

# THE TRUMPETER

NEWSLETTER OF ST. LUKE'S PARISH, CHURCH HILL, MD



## **St. Luke: Evangelist, Author and Historian** **The Reverend Canon Bernie Schroeder**

St. Luke, our Patron Saint, is one of the more interesting figures of the Bible. Born In Antioch, Luke was a Greek (non-Jew) scholar who trained as a physician and was a gifted writer in the Greek tradition. Luke was an Evangelist and not an Apostle. In fact, Luke never met Jesus but relied on his friendship with the Apostles (especially Paul, who also never met Jesus) to gain knowledge of the Messiah.

Luke is known to have written two books of the New Testament: The Gospel of Luke and the Acts of the Apostles. He is believed to have influenced another 25% of the writings of the New Testament and, some believe, may have written several of the Epistles of Paul.

Luke was also a constant companion of Paul's and helped him preach the Good News to non-Jews (while Peter focused on the Jewish population). In this role, Luke served as an amanuensis (scribe) for Paul. All of the Gospel writers unutilized amanuenses in their writing except for Luke, who is regarded as having written the words himself.

One of Luke's primary goals was to show that Christianity was not a subversive sect of Judaism. Most early writers (including Luke, a non-Jew) believed that Christianity was an honorable "new world" subset of Judaism. Christianity as its own religion did not grab hold until the end of the First Century.

In much of his writings, Luke focused on the prayer life of Jesus and the importance of prayer in the early formation of the church. Indeed, he focused on individual prayer while others stressed communal prayer (both are necessary).

Luke also had a particular interest in the role of women in the early church. He expounded about the role of Mary, mother of Jesus, and her cousin, Katherine, mother of John the Baptist. He also wrote about Sapphira, wife of Anaias, an early Christian interpreter; he wrote about Priscilla, wife of Aquila; Drusilla, wife of Felix; Bernice, sister of Herod Agrippa and others, all in the Acts of the Apostles.

Unlike the other Gospel writers, Luke focused on the post Resurrection appearances of Jesus and the important work of the Apostles in forming and expanding the Church. He often wrote about the plight of the poor and stressed the need for proper stewardship of wealth.

Luke, our Patron Saint, is also the Patron Saint of Physicians and Artists; his Feast Day is October 18th which we will celebrate on the 22nd. I am grateful that our parish honors such an outstanding writer of the Good News of Jesus Christ our Lord!

## CATCHING UP ON THE NEWS...

Late summer and early fall of 2023 has been a busy and productive time for St. Luke's Parish. No matter the season, the members of this involved parish always help in a variety of ways and truly wear "many hats."

### *Peach Festival Participation Yields Huge Success*

Once again, under the leadership of Sammie Crossley, St. Luke's Parish generated \$1,650.00 in profits by selling our signature dessert, peach cobbler, at the Peach Festival held at Godfrey's Farm on Saturday, August 5, 2023. The accolades that people share with us for this sugary treat are nothing short of incredible! People often remark that they come from distant locations just to get a taste of this juicy, mouthwatering dessert and are visibly disappointed when they discover we are sold out. Sammie would like to thank Betty Lockwood, Mary Godfrey, Carolyn MacGlashan, Lynda Habel, Ann Campbell, Kathy Campbell Deighan, Joe Habel and Bob Campbell. A special thanks goes out to Tom and Lisa Godfrey for their help and donation of the peaches and ice cream for the event. The monies raised will be used for Christmas gifts and community outreach/charities. Sammie values the hard work exhibited by so many who make this endeavor successful but is wary of the future of this traditional moneymaker. Realistically, unless more help is recruited for this activity, our church's participation in the Peach Festival will not be sustainable. Join us for fellowship and fun when August 2024 rolls around !

Contributed by Ann Campbell



### **Blessing Of The Animals**

**The "Blessing Of The Animals" service was held on Sunday, October 1, 2023 outdoors at St. Andrew's Chapel. Fr. Bernie gave a lovely message about all living creatures and even sprinkled the remaining communion wafers on the ground for the birds. Charleigh Campbell, an English Lab belonging to Bob and Ann Campbell, was the only pet in attendance. She was blessed and was given a tasty treat. Music was provided by Ann Campbell with her guitar.**



## Communities and Byways

Fall is now upon us. Many people hesitate to leave summer behind with its fresh vegetables, lazy days by the ocean and ease of living. No jackets needed and the convenience of sliding into those essential flip-flops enable us to spend less time getting ready to start the day. However, as we sit back and look at the leaves beginning to change color and listen to the last few cicadas' loud music, the mind does recall familiar and pleasing changes brought about by this harvest season. This time of the year is packed full of celebrations, both religious and secular which can enhance our family lives and fill our spirits with joy. Here are some local seasonal activities you may want to participate in while marveling at the colorful byways.



1. "Holiday Village" held at The Delaware Agricultural Museum on November 25, 2023, from 10am-3pm, located at 866 North Dupont Highway, Dover, Delaware, 19901. Phone: 302-734-1618

2. "Yuletide Festival and Holiday Marketplace" December 2nd & 3rd from 11:00 am – 3:00pm Held at Mount Harmon, a tidewater plantation and nature preserve located at 600 Mount Harmon Road, Earleville, MD 21919 410-275-8819 [info@mountharmon.org](mailto:info@mountharmon.org) Tickets are \$10.00, children under 12 are free.



3. "Open House at Queen Anne's County Animal Services", located at 201 Clay Drive, Queenstown, MD 21658. Fun for the whole family, animal glass painting, pumpkin painting, food trucks and more. Call 410-827-7178 for more information. No fee charged for this Oct. 21st event from 11-3.



4. "Guided Hike" at Conquest Preserve on October 27th, 2023 at 5:00 pm Conquest Preserve and Beach, 1000 Conquest Beach Road, Centreville, MD 21617 Meet the Park Ranger and learn about the "Hunter's Moon."



5. "Downrigging Weekend" October 27th-29th, 2023, Chestertown, MD 21620 Come see the "Tall Ships" and "Bluegrass Festival" [www.sultanaeducation.org](http://www.sultanaeducation.org)

6. "Christmas In Odessa, Delaware," Saturday, December 2, 2023, from 10:00am – 5:00pm. Contact information: 302-378-4900. This is a colonial Christmas house tour with many activities sure to delight all.

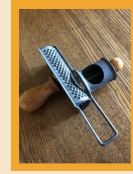
compiled by Ann Campbell

### *Upcoming Church Events...*

*October 22, 2023 ~ St. Luke's Day ~ 10 am Reception to follow  
November 5, 2023 ~ All Saint's Day ~ 10:00 am at St. Andrew's  
November 19, 2023 ~ St. Andrew's Day ~ 10:00 am, Reception to follow  
November 26, 2023 ~ Tree Lighting at St. Luke's with sing-along*











## Amazing Facts About Fall Spices

Spices have been a part of foods consumed by mankind for thousands of years. Cinnamon and pepper were traded from Asia and were in huge demand. Other exotic spices increased world demand and were often the cause of wars. The Egyptians used spices in the ritual of mummification. Some spices in our spice racks are often identified with cooking during the onset of autumn. I will explore some interesting, "spicy" facts!

 Pumpkin spice originated in the colonial days of the United States. In the first American cookbook, "American Cookery", 1796, there was a recipe for pumpkin pie. The spices listed were cinnamon, nutmeg, allspice, ginger and mace (made from the webbed covering growing around nutmeg). These warm, aromatic spices have been popular choices for pies, breads and some vegetable dishes. I sprinkle pumpkin spice on slices of apple. It tastes like you're eating apple pie!

 Cinnamon has high ratings for aiding good health. It grows on Cinnamomum Trees in India and Sri Lanka. Early merchants drove up the price of cinnamon by spreading tales that "winged creatures" would attack if someone got close enough to harvest the spice. Inflation was alive centuries ago!

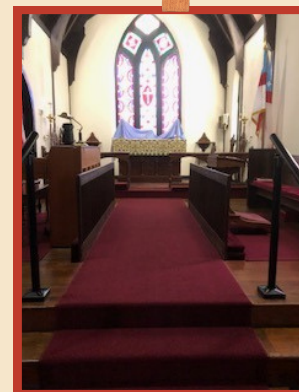
 Cloves grow in Madagascar, Sri Lanka and Indonesia. These pods from a tree are also called "nails." People in ancient China used them for breath mints and also as an anesthetic for a toothache! Did you know that this spice is found in our everyday staple: ketchup?

 Nutmeg grows on a special type of evergreen tree in Indonesia. Fourteenth Century spice traders sold this spice to wealthy people only and exclaimed that nutmeg was equal to gold. People used to take their miniature nutmeg grinders wherever they traveled so that they could sprinkle it on their food. I love to add a dusting of nutmeg to a cup of eggnog during the holidays.

Compiled by Ann Campbell







## Backpack Update

Backpack 1st delivery to Sudlersville Elementary School this year was Friday, September 15th. The number of children has increased to 108 each week. We have 10 volunteers this year who pack and Tom Godfrey who delivers the bags to the school. The Godfreys also accept Sam's Club deliveries for the program and deliver them to St. Andrew's. Thanks to a great team!

~Sandy Hartmann

**Parish Update:** Busy last few months with vacations, Peach Festival, family visits, beautiful new carpet at St. Andrew's (thank you Sammie), lamp posts replaced at St. Andrew's (thank you Town of Sudlersville), windows and doors at St. Luke's Church painted, St. Luke's Parish Hall doors painted (thank you Joe), Lynda's paper work for her Diaconate was signed, The Church Hill Theater's Green Room Gang practiced for the month of July at St. Luke's, The Campbell's Driving School continues, several receptions held at St. Luke's, light bulbs changed and new lights in the bathrooms (thank you Joe and Lynda), HVAC filters changed, broken copier and piano removed from St. Luke's (thank you Tom), new dehumidifier at St. Luke's (thank you Tom and Bob), we've ordered new hangings (thank you Carolyn and several donors), we'll have new tenants in the Rectory soon, Fr. Bernie has been a gift to us all, and so many more things done for the Parish by our parishioners.

~Sandy Hartmann

## Did you know?

Daylight Saving Time (DST) ends on November 5, 2023 and begins on March 10, 2024. This yearly ritual began during WW1 as a way to conserve coal, increase energy and help minimize crime on the streets. Doctors from The American Academy of Sleep Medicine have determined that a permanent year-round time would most likely benefit some people by improving their circadian sleep rhythm and their sleep/awake cycle. Curiously enough, Hawaii and a part of Arizona do not participate in DST! As for us, don't forget to "fall back" as we set all of our clocks on November 5, 2023.

## A Wealth of Health...

*Figs... A fruit with many benefits~*

*Figs, fresh or dried, are a good dietary choice. They contain lots of fiber and are a good choice for a snack. Essential nutrients and vitamins are abundant in figs, especially potassium, magnesium, iron, copper and zinc in addition to vitamins K, B, C and A. They can also help lower blood pressure and aide digestion. Fresh are always better for you than dried, but the dried figs eaten in moderation are beneficial too. I love them with a bit of peanut butter or an almond stuffed inside!*

Magnesium... The body does need magnesium, from plant-based foods to animal foods to stay healthy. Magnesium helps with bone strength, blood sugar regulation, lower blood pressure, good mental health, better sleep and bowel regulation. This mineral is hard at work helping our bodies maintain good all-over health! Most people can bolster their intake by eating pumpkin seeds (no shortage of those this season), chia seeds, almonds, cashews, black beans and peanut butter. Plain low-fat yogurt, salmon, and lean chicken or ground beef are also excellent ways to enhance your intake of magnesium. Women need 320 milligrams daily while men need 420 mg per day to receive optimum benefits of this mighty mineral.

\*Compiled by Ann Campbell . We use reasonable efforts to collect accurate information. We make no guarantees as to the accuracy of the content and assume no liability for error or omission of the content.

### Post-Pandemic Humor...

*Although the pandemic is behind us, we are still cautious about the ever-present Covid-19, RSV and the seasonal flu. Perhaps the humor below will encourage a little chuckle as we gather up the courage to face each new day with a smile!*

- 1. Recent studies show that the most expensive vehicle to operate now is a grocery cart!*
- 2. Am I working from home or living at work?*
- 3. Did you hear the joke about the germ? Never mind, I don't want to spread it around!*
- 4. What do you tell yourself when you wake up late for work and you realize you have a fever? Self, I so late!*





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*The land yields  
its harvest:  
God, our God  
blesses us.  
Psalm 67:7*

