analysis had been done for this group. Over the summer there were a series of activities geared to this age group – VBS, the Bible Museum trip, a nature hike, Blue Crabs baseball, Drum Point Day and parents morning out. Specific planning going forward needs to be developed with focus on inviting.

- 50-65 – Mark Tonacci convened several couples in this age group at his house for dinner, with conversation focused on what their needs are They are planning to have a next event be an overnight / bonfire event where they can continue the conversation.
- 65 + Joan, Diane and Skip reported out – They interviewed as many as 30 parishioners in this age group. A power point on the presentation was presented. They have specific recommendations, which they plan to focus on and implement:
  - Expand the Asbury Fellowship to include those not living at Asbury.
  - Offer communion after the Asbury Fellowship for those who cannot make Sunday service or who are infirmed.
  - Plan an outing to a play or cultural event in DC or St. Mary’s that includes transportation and is during the day. Rickie said that he had access to bus service
- Preparing for the program year - we need to continue to be more welcoming / Continuing Fellowship 15.
- Other updates and actions needed – Joan reported on a meeting with an AV planner to fully specify the features for upgrading AV in the great hall and parish hall. It is proposed to be done in three phases – 1) audio, 2) video, and 3) other features. David reported that signs for St. Peter’s are in the design/development stage

***Hugh Davies for the WCS Vitality Team***

# Deepening the Discussion on Bias

## Quarterly Big Conversation Meeting on September 9<sup>th</sup>



The Quarterly Big Conversation meeting continues the conversation on bias. The committee is honored to announce that the presenter is national expert, Chris Hall.

Responding to the Exit Card requests from the May meeting with Dr. Renee Yuengling, Mr. Hall will guide us from individual bias, that Dr. Yuengling addressed, to how that flows through to structural bias. He will begin with the taxonomy of bias, (stereotypes, prejudice, and discrimination) to deepen that discussion and will address how it shows up both individually and collectively in society. He will help us to: 1) understand the three components of bias, 2) recognize what unconscious bias looks like in everyday life and work 3) address how bias affects our actions, attitudes, perceptions, and behaviors and 4) how to overcome bias.

The presenter, Chris Hall is highly trained in Diversity and Inclusion. He is also an expert on cross-cultural and linguistic research. As a national expert and consultant, he works with Dr. Yuengling's company, Culturepoint offering a younger and different perspective on bias and racism. He resides in New York City.

### Important Information:

**When:** Sunday, September 9, from 4:00-6:30 p.m.

**Where:** Emmanuel Seventh Day Adventist Church – 105 Kingsberry Ct. Saint Leonard, Md. (from route 4 turn on to David Gray Road then right on to Kingsberry)

### What: Dinner and Program:

- Emmanuel Church (our partner) is graciously providing the dinner – no potluck
- Gain more tools for dismantling racism
- Learn about the new initiatives coming this fall in Southern Maryland
- Continue to share our stories and discussion

**Who:** All are welcome – Please RSVP by 9/4 to [bigconmsp@gmail.com](mailto:bigconmsp@gmail.com) or the parish office 410-326-4948 – they need to know how many dinners to prepare. **Invite a friend!**





# Deepening the Discussion on Bias

## A Dismantling Racism and Privilege Meeting

**Featuring Chris Hall** - a national expert and consultant in cross-cultural and linguistic research, specifically at the intersection of bias and dialect. Chris is a gifted trainer and facilitator who is fluent in multiple languages. He will guide us in recognizing our personal and systemic biases and how to address them.



**When:** Sunday, September 9, 4 – 6:30 pm

**Where:** Emmanuel Seventh Day Adventist Church  
David Gray Road, 105 Kingsberry Ct, Saint Leonard, MD 20685

**What:**

- ❖ Sharing a supper provided by Emmanuel – not a pot luck
- ❖ Gaining more information for your toolbox on dismantling racism
- ❖ Continuing to share our stories
- ❖ Learning about new initiatives

**Who:** All are welcome– RSVP by **Sept 4** to [bigconmsp@gmail.com](mailto:bigconmsp@gmail.com) or 410-326-4948

This event is brought to you by **The Big Conversation Partnership on Dismantling Racism in Southern Maryland** which includes: Middleham and St. Peter's Episcopal Church in Lusby, Emmanuel SDA Church of St. Leonard, Calvert NAACP, St. Mary's NAACP, Calvert Library, the Community Mediation Centers of Calvert and St. Mary's Counties, the Concerned Black Women of Calvert Co, HEB Scholars, and Patuxent Quaker Friends

With support from:

**Culture point**

---

# WHITE PRIVILEGE

let's talk

---

## **A Workshop:**

**Sundays in October and  
November**

The Big Conversation Committee of Middleham and St. Peter's will offer a workshop on White Privilege/Advantage on Sunday afternoons from 2:30- 4:30 starting October 15 – November 11 in the Great Hall. This is part of the MSP Big Conversation's on-going sacred conversations on race and striving for a Beloved Community. The group will be limited to 30 participants.

This small group workshop will examine what white privilege is, its origins, deepen our awareness of how privilege is made manifest in ourselves and systemically and its consequences, why white people are fragile about talking about race, and finally how to become an ally in the work of unmasking and dismantling white privilege.

As the Big Conversation Committee has studied dismantling racism it has consistently heard from others the refrain, "White people need to talk to one another about race and white privilege." That is the purpose of this workshop: a safe place where people may come with open hearts and open minds to listen, share, and commit to new insights that will lead to new alignments. Both leaders and participants will be on the same learning journey. It is not about guilt, but raising up ourselves and our communities to be closer to God's Beloved Community. To enroll in the workshop or questions, email [bigconmsp@gmail.com](mailto:bigconmsp@gmail.com) or call the Parish Office 410-326-4948.

# Christian Formation



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

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

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

## **Middle and High School Youth**

On Sunday mornings, youth in grades 6-12 in the lower level of the Parish Hall after the 9:30am service.

Using a mixture of big group and small group activities, youth engage a variety of topics that connect their faith and real life questions based around the Re:form Curriculum.

### **Youth Group**

Once a month, middle and high schooler gather for a Youth Group evening activity. The first of these is on **Sunday September 9<sup>th</sup> from 5-7pm!**

## **For More Information**

**Contact Rev. Sarah [assistant.rector@middlehamandstpeters.org](mailto:assistant.rector@middlehamandstpeters.org) or 410-326-4948**



# Adult Christian Formation

## Coffee and Conversation



### **Come Join Us!**

We want to invite you to coffee and conversation - which is really what we do in adult Sunday School. 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 discussing how the study fits into our everyday life. Many who participate say that it is what spiritually feeds them on Sunday morning!

You certainly do not have to be a student of the Bible to learn in the sessions, or prepare ahead of time. All who have participated appear to enjoy the conversation. We will have coffee and munchies available. We meet in the parish hall large meeting room from 10:30 to 11:15 am - the same time that the children and youth are in Sunday School.

So come join us!

***Hugh, Charles, and Claude***

## BIBLE STUDY

Join Fr. Skip Steiner with a small group study each Tuesday @ 11:00 – Noon in the small conference room. We look at the Gospel for the upcoming Sunday. Then we reflect based upon “Feasting on The Word”, and engage in discussion. Please join this small group whenever it fits your schedule. It’s informal, and all are welcome.

# Asbury Solomons Episcopal Fellowship

Asbury Episcopal Fellowship will meet on Monday, September 17, 2018 at noon in the Riverview Dining Room. Dr. Polsky, Calvert Health Officer, will talk about PANDEMICS AND PREPAREDNESS. Reservations should be made by September 13TH to Russ Horton, [JRHortonSr@comcast.net](mailto:JRHortonSr@comcast.net).

## CONVERSATIONS WITH FR. DAVID SHOWERS

**"Come Tell Me A Story"**  
**Free Drink With A Story**  
**Continues on September 4<sup>th</sup>.**  
**Every Wednesday 2:00 – 4:00 PM**  
**@ Roy Rogers in Solomons, MD**



# Blessing of the Animals

**Wednesday October 4<sup>th</sup> at 4:00 pm @ St. Peter's Chapel in Solomons**



Bring your pets of all shapes, sizes, and varieties for a blessing and celebration of St. Francis of Assisi! We will have a short service with special prayers for all creatures great and small. More information coming soon, so mark your calendars. Call the Parish Office with questions: 410-326-4948.

# Gender, Sexuality, and Faith

## Workshop and Guest Preacher in Chapels

September 29<sup>th</sup> & 30<sup>th</sup>

This month, we welcome the Rev. Marie Alford-Harkey as she leads a parish wide conversation about how faith, sexuality, and gender intersect. On Saturday September 29<sup>th</sup> from 9am-12pm we will host a workshop designed to be educational and reflective. We'll learn together about Sexuality and Gender 101 and how we as a faith community can be a place of welcome to members of the LGBTQ community. It will be a place to bring your questions, curiosities, and hopes. All are welcome.

On Sunday September 30<sup>th</sup>, Marie will be a guest preacher in the chapels. In the afternoon she will also facilitate a special discussion for staff and parish ministry leaders focused on tangible ways we can be an open, affirming, and faithful community.

You can read more about Marie in the bio below. Please contact Rev. Sarah with any questions and make plans to attend the workshop on Saturday.

+++



Rev. Marie Alford-Harkey (she, her, hers) is the president and CEO of the Religious Institute, a national multifaith nonprofit dedicated to advocating for sexual, gender, and reproductive health, education, and justice in faith communities and society. She holds a Master's in Divinity from the Episcopal Divinity School in Cambridge, Massachusetts. As president of the Religious Institute, Marie is able to put her love of Jesus to work alongside her passion for justice. She is a skilled communicator and relationship-builder, and delights in collaborating across faith traditions, justice movements, and all kinds of difference.

Marie has a chapter on "Sexual Justice in an Age of Trump" in the 2017 book *Faith and Resistance in the Age of Trump* and is the lead author of the Religious Institute publication *Making the Invisible Visible: Bisexuality in Faith Communities*. Marie speaks, teaches, and preaches regularly on faith and sexuality. She is a pastor with Metropolitan Community Churches and serves as volunteer assisting clergy at MCC Hartford, CT.

In her previous life, Marie taught high school French and Spanish for 20 years. Marie and her wife April (they met at Episcopal Divinity School), an Episcopal deacon, live in Milford, CT with their cats Memphis and Emily Jane, and April's ministry dog, Sandy. April works as a chaplain with special needs adults and children.

# MUSIC MINISTRY

## BELL CHOIR



The Handbell Choir of Middleham and St. Peter's welcomes new members 6th grade and up. Some musical experience is helpful, however, with an enthusiastic mindset and a good sense of humor anyone can find success in bell ringing! Rehearsals are held in the Great Hall balcony on Thursday evenings from 6:15 - 7:00. We perform at services during Christmas and Easter and other dates as we feel prepared.

Contact Beth Lanier @ [music.ministry@middlehamandstpeters.org](mailto:music.ministry@middlehamandstpeters.org) or leave a message at the parish office [410-326-4948](tel:410-326-4948). Rehearsals will begin in October. Actual start date will be in the church bulletin and weekly email, "The Messenger".



# Hidden Benefits Of Being An Acolyte



When you think of leadership in the church, what roles do you think of? Priests and deacons? Lay Chalicists? Church staff? Ministry leaders? And absolutely Acolytes! These young people, whose often un-noticed presence facilitates almost every service, embody true servant leadership.

- 1. Acolytes are essential:** Think of services where no acolytes are present. Much of the beauty and the glorious pageantry is missing. Processions without torches and crosses? Not as impactful. Furthermore, services without acolytes means clergy have less support when preparing Communion and facilitating worship.
- 2. Being acolytes allows young people to be active participants in worship:** The acolytes I have spoken with echo this. They feel much more engaged in the worship service when they are playing an active role rather than sitting in the pews. Even young people who reported that their parents had at first “forced” them to acolyte, expressed a newfound connection to worship and an enthusiasm for being at church.
- 3. Acolyting is intergenerational:** A young person who acolytes is more likely to feel a connection to adults serving in other worship-related ministries: clergy, altar guild members, greeters, ushers, lectors, lay eucharistic ministers, and choir members. Young

people who connect to generations of adults in the congregation – rather than only forming relationships with youth peers – are more likely to feel a deep connection to their church community. Faith formation is strengthened by these intergenerational relationships.

**4. Acolyting is relational:** Being acolytes helps young people form bonds with their peers, and with older and younger teens at church. Faith is meant to be practiced in community, and when a young person finds community for themselves, they are more likely to grow in faith. Young acolytes spoke proudly of having older teen friends who they knew through acolyte service; older teens spoke proudly of acting as role models to the younger teens on their acolyte teams.

Faith is meant to be practiced in community, and when a young person finds community for themselves, they are more likely to grow in faith.

**5. Acolyting is a family affair:** Many young people recalled that they began to acolyte as a way of emulating older siblings. Families are more likely to attend and be connected to a church community when their children serve at the altar.

**6. Acolytes are invited to play with fire:** Admit it, everybody likes to play with fire. But more importantly, when we trust young people with significant and potentially dangerous tasks, we show them that we see them as capable and competent. Inevitably they then live up to our expectations.

**7. Acolyting makes a young person the center of attention:** This surprised me. Many young people commented on how they enjoyed the feeling of having all eyes on them as they walked down the aisle with the cross. But isn't it supposed to be about God? Yes. So are we raising a generation of egomaniacs? I don't think so. Everyone's deepest desire is to be known, accepted, and loved. We want to have value in the eyes of others. Consider scripture and the many instances where Jesus paused to truly see and engage people who were otherwise invisible in society. Often our young people feel unseen and unimportant in our faith communities. Acolyting allows them to be seen, to be important, and to make a difference in our communal worship.

**8. Acolyting makes young people nervous:** When asked what they wished other people knew about being an acolyte, many young people said they wished others knew how seriously they take their role. They try very hard not to make mistakes, and when they do, it weighs heavily on them. Yet in talking about lessons learned as an acolyte, one young person told me the following: "Whatever I do, even if I'm not sure of what I'm doing,

as long as I do it with confidence, it will be ok.” Or as Julian of Norwich wrote, “All shall be well.”

**9. Acolyting is formational, and it teaches liturgy:** In conversations replete with teenage slang, I also heard vocabulary that reflected a deep knowledge of liturgy and church tradition. In fact, one of the many reasons youth enjoyed being acolytes is that they learned more about the shape, structure, and flow of liturgy and worship traditions. Young people even mentioned some of their favorite services: Maundy Thursday and Good Friday – services often under-attended, especially by young people.

**10. Acolytes are leaders:** A component of good church leadership is being able to grow more fully into a ministerial role. The young people I spoke with reflected on their evolving acolyte responsibilities, and how moving from torch to crucifer or Lay Chalice is “...a big leap.” One crucifer explained how managing her acolyte team was an opportunity for her to demonstrate maturity and responsibility. Some young people spoke proudly of how being an acolyte encouraged them to seek out other roles in the church – as altar guild members, lay chaliceists, vestry members, and more!

### **So Let There Be Acolytes!**

Acolyting is an essential ministry, and one that imbues our worship with beauty, solemnity, and pageantry. Acolytes support both clergy and laity, ensuring that the behind-the-scenes tasks and logistics of worship flow smoothly.

Most importantly, our acolytes, whether they are 9 or 19 years old, are leaders in our communities, worthy of appreciation and respect. Next time you see a young person who is an acolyte, please compliment them and thank them for their ministry!

Interested in serving? Please contact Anne Hayes, [ahayes104@yahoo.com](mailto:ahayes104@yahoo.com) or call the parish office @ 410-326-4948.



Deaconess  
FAITH COMMUNITY NURSE  
Ministries

# Parish Health Ministry

## Getting ready for fall

By Dale Yoe, Parish Nurse

As we begin our fall schedules and prepare supplies for school, we must also check our check our supplies for fall storms and possible disasters. Our check list should look like this:

- Having flashlights and extra batteries. Please do not use candles or lanterns as they can cause fires.
- Keep a battery powered radio for news and weather bulletins
- Keep some cash as credit cards and ATM's may not work
- Have emergency foods that can be cooked on a grill outside or served cold (a manual can opener is always good)
- Store extra water in clean jugs, bathtubs etc.
- Plan for a way to keep yourself cool- battery powered fans, etc.
- A corded phone is useful in case of electricity loss as cordless phones will not work without electricity and cell phones need to be charged.

- Keep refrigerators and freezers closed as much as possible to keep foods cold longer.

In case of a disaster it is advised to have an emergency- kit prepared ahead of time so you can grab it and go! Things to include:

- Many of the above items
- Important documents in sealed bags
- Clothing for at least 48 hours in water proof bags for each person
- Emergency food and water
- Any meds used daily
- Extra water
- First Aid kit
- Extra batteries
- Supplies for any pets

Also- please attend this year's Health Fair on September 8<sup>th</sup> to get FLU and PNEUMONIA shots- This will be given for **FREE** with thanks to the **Community Life Center**. Please note the advertising on the guest speakers and the many screenings we will be having. See You there!

# The Health Ministry Team

CalvertHealth and Middleham and St. Peter's Parish Present:

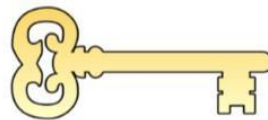
## The 9th Annual Community Health Fair

### "Knowledge is Key"

**Saturday, September 8th**

**9 AM- 1 PM (Rain or Shine)**

Middleham and St. Peter's Parish Hall located at  
10210 HG Trueman Rd. Lusby, MD



**Free** Cholesterol Screening; **Free** Car Seat Checks;  
**Free** Health Screenings! And more.....

#### *Guest Speakers:*

*Dr. Faris Hawit, Calvert Dermatology- Skin Cancer Prevention*

*Dr. Laurence Polsky, CCHD- MRSA or Zika Virus*

*David J. Sacks, LCSW-C - End of Life Forms*

*Karen Mohn, RD- Nutrition*

*Lee Ritter, Financial Advisor- long term healthcare*



**CalvertHealth**

## Your Health Ministry

By Dale Yoe, Parish Nurse.



Early this year, when setting our plans for the fall, it was decided to make September **“Health Ministry Month”**. This month was chosen as we usually have our largest programs then. Our Health Fair being the biggest event occurs on the second Saturday of the month (September 8<sup>th</sup>). This year we will have more than 35 vendors and screeners. The usual folks in the dental screeners, health risk assessments, vascular risk assessments, cholesterol testing, and vision and hearing will be there, but this year a new alliance has been made. This is with **“Walgreens”**, in conjunction with our **“Community Life Center”** to provide **FREE** Flu and Pneumonia shots to all. If available- the Shingle shots will also be provided for FREE. This vaccine is currently on backorder, but they are trying to get this.

Each Sunday in September, the focus of the services will be geared to our Parish Health and our Faith Community. The clergy will be providing special Prayers of the People, related hymns and liturgy. Our team members will be wearing special name pins to distinguish who they are. Be sure to say a special thanks to them. These folks, not only help in the planning and execution of our programs, but with our Prayer Chain, Prayer Shawls, BP checks and in writing the health articles for the Connector. Their input is essential to our program.

If you would like to join this ministry- remember- you do not have to be a nurse or anyone in the health care world- just someone that would like to help. All are welcome as we try to provide for the health of the body, mind and spirit of our parish.



The Community Life Center and Health  
Ministry invite you to:

**Get information and Ask the Experts About  
Domestic Violence and Intimate Partner Abuse**

**Come join the Conversation that  
could save a life!**

**October 13, 2018 from 9AM-1PM &**

Learn how to identify the red flags: view the film "Escalation" and participate in a discussion

**December 2<sup>nd</sup> from 2PM -4PM**

Join a participant-led discussion with a panel of representatives from crisis intervention, law enforcement, legal, and social services agencies

At the Middleham and St. Peter's Hall- 10210 HG Trueman Rd. Lusby, MD

Are you able to help someone identify what an unhealthy relationship may look like?

Would you know how to encourage someone to speak up or take action for themselves or a friend?

We invite you to bring your teens to join us.



**To save a seat or get more info:  
Call 410-326-4948**

Light refreshments will be provided





# OUTREACH

## ECHO

### **Calvert County Homeless Shelter**

ECHO House is Calvert County's homeless shelter. Located in Prince Frederick, it is a non-profit ecumenical organization supported by over 20 Calvert County churches. Since 2003, we have provided the evening meal on the fourth Monday of every month. Many parishioners, individually or in groups – including our youth groups – have fixed meals.

Meals can be simple – a casserole or soup, or it can be a meat-starch-vegetable meal. Generally a dessert and a gallon or two of some sort of juice or milk are included. What complicates the meal is that there typically are about 40 residents in the shelter. It is becoming common for two or three families to get together to do a meal. Thanks to a grant from the Endowment Fund, \$40 can be reimbursed per month to someone making a meal.

Can you help? We still need volunteers for the following Mondays in 2018:

**10/22/2018**

**11/26/2018**

Some prepared meals have been beef stew and rolls; baked chicken pieces, macaroni and cheese, and green beans; lasagna and garlic bread; roast pork, mashed potatoes, and vegetables; and hamburger casserole and rolls. Anything the chefs want to make is welcome.

Please contact the Parish office at 410-326-4948 if you have questions or are able to help with this. Thank you for thinking of it!

*Anne Gross*

# HeartFELT 2018-2019

Assessments will be made after school starts for how many backpacks will be needed to continue "Feeding Empty Little Tummies." If you have a little time during the week, check with Elizabeth to see if she could use help sorting the food on Wednesday mornings and also delivering to the schools on Fridays. Watch for information in the Parish Bulletin and in the Weekly "messenger" email, to see what foods are needed.

Donations can be left at each place of worship.

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

## FOOD DISTRIBUTION & COMMUNITY GARDEN

The monthly food distributions are always busy. Mark and Kristen do a fantastic job of organizing and executing the ordering, picking up carts loaned from Giant and SMILE, receiving the food, sorting, distributing and cleaning up. Their dedication and commitment to making sure people in our community in need are provided with food obviously comes from the heart. This is apparent in both their time with the food distribution and the community garden. Please try to give a couple hours or so of your time. Thousands of people have been fed since this effort was started in 2014. See the dates elsewhere in this Connector.

Mark mentioned that this season the rain and possibly a furry woodchuck have been ongoing deterrents in our garden growth this year. Cucumbers and green peppers have been harvested. Please remember to contact Mark when it comes time to harvest Kale and Sweet Potatoes this fall. [mark\\_pesola@hotmail.com](mailto:mark_pesola@hotmail.com).



In August our Food Distribution served 128 families - 486 in the households. This included 193 youth, 208 younger adults, and 85 seniors, and 6,000 pounds of food.



# Boy Scout Troop 1684



## End of Summer 2018 Activities



## Kayaking trip near Paw Paw West Virginia



## Chesapeake Ranch Estates National Night Out

The troop had a fantastic time at the local National Night Out. The monkey bridge demonstrated great scout-craft and teamwork.



# SOLEFUL STRUTTERS WALKING GROUP

Walking group has Fall Kickoff with a few changes. Wednesday's, starting September 5th @ 10:00 AM, during September on the boardwalk in Solomons. This will be lead by Karen Timmons.

This is weather contingent, and temperatures in September can still be warm so bring water.

## Soleful Strutters Field Trips.

September – November the walking group will meet up at Anne Marie Gardens the 1<sup>st</sup> Saturday to walk through Maker's Market at Anne Marie Gardens @ 9:00 AM.

More upcoming walking locations in the weekly email and next Connector.

This group is open to the community for participation, invite a friend. Both Men and Women, get out and move for your health and fellowship.

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

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

*Walking Group Coordinators, Karen Timmons and Joan Shisler*



## Books & Banter Mystery Book Club”

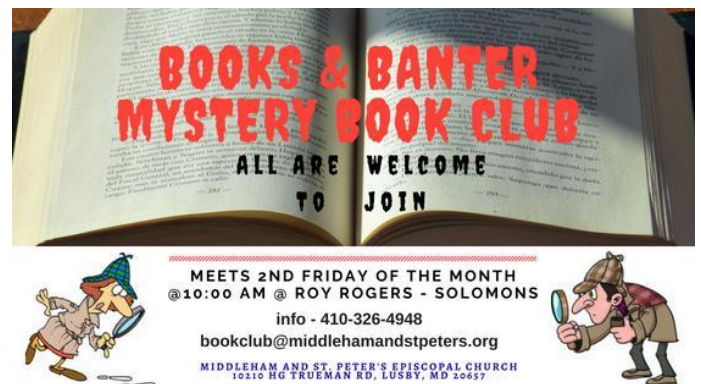
**Our book club has a few changes this Fall.**

**Starts Friday September 14th @ 10:00 AM @ Roy Rogers in Solomons**

This is a planning greet and meet gathering. A menu will be available of four mystery book choices for the group to make a selection from. This book club is intended to be fun and light reading. Each month we will gather to discuss the book selection, fun conversation, great breakfast choices if you want to not cook once per month. The book club will meet the 2<sup>nd</sup> Friday of every month.

This is open to all from the community so feel free to invite someone.

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



# “Evening Meditation”

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

@ 6:30 - 8:00 PM.

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

The Southern MD Meditation Community will be participating in the MSP Health Fair on September 8<sup>th</sup>, and will have literature and be available to answer any questions.

*For information – Ellie Steveling 443-404-8398 or  
info@somdmeditationcommunity.org*

## Middleham Chapel Open To The Community

**3rd Tuesdays 5:00 PM – 6:00 PM**  
**For Personal Prayer, Reflection or**  
**Meditation**

You can bring something to read or just sit and enjoy the quiet. Bring a light meal and enjoy out at the picnic tables. Meditation evening begins at 6:30 in the Great Hall sponsored by The Southern MD Meditation Community, just a short jaunt over from the chapel and picnic area. All are welcome.



# Indoor Labyrinth Meditation Workshop and Walk



Our first Indoor Labyrinth Meditation Workshop and Walk was held this summer. A heartfelt thank you goes out to the Southern Maryland Meditation Community for sponsoring, organizing and putting in so many volunteer hours for three days to make this event successful. They started on a Tuesday morning with numerous volunteers in breaking down the Great Hall to setting up the canvas Labyrinth and the room for the event, to the evening presentations. Volunteers were available during the day on Wednesday and Thursday to guide people on their individual walks. The entire event ran smoothly. Our evening facilitators were Rebecca Ridgell and Michele Franey, they provided attendees with a bit of history and the meditation walk approaches. They and volunteers from the Meditation Community were there for anyone who needed guidance throughout. For those that couldn't walk the whole Labyrinth, finger labyrinths were made available.

Middleham and St. Peter's Parish would also like to thank all the attendees, for supporting this event and for the generosity of donations received during the event of \$670.00. Donations exceeded the \$650.00 Endowment Grant for the revitalization of the outdoor labyrinth, once completed it will be open to the community.

During our last week in August we received an additional donation from Robert Taminelli. The check was for \$650.00 to once again match the Endowment amount received. Robert Taminelli is the brother of Cheryl Freeman. She and her husband Walt are members of the Southern MD Meditation Community, and are great supporters of the Middleham and St. Peter's Labyrinth Revitalization Project.



MSP Labyrinth 2014



MSP Labyrinth 2018  
After a Rainy Spring & Summer

Once again we appreciate the support from Middleham and St. Peter's "Endowment Fund" Committee. We will continue to be open to receiving more donations for this much needed Labyrinth Revitalization Project.

# CRAB FEAST AND PICNIC



The 23<sup>rd</sup> Middleham and St. Peter's Crab feast and Picnic is **Sunday, September 16th from 4:00p.m. - 6:00 PM.** It will take place on the Great Hall grounds. Crabs, hot dogs, and hamburgers will be provided by the vestry, please bring a side dish to share.

RSVP is needed by Monday September 10<sup>th</sup> to assist with the food purchasing. Donations to help defray the cost of the crabs will be appreciated.

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

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



**Saturday, September 1<sup>st</sup> @ 9:00 AM – Soleful Strutters Walking Group meet at Anne Marie Gardens to walk at Maker’s Market, weather permitting.**

**Sunday, September 2<sup>nd</sup> @ 11:00 AM Joint Service in Great Hall, dedication ceremony in memory of Donald K. Smith**

**Monday, September 3<sup>rd</sup> Labor Day – Parish Office Closed**

**Tuesday, September 4<sup>th</sup> @ 10:00 AM Staff Meeting**

**Tuesday, September 4<sup>th</sup> @ 11:00 AM Bible Study**

**Tuesday, September 4<sup>th</sup> @ 6:30 PM Meditation in the Great Hall - Open to all, 1st and 3rd Tuesdays.**

**Tuesday, September 4<sup>th</sup> @ 7:00 PM Vestry Meeting**

**Wednesday, September 5<sup>th</sup> @ 9:00 AM Big Conversation Meeting**

**Wednesday, September 5<sup>th</sup> @ 10:00 AM - 2:00 PM - The Southern Maryland Job Source Mobile Career Center (MCC) at SMILE**

**Wednesday, September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> @ 10:30 AM HeartFELT packing volunteers welcome**

**Wednesday, September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> @ 10:00 – 11:00 AM Soleful Strutters Walking Group on Solomons’ Boardwalk, weather permitting. Meet up at start of boardwalk across from OLSS.  
Group Leader – Karen Timmons**

**Wednesday, September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> @ 2:00 – 4:00 PM “Tell Me A Story” Fr. David Showers at Roy Rogers**



**Wednesday, September 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> @ 7:00 PM Boy Scout Troop 1684**

**Thursday, September 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup> @ 7:00 PM Education For Ministry (EFM)**

**Sunday, September 9<sup>th</sup> @ 10:30 AM Kick-Off Sunday – Sunday Christian Formation classes resumes for Pre-K through Adults**

**Sunday, September 9<sup>th</sup> @ 4:00 – 6:30 PM Quarterly Big Conversation Meeting, Deepening the Discussion on Bias @ Emmanuel Seventh Day Adventist Church, 105 Kingsberry Ct. Saint Leonard, Md. 20685**

**Monday, September 10<sup>th</sup> @ 3:00 PM - Daughters of the King**

**Tuesday, September 11<sup>th</sup> @ 1:00 PM Food Distribution Prep time, volunteers needed**

**Wednesday, September 12<sup>th</sup> @9:00 AM – 11:00 AM MSP Big Conversation Meeting**

**Wednesday, September 12<sup>th</sup> @ 12:00 PM – 1:30 PM Labyrinth Revitalization Committee Meeting**

**Wednesday, September 12<sup>th</sup> @ 10:00 AM – 2:00 PM A Nurse Practitioner and the Health Van, sponsored by Calvert Memorial Hospital, will be at SMILE.**

**Wednesday, September 12<sup>th</sup> @ 6:00 PM Vitality Team Meeting**

**Thursday, September 13<sup>th</sup> @ 6:00 PM SMILE Board Meeting**

**Friday, September 14<sup>th</sup> @ 10:00 AM – Books & Banter Mystery Book Club @ Roy Rogers in Solomons**

**Monday, September 17<sup>th</sup> @ noon - Asbury Episcopal Fellowship**

**Tuesday, September 18<sup>th</sup> @ 5:00 – 6:00 PM Middleham Chapel Open 3<sup>rd</sup> Tuesdays each month**

**Saturday, September 29<sup>th</sup> @ 9:00 AM – Noon Sexuality, Gender and Faith Workshop**

**Sunday, September 30<sup>th</sup> Presentation at both Chapels by Rev. Marie Alford-Harkey**



**Connector Article Deadline**

**The deadline for submissions for OCTOBER EDITION are due on September 17<sup>th</sup> .**

**Thanks so much, Karen Timmons, Communications**

# MARK YOUR CALENDAR!

October 4<sup>th</sup> - Blessing of the Animals @ 4:00 PM - St. Peter's Chapel

October 7<sup>th</sup> - Stewardship Kick-Off

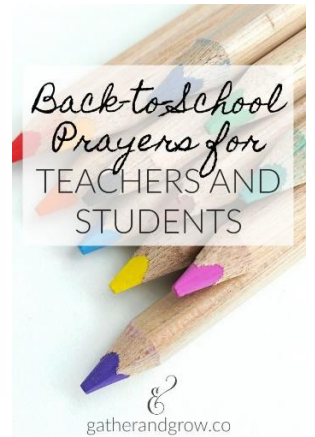
October 13<sup>th</sup> - Domestic Violence 9:00 - Noon

October 14<sup>th</sup> through November 11<sup>th</sup> - White Privilege @ 2:30 PM

October 20<sup>th</sup> - 2<sup>nd</sup> Annual Harvest Tea Noon - 1:30 PM

October 27<sup>th</sup> - Trunk or Treat 2:00 PM - 4:00 PM

November 3<sup>rd</sup> - 2<sup>nd</sup> Annual Fall "A Day of Mindfulness"





**SEPTEMBER BIRTHDAY**

**CELEBRATIONS**

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



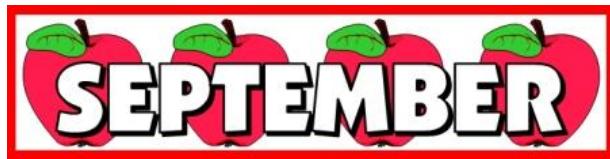
**SEPTEMBER ANNIVERSARIES**

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

**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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 9:00 AM Soleful Strutters – Maker’s Market 10:00 AM Overeaters Anon 7:00 PM AA Meeting
<b>2</b>  <b>Joint Service</b>  <b>11:00 AM in Great Hall</b> <b>Dedication Ceremony</b> <b>No Services in the Chapels</b>	<b>3</b>  LABOR DAY – Parish Office Closed  6:00 PM AA Meeting	<b>4</b>  10:00 AM Staff Meeting 11:00 AM Bible Study 6:30 PM Meditation  7:00 PM Vestry 8:00 PM AA Meeting	<b>5</b> 9:00 AM HE-St. Peter’s 9:00 AM BC Meeting 10:30 AM HEARTFELT 10-2:00 PM JobSource Van @ SMILE 10:00 AM Soleful Strutters - Solomons 2:00 PM Fr. David @ Roy Rogers 7:00 PM Boy Scouts – 1684	<b>6</b>  7:00 PM EFM	<b>7</b>  Set Up For Health Fair	<b>8</b>  9:00 AM Health Fair  10:00 AM Overeaters Anon  7:00 PM AA Meeting
<b>9</b>  8:30 AM HE St. Peter’s 9:30 AM HE Great Hall <b>10:30 AM Christian Formation Kick Off</b> 11:15 AM HE Middleham <b>4:00 PM Big Conversation Quarterly (Emmanuel)</b>	<b>10</b>  3:00 PM Daughters of the King  6:00 PM AA Meeting	<b>11</b>  11:00 AM Bible Study  1:00 PM Food Distribution Prep 3:00 PM Food Distribution  8:00 PM AA Meeting	<b>12</b> 9:00 AM HE-St. Peter’s 9:00 AM MSP BC Meeting 12:00 – 1:30 PM Labyrinth Revitalization Committee Mtg. 10:00 Soleful Strutters - Solomons 10:30 AM HEARTFELT 2:00 PM Fr. David @ Roy Rogers 6:00 PM Vitality Meeting 7:00 PM Boy Scouts – 1684	<b>13</b>  2:00 PM ECW  6:00 PM SMILE BRD Mtg.  7:00 PM EFM	<b>14</b>  10:00 AM Books & Banter Mystery Book Club @ Roy Rogers in Solomons	<b>15</b>  10:00 AM Overeaters Anon  7:00 PM AA Meeting
<b>16</b>  8:30 AM HE St. Peter’s 9:30 AM HE Great Hall 10:30 AM Christian Formation 11:15 AM HE Middleham  <b>4:00 PM Crab Feast</b>	<b>17</b>  12:00 PM Asbury Episcopal Fellowship  6:00 PM AA Meeting	<b>18</b>  11:00 AM Bible Study  6:30 PM Meditation 7:00 PM Regional Council 8:00 PM AA Meeting	<b>19</b> 9:00 AM HE-St. Peter’s 10:00 Soleful Strutters – Solomons 10:30 AM HEARTFELT 2:00 PM Fr. David @ Roy Rogers 7:00 PM Boy Scouts – 1684	<b>20</b>  7:00 PM EFM	<b>21</b>	<b>22</b>  10:00 AM Overeaters Anon  7:00 PM AA Meeting
<b>23</b> 8:30 AM HE St. Peter’s 9:30 AM HE Great Hall 10:30 AM Christian Formation 11:15 AM HE Middleham 3:00 PM Minstrels rehearsal	<b>24</b>  6:00 PM AA Meeting	<b>25</b>  11:00 AM Bible Study  8:00 PM AA Meeting	<b>26</b> 9:00 AM HE-St. Peter’s 10:00 Soleful Strutters – Solomons 10:30 AM HEARTFELT 2:00 PM Fr. David @ Roy Rogers 7:00 PM Boy Scouts – 1684	<b>27</b>  7:00 PM EFM	<b>28</b>	<b>29</b>  9:00 AM Sexuality, Gender & Faith Workshop 10:00 AM Overeaters Anon 7:00 PM AA Meeting
<b>30</b> 8:30 AM HE St. Peter’s 9:30 AM HE Great Hall 10:30 AM Christian Formation 11:15 AM HE Middleham <b>Guest in Chapels</b> <b>Rev. Marie Alford-Harkey</b>						



## Altar Guild

ST. PETER'S: ANNE GROSS & SALLY RAY  
 GREAT HALL: DIANE DAVIES & ANNE GROSS  
 MIDDLEHAM: BARBARA BARRETT & BONNIE TOLSON

DATE	SERVICE Time & Location	CELEBRANT	CHALICIST	READER	GREETERS	HEALING St. Peter's @ 9:00 AM
09-02-18	JOINT SERVICE	Father Showers	Diane Davies			09-05-18
<u>Fifteenth Sunday after Pentecost Proper 17</u>	11:00 AM Parish Hall	Rev. Akes-Cardwell	Karen Wilson			Fr. Showers
09-09-18	8:30 AM St. Peter's	Father Showers	Betty Eble	Brenda Hollweger		09-12-18
<u>Sixteenth Sunday after Pentecost Proper 18</u>	9:30 AM Parish Hall	Rev. Akes-Cardwell	Karl Garland			Rev. Akes- Cardwell
	11:15 AM Middleham	Father Showers	Mike Shisler	Claude Martin		
09-16-18	8:30 AM St. Peter's	Father Showers	Anne Gross	Carolyn Steiner		09-19-18
<u>Seventeenth Sunday after Pentecost Proper 19</u>	9:30 AM Parish Hall	Rev. Akes-Cardwell	Colleen Davies			Fr. Showers
	11:15 AM Middleham	Father Showers	Jackie Vos	Susie Cook		
09-23-18	8:30 AM St. Peter's	Father Showers	John Wagner	Sharleen Wagner		09-26-18
<u>Eighteenth Sunday after Pentecost Proper 20</u>	9:30 AM Parish Hall	Rev. Akes-Cardwell	Tom Briggs			Rev. Akes- Cardwell
	11:15 AM Middleham	Father Showers	Julie Fuller	Karen Timmons		
09-30-18	8:30 AM St. Peter's	Rev. Akes-Cardwell	Sally Ray	Bernie Helms		
<u>Nineteenth Sunday after Pentecost Proper 21</u>	9:30 AM Parish Hall	Father Showers	Chris Davies			
	11:15 AM Middleham	Rev. Akes-Cardwell	Laura Carpenter	Sharon Cargo		10-03-18 Fr. Showers