



# 2022

# Lenten

MARCH

# Trumpeter

## **MARCH 2022**

### **From your Vicar**

It's Lent.

Lent is a solemn religious observance in the Christian liturgical calendar commemorating the 40 days Jesus spent fasting in the desert before beginning his public ministry. This season is observed in many Christian traditions.

Lent is a season of grief that necessarily ends with a great celebration of Easter. The purpose of Lent is the preparation of the believer for Easter through prayer, repentance of sins, simple living, and self-denial. In Lent, many Christians commit to fasting, as well as giving up certain luxuries in imitation of Jesus Christ's sacrifice during his time in the desert for 40 days.

Many Christians also add a Lenten spiritual discipline, such as reading a daily devotional to draw themselves near to God. Many churches remove flowers from their altars and veil crucifixes that show the triumphant Christ, in solemn observance of the event.

In our denomination, the last week of Lent coincides with Holy Week, starting with Palm Sunday. Following the New Testament story, Jesus' crucifixion is commemorated on Good Friday, and at the beginning of the next week the joyful celebration of Easter Sunday, the start of the Easter season, which recalls the Resurrection of Jesus Christ.

It might feel like we have been in a sort of Lenten time for the last two years as we have navigated through the pandemic. And especially now, as we are emerging from quarantines and feel so much grief over loss of life to Covid and related illnesses, we may be thinking, do we need 6 more weeks of self-denial and penitence?

I would suggest we think about what we have learned over the last 2 years. Have we learned to be more compassionate, have we learned to show more mercy, have we learned to show more understanding in the face of this difficult time? If not, maybe that is something we can strive for during this Lenten season. May Lent this year be a time to grow our compassion, mercy and understanding towards all of God's children. I welcome your joining me in a Holy Lent, Loretta

The New Year has started with a bang: Monster snowstorms, masking optional, more parishioners returning, an Annual Meeting with a cold church and great lunch. Bill Walmsley was recognized for the many years he has given his time and talents to St. Luke's. Although stepping down, he has agreed to assist when needed. Two new Vestry members came forward. Welcome to Ellen Walmsley and Wilma Stammer. They replace Sammie Crossley and Tom Godfrey. We can't thank them enough for their help these last 3+ years. Lisa Godfrey has agreed to replace Bill as Treasurer. The season of Lent starts with a Pancake Supper and an Ash Wednesday Service. Spring and Easter can't be far away! Please mark your calendars with these dates: Palm Sunday Service, Sunday, April 10, 2022 at St. Andrew's Church in Sudlersville at 10:00 a.m. and Easter Service, Sunday, April 17, 2022 at St. Luke's Church in Church Hill at 10:00 a.m.

Sandy recently composed a spring schedule for the "Backpack Program". It is follows: March, 2022: ALL PACKING WILL BE DONE ON WEDNESDAYS AT 2:00 p.m. The dates are 3/2, 3/9, 3/16, 3/23 and 3/30 at St. Andrew's Parish House in Sudlersville, Maryland.

For the month of April we will return to Thursday packings. There will be an exception due to the Spring Break schedule for the following week in which we will pack on Wednesday, April 14, 2022. This change was also made since April 15<sup>th</sup> will be an early dismissal day.

School deliveries will be every Thursday in March and on Thursday, April 14, 2022.

The volunteers for this very much needed program have been fantastic and make this community outreach possible. If anyone wants to join our band, please don't hesitate to contact Sandy Hartmann at 410-556-6503 or, 410-490-8677. **THE NEED IS GREAT, BUT THE REWARDS FOR HELPING ARE EVEN GREATER!**

*Contributed by Sandy Hartmann, Senior Warden of St. Luke's Parish*



## St. Luke's Parish Expresses Sorrow For Recent Losses...

St. Luke's Parish expresses deepest sympathy for the passing of M. Rogers Smith, 91, of Chestertown on Tuesday, January 25, 2022 and for John Kimbles Crossley, 71, of Barclay, Maryland on Thursday, February 17, 2022.

Rogers Smith grew up in St. Luke's Church, having been baptized and married there. He was a loyal acolyte, and served the parish in many capacities. More recently he was an active member of Emmanuel Church in Chestertown, Maryland. He never lost touch with St. Luke's Parish and spoke about it with great fondness; he enjoyed reading all the news in the Trumpeter. Mr. Smith retired from Queen Anne's County Public Schools after being a teacher, guidance counselor and an administrator for a career which spanned 34 years. After retirement he became a realtor. A true gentleman who helped so many individual people and organizations throughout his life, he will be greatly missed by many.



John Crossley, husband of parishioner Sammie Crossley, grew up in the Sudlersville area graduating from Queen Anne's County High School in 1968. He enlisted in the United States Army and served in Vietnam. After an honorable discharge, John worked at the Kent County Detention Center in Chestertown, Maryland as a Correctional Officer retiring in 2017. John enjoyed his wonderful grandchildren and supported them by attending their musical and sports events. A big fan of NASCAR and Dale Earnhardt, his passion for gardening was his signature activity when he had available time. Everyone in the local area knew that he grew the best lima beans and tomatoes! John will be greatly missed.

*Contributed by Ann Campbell*

**Carleen Dixon Webb, organist, started playing at St. Luke's in November 2020 on a monthly basis and, in spite of a brief interruption in services during the pandemic, has continued to enjoy her time with the warm, friendly people in this congregation. The church's beauty, history, and fine pipe organ are an appealing combination, plus she also enjoys working with Vicar Loretta Collins.**

**Carleen and her husband Doug live in Easton, along with their two dogs, Oliver and Toby. They moved to Easton from the Northern Virginia area in 2014 although Carleen continued to live and work in the DC area part-time until August of 2019. Carleen's background includes a B.A. in Music (Organ) and a Masters in Choral Conducting. She has had a long and active career in the DC area as a singer, conductor and organist. Carleen was a member of the professional choir at St. Alban's Episcopal Church (DC) for many years during which time she was also the choral director at Annandale High School in Northern Virginia. Her choirs received numerous regional and national awards and performed at the Washington National Cathedral, Kennedy Center, and the White House. Her choirs also participated in an exchange program with a German choir and performed throughout Germany and Austria. After retiring from teaching, Carleen was music director at Church of the Good Shepherd (Episcopal) in Northern Virginia, where she served as organist and choirmaster. She participated in several choral residencies and services at English cathedrals, including Lichfield, Chichester, Chester, Wells, Coventry, Ely, St. Alban's, and St. David's (in Wales).**

**Carleen is enjoying her retirement on the Eastern Shore, spending time with her grandson Noah, and is particularly grateful for the opportunity to continue making music at lovely St. Luke's!**



At the last Annual meeting Bill Walmsley was presented with a Certificate of Appreciation for his many years of service and dedication to the church.



**A sign outside of a church reads...**

***Come on in as you are.....you can change inside!***

Tuesday March 1, 2022 St. Luke's hosted a successful Shrove Tuesday Pancake Supper. Many generous hands went into making this such a delicious event from shopping to clean up. The day started early with decorating the fellowship hall and food preparation. So many complimented the good food and great fellowship. We were blessed to feed about 50 people from parishioner's, friends, family and members of the community.



## **Batteries...The Good, The Bad, and The Ugly!**

It would seem that with each passing year, our lives become more dependent on these expensive little tubes of metal to help us live in a more convenient, organized and functional way. I don't know about you, but I cringe each time I toss one of my "dead" double A's into the trashcan. Am I contributing to the pollution of the groundwater or will a fire start inside that trash bin? It is a perplexing feeling! There are, as we know, single-use and rechargeable batteries and the contents of each determine the way we dispose of them. I found some enlightenment on a search of the internet.

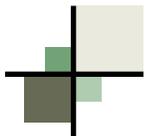
Yes, we may now throw away single-use batteries safely due to the fact that after 1996 they are no longer made with hazardous materials such as mercury, lead and cadmium. They are now produced with more common metals which are not viewed by the Federal Government as hazardous substances. That means that AA, AAA, 9V, D and C batteries can be thrown out with the exception of button cell batteries. Single-use batteries may be recycled, however there is sometimes a fee involved. They are ground into several reusable products one of which is a micronutrient used to fertilize field corn!

Rechargeable batteries can be dropped off at different home improvement stores. I called Lowes in Middletown to ask if they have such a program. I was assured that they do have bins for shoppers to dispose of their stash of outdated rechargeable batteries. Typically, these batteries are found in medical products, power tools, cell phones, and laptops to name a few.

There are agencies to help sort out this recycling information. Sites such as Call2Recycle or Earth911 can help guide citizens with their questions and concerns. There are some mail-in companies that provide people with large plastic containers to collect rechargeable batteries which can then be mailed to the recycling center. In Maryland you may call 1-800-473-2925 for answers to recycling concerns or email the Maryland Environmental Service Website. Recycling batteries does cut down on the need to mine virgin natural resources. Recycling other items for reuse is also important.

Locally, there are two days per year in Queen Anne's County where hazardous waste products may be disposed of. The next date for collections will be April 2, 2022 at the Queen Anne's County Public Works Facility located at 312 Safety Drive, Centreville, Maryland 21617. Call 410-758-2697. They accept latex paints, electronics, etc. There are also several transfer stations in the county which will take computers without using a ticket. Don't forget that styrofoam, another environmental problem, can be donated to local UPS or Fed X stores, schools and community centers for reuse.

In this "throw-away world" we live in, we do have a choice in how we dispose of alkaline and lithium batteries to help cut down on contaminating the environment. We definitely rely on batteries in the modern world. After all, we would be sad if that "singing, dancing reindeer" we so enjoy at Christmastime would remain silent without those reliable double A's!



## A Wealth of Health:

### Freezing Foods Accentuates Flavor!

We have long enjoyed frozen foods from our freezers. Growing up here on our farm in the fifties, we did not have the luxury of a freezer at our house for quite some time. I remember vividly going into the Sudlersville Frozen Food Locker with my mother to collect some frozen foods from the cavernous walk-in freezer and thinking: I don't want to get locked in this cold place! Mr. Eiker, the owner and a St. Luke's parishioner, would just smile when he bagged our icy foods for us. Now a New York Chef, Lucas Sin, has been popularizing a technique involving freezing various foods for a short time before consuming. He has found that freezing fresh Asian pears then serving them alters their texture, juiciness and enhances sweetness. The same happens to a sweet potato. After a brief freeze, sweet potatoes which are then roasted, caramelize more making the potato sweeter. Basil becomes increasingly flavorful and some meats are able to be sliced in a thinner serving. If you follow this process with pears or sweet potatoes, please let us know your findings! Bon appetite!

Contributed by Ann Campbell

**FOOD HUMOR: Bread is a lot like the sun ~ It rises in the "Yeast" and sets in the "Waist!"**

#### Health Reminders:

When having blood samples drawn for routine lab tests, it is a good idea to frequently have a variety of levels checked for baseline numbers. Many doctors recommend checking your current levels for:

- Vitamin D ( normal levels run between 20-50 nanograms per milliliter)
- Calcium ( depends on age; ranges from 8.5-10.5 milligrams per deciliter)
- Vitamin B-12
- Folate
- Magnesium

Your health care professional of course is the person who would oversee these levels to check on your optimal health. All of the above do seem to affect many systems in your body and when indicated at a satisfactory level, help you be the healthiest you can be!

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