

THE ST PETER'S POST

April , 2023

St Peter's Episcopal Church, Port Royal, VA

The Rev. Catherine D. Hicks, Rector

The Lord is Risen!



Easter 2022

- **Every Sunday, In person worship at St Peter's and online at YouTube, St Peter's Episcopal Church, Port Royal, VA . This link will remain the same each week.**
<https://www.youtube.com/@st.petersepiiscopalchurchpo677/streams>
- **St Peter's Psalms Study, Continuing on Mondays on Zoom**
<https://us02web.zoom.us/j/87304189375?pwd=RHRIUUcrSVU1K1JPWmhiMlc4Z2ZpUT09>
Meeting ID: 873 0418 9375
Passcode: 092098
- **Every Wednesday, 10AM until Noon Bible Study in the Parish House— Study the upcoming Sunday's lectionary.**
- **Palm Sunday, April 2, 10:45 Liturgy of the Palms at the Parish House.**

Palm Sunday, April 2, 11:00 Liturgy of the Passion in the church.

Coffee Hour immediately following the service. -

-Bring a dish to share if you'd like.

-Make a palm cross and take it home.

Jan Saylor will teach us how to make these crosses that will dry and last for years.

- **Wednesday, April 5, Tenebrae, 7PM**
- **Thursday, April 6, Maundy Thursday Holy Eucharist, 7PM**
- **Friday, April 7, Good Friday, 7PM**
- **Sunday, April 9 EASTER DAY**
7AM—Sunrise service at the Long's
11AM Easter Day worship at St Peter's and online
- **Tuesday, April 11, St Peter's ECW gathering, 11:30AM at Randolph's in Port Royal**
- **Wednesday, April 12 – Village Dinner 4:30-6 PM. Let Catherine Hicks (540) 809-7489 know if you would like to reserve a dinner. (Baked fish, cabbage, yellow rice, tomato, dessert)**
- **Wednesday, April 19– Village Harvest, 3:00pm-5pm. If you'd like to help, please contact Andrea Pogue, 540-847-9002**
- **Thursday, April 20, Vestry, 2PM**

Server Schedule, April , 2023

Sunday, April 2 Palm Sunday, Liturgy of the Palms, 10:45AM behind the church, Palm Sunday Eucharist 11AM

Lector: Helmut Linne von Berg

Chalice Bearer: Helmut Linne von Berg

Altar Cleanup: Andrea Pogue

Wednesday, April 3, Tenebrae, 7PM

Lector: Elizabeth Heimbach

Thursday, April 4, Maundy Thursday Eucharist, 7PM

Lector: Linda Kramer

Chalice Bearer: Elizabeth Heimbach

Altar Cleanup: Jan Saylor

Friday, April 5, Good Friday, 7PM

Lector: Andrea Pogue

Sunday, April 9 Easter Day Holy**Eucharist, 11AM**

Lector: Johnny Davis

Chalice Bearer: Andrea Pogue

Altar Cleanup: Linda Kramer

Sunday, April 16, The Second Sunday of Easter, Holy Eucharist, 11AM

Lector: Cookie Davis

Chalice Bearer: Helmut Linne von Berg

Altar Cleanup: BJ Anderson

Sunday, April 23, The Third Sunday of Easter, Holy Eucharist, 11AM

Lector: Jennifer Collins

Chalice Bearer: Andrea Pogue

Altar Cleanup: Andrea Pogue

Sunday, April 30, The Fourth Sunday of Easter, Morning Prayer, 11AM

Lector: Ben Hicks

Altar Cleanup: Elizabeth Heimbach

Prayer Corner

Marion Mahoney recently fell and has a compression fracture in her back. She reports that she has a lot of help from family. She can't do much of anything for herself right now. She sends her love to everyone at church. Please pray that Marion will have a speedy recovery.

Susan Linne von Berg, Fred Pannell, and Herb Collins are in rehabilitation centers and would appreciate our prayers.

Ken Pogue, recovering from surgery and fighting prostate cancer.

Rob Dobson, recovering from major surgery.

Johnny's sister in law, **Nancy Davis**, has broken her hip. Please pray for her, and for **Johnny Davis** as he continues to recover from his recent injury.

Please pray for **Wayne Cohen**, Andrea's cousin, whose mother, **Pansy Cohen**, died while out of the country.

Our friend Marcia Kole, who attends the St Peter's Bible study, has asked for prayers for **Nika Corwin and her family**.

Dot Wright, who has been in Fredericksburg with her daughter for a year, has found out that her house in Caroline County was broken into during her absence and much damage was done.

Please pray for safe travels for **Jim and BJ Anderson** as they return to Portobago Bay from Texas—a four day trip since they are pulling a trailer on this return.

Thanksgivings—**Lydia O'Neil** continues to improve after getting home from being in the hospital/ rehab for seven months.

Transitions

David Fannon, passed into eternal life.

Susan Tilt, transferred out to St Mary's Episcopal Church in Colonial Beach.

An official welcome to **Jan and Larry Saylor**, who have transferred into St Peter's, Port Royal, from St Peter's, Oak Grove.

St Peter's makes a positive difference in our community—thank you

The Fall family-- Mary D. Fall Boswell, the daughter of Ralph Fall's wife, has sent a donation to St Peter's to support the church as needed.

In March, the Sacred Ground group met with Alanna Gray, our scholarship recipient, and her mother and her grandmother. **Alanna's mother, Brigitt Coleman**, sent the following note.

"Thank you for your continued inspiration and support for Alanna. It is truly a blessing to both Alanna and me and I thank God for all of you. Praying for your ministries and for each of you."

And from **R. Vanessa Coleman, Alanna's grandmother**, "I do not cease to give thanks for you, remembering you in my prayers." Ephesians 1:16

"I sincerely appreciate the fellowship, friendship and tea time with you all last Thursday. Thanks so much for your thoughtfulness, encouragement, support and love for Alanna.

"I pray Blessings for the journey and continued ministries, individually and collectively.

"May God surround you with His Love and Peace,
May God's Grace abound with you always.
May your faith continue to shine, and
May your joy always be full."

Gloria Bolecek, the treasurer of **CERVE**, sent a note thanking St Peter's for its \$100 donation to CERVE. CERVE is made up of a group of churches and individuals in Caroline County who work together with the sheriff's department and the Department of Social Services to meet emergency needs in Caroline County. Elizabeth Heimbach is our current representative.

St Peter's now has Wifi

At last, St Peter's has Breezeline Wi-Fi in the church building. Our streaming capabilities are now much improved. Going forward, we hope to stream our services successfully on YouTube at this link. <https://www.youtube.com/@st.petersepiscopalchurchpo677/streams> You can also find this link on the St Peter's website, <https://www.news.churchsp.org>. The link will also appear in the Sunday bulletins. If you continue to have problems getting the Sunday services, please let Catherine know (540) 809-7489.

St Peter's Friends and Family Directory, 2023

The new directory has been sent to your email address. You can save the document and handily find addresses on your computer and make corrections on your document as changes occur. You are welcome to print out a copy of the directory for your use. A few hard copies of the directory will be available at church, beginning on Palm Sunday. If you would like a hard copy and did not get one of the available copies, please let Catherine know and she will print one out for you.

Time to Paint St Peter's

Our church buildings are due to be painted this year. Hopefully, our painter, Jesse Clark, will begin work this spring. We also have some repairs to be done on the woodwork on the church windows.

St Peter's has submitted a grant proposal with a request for \$5,000 to The Diocese for financial help with the cost of the painting, which will cost \$13,400. We hope to get positive news from the Diocese regarding our grant proposal.

The Vestry will be planning some fundraisers to help cover the cost of this project. **Donations are also welcome. Checks can be made to St Peter's, with Painting Project on the memo line.**

ECW Gathering, Tues., April 11

The ECW will gather at Randolph's at **11:30AM on Tuesday, April 11th**, for a time to visit with one another, to make some decisions regarding donation requests, and to plan for the future. Women, please plan to attend.

Community Happenings

On Saturday, April 22, 9AM to noon. **Dollar Social and Bake Sale with MC Babby Hebert, 200+ Raffle and Auction Items.**

Breakfast available to purchase. Wright Chapel United Methodist Church, 8063 Ladysmith Rd, Ruther Glen, VA Fundraiser to benefit a new building.

Countyline Baptist Church offers a free **Yard Sale, Saturday, April 22, 9-AM to 12 Noon.** 3461 Ladysmith Rd, Ruther Glen, VA. For more information, call (804) 448-2915.

Holy Week, April 2-9, 2023



Sunday, April 2, Palm Sunday, 10:50AM, Liturgy of the Palms, 11AM Eucharist

Gather behind the church for the blessing of the palms and the procession into the church.

The Palm Sunday Eucharist begins joyfully and ends in sorrow as the body of Jesus is placed in a tomb.

Coffee hour will follow the service. Bring some food to share if you'd like. Jan Saylor will be teaching us how to make small crosses from palms that can be dried and kept for years.



"Let this same mind be in you"- Philippians reading, Palm Sunday

Each Palm Sunday we hear the anthem, "Let this same mind be in you." The text

is Philippians 2:5-11. The music is by The Rev. William Bradley Roberts, a church musician, composer and a priest in the Episcopal Church. Bill taught Church Music at VTS for many years, and it was at VTS that he wrote this anthem for a New Testament class on Philippians, which the students performed in word and music. Bill graciously gave me permission years ago to use his composition here at St Peter's, and this music has become a Palm Sunday tradition for us.

This year's Passion reading is from the Gospel according to Matthew. Matthew's account portrays Jesus as a regal figure, a king who suffers and dies for his people. His purpose in coming into the world was to save his people from their sins (1:21). In his gospel, Matthew shows that Jesus is an obedient, faithful seeker of God's will in his life, and that Jesus pays heed to the Torah. Jesus carries out his role as the obedient Son of God, innocent of any wrong; yet he is crucified. He goes willingly to the cross.

Matthew says that right before he died, Jesus cried out in a loud voice and breathed his last, that is, "handed over his spirit." Most interpreters think that Matthew is evoking a very Jewish concept of the obedient death, in which a person returns the breath of life to God.

Matthew's account includes earthquakes. Suddenly the veil in the temple tears in two, a series of earthquakes shake the earth, the rocks split, the tombs open, and the holy ones come out. The centurion who watched Jesus die states that "Truly this was the son of God." The trust of Jesus in God is vindicated, even in the midst and through the mystery of death.

In his gospel, Matthew highlights the innocence of Jesus. Pilate's wife calls Jesus righteous (27:19) and Pilate finds no fault in Jesus and washes his hands (27:24). The Sanhedrin sought false testimony (26:59). The chief priests and elders seek Jesus' death (26:3-4; 27:1), and they influence the crowd (27:20-22). Judas conspires with

them (26:15). The crowd accepts guilt for Jesus' death (27:25).

Wednesday, April 5, 7PM—TENEBRAE



Tenebrae (which is Latin for “darkness”) is based on the ancient monastic night and early morning services during the last three days of Holy Week. The Book of Occasional Services has drawn elements of all these services together so that all can share in “an extended meditation upon, and a prelude to the events in our Lord’s life between the Last Supper and the Resurrection.” The use of readings from Lamentations, and Psalms that Jesus certainly would have known and prayed during his last days, and the extinguishing of candles throughout the service provide a powerful entrance into the events of Holy Week.

Thursday, April 6, 7PM—MAUNDY THURSDAY



The name Maundy Thursday comes from the Latin “mandatum” (commandment) and refers to the new commandment that Jesus gives to “love one another as I have loved you” (John 13:34) to his disciples at the Last Supper. The Maundy Thursday service

commemorates the Last Supper and focuses on two things Jesus did at the Last Supper: washing of the disciples’ feet and instituting the Sacrament of Holy Communion.

The St Peter’s service will include foot washing, Holy Communion, and the removal of everything from the altar at the end of the service, known as “the stripping of the altar.” The service ends in silence. A time of prayer and meditation after the service acts as a reminder of the hours that Jesus and his disciples spent praying in the Garden of Gethsemane after the meal they had shared.

Please welcome Susan Mitchell as the Maundy Thursday preacher. She is a retired board-certified Roman Catholic chaplain, with experience in hospice, senior adult and hospital ministry. She periodically leads worship and teaches at Asbury Methodist Village in Gaithersburg MD and is the author of Through the Valley: The way of the cross for the end of life. This will be her third time preaching at St Peter’s.

Friday, April 7, 7PM—GOOD FRIDAY



At 7PM, the Good Friday Liturgy opens in silence. The altar is bare and empty. John’s account of the Passion, the solemn collects, which are prayers dating back to the Christians in ancient Rome, and the veneration of the cross, a custom that dates back to the fourth century, carries participants to the cross and into sorrow, and the contemplation of the magnitude of the generous gift of Jesus’ obedience to God

and God's merciful and saving love for all of creation.

Sunday, April 9– PORT ROYAL SUNRISE SERVICE



This community worship service will be held at the home of Nancy and Alexander Long IV at 7AM.

Sunday, April 9, 11AM - EASTER SUNDAY HOLY EUCHARIST AT ST PETER'S

The Easter Day service is the principal celebration of the church year –the day when God resurrects Jesus from the dead. Please plan to attend and celebrate!

Eastertide



Discussing the Paschal Candle for Eastertide

Eastertide is the period of fifty days, seven Sundays from Easter Sunday to Pentecost Sunday, marking the forty days that the resurrected Jesus spent on earth before the ascension, and then the ten days after that until Pentecost. Easter is not a day but a season in which we examine the Resurrection more broadly and deeply. “Tide” is an old word meaning a festival and its season.

Easter is also more than just an extended celebration of the resurrection of Jesus and all that means for us, leading to the launching of the Christian Church and its mission on Pentecost. In the early church, Lent was a season for new converts to learn about the faith and prepare for baptism on Easter Sunday. The initial purpose of the 50-day Easter season was to continue the faith formation of new Christians.

The Gospel in April

April 2, Palm Sunday Matthew 26:14-27:66

The biblical story of Palm Sunday is recorded in all four of the Gospels (Matthew 21:1-11; Mark 11:1-10; Luke 19:28-38; and John 12:12-18). See Holy Week article earlier in this issue for more information on the Palm Sunday gospel from Matthew.

“The people who brought Jesus of Nazareth to crucifixion were not monsters, but ordinary people like you and me... Pilate didn't have the courage to stand for what he knew was right. Caiaphas was too rigid and thought that he had the whole truth. Judas couldn't wait and wanted to push things through. The carpenter who made the cross had a job that hurt people. These were the things that crucified Jesus. They were not wild viciousness or sadistic brutality or naked hate, but the civilized vices of cowardice, bigotry, impatience, timidity, falsehood, indifference—vices all of us share, the very vices which crucify human beings today.” Morton Kelsey, “The Cross

and the Cellar" in Bread and Wine: Readings for Lent and Easter

April 9, Easter Sunday – Matthew 28:1-10

"The resurrection narratives are not a picture of survival after death; they record how a totally new mode of being has arisen in the Universe, as new as the first coming of organic life. This Man, after death, does not get divided into "ghost" and "corpse." A new mode of being has arisen. That is the story. What are we going to make of it?"

C.S.Lewis



Mary Magdalene and the other Mary go to the tomb at daybreak. Suddenly, the earth heaves under their feet, an angel as bright as lightening descends from heaven and rolls back the stone sealing the grave. The guards faint from fright. The angel tells the women not to be afraid. They look inside the tomb, find it empty and run to tell the other disciples. On the way, they meet Jesus himself, who tells them to tell the disciples to go to Galilee and see him there.

April 16, Second Sunday of Easter - John 20:19-31



Following Jesus' crucifixion, the disciples were still uncertain of his message. They lost hope and hid out in a locked room. Jesus appeared before them

with a greeting of peace and asked them to go spread the Good News. The disciple, Thomas, was not in the room that day. When

he learned of Jesus' visit, he would not believe it. But about a week later, Jesus appeared in a similar way to the disciples, and this time, Thomas was with the others. Jesus invited Thomas to touch the wounds in his hands and side. Thomas knew immediately that this was Jesus and believed in him.

April 23, Third Sunday of Easter - Luke 24:13-35

"Luke's Gospel sparkles with theological insight when it stretches Easter day into the series of experiences that happened thereafter. All the rest of the story will be an extension of the Easter reality: The Lord is risen and he comes back to meet us on the road to Emmaus. Through the study of Scripture, we find our hearts 'strangely warmed,' and we recognize him in 'the breaking of the bread.' How can we not go and tell?" R. Alan Culpepper



"Road to Emmaus" - Tiffany

April 30, Fourth Sunday of Easter-John 10:1-10

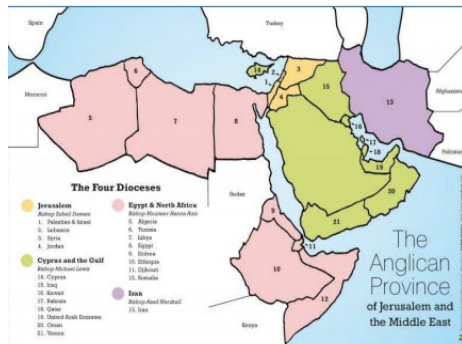
Jesus uses the metaphor of the shepherd to explain his role in the world. John presents Jesus as both the shepherd and the gate - the familiar voice, and the safe door that keeps the sheep away from predators. John presents Jesus not just as the Good Shepherd (the one who leads), awaited by Israel, but as the way forward to new life (through the gate).

Jesus made an analogy for us to listen to the voice of God. Sometimes we are distracted

by other voices that Jesus called "thieves." These thieves rob us of our desire to follow Jesus. True sheep, however, know the voice of the shepherd. The shepherd provides safety and life for the sheep.

Eastertide Giving Opportunities

Good Friday Offering



From Bishop Curry: "The Good Friday Offering of our Church is one way to help connect the love of Christ on the cross with our support of the ongoing ministry of love and compassion carried out by our Anglican sisters and brothers throughout the Province of Jerusalem and the Middle East. ... I have witnessed this Jesus-inspired compassion and commitment at work with my own eyes. I believe our partnership with those who keep the faith of Jesus is alive in the region, where our Lord walked and began his movement, is a significant aspect of our work as part of the church catholic. I hope you will participate in this effort."

If you would like to provide a special donation on Good Friday write in the memo line of your check "Good Friday Offering" and mail it to St Peter's Episcopal Church, PO Box 399, Port Royal, VA 22535 or drop it in the offering plate. You can also give online at this link. [Good Friday Offering](#)

Contribute to the Endowment Fund

"Every generous act of giving, with every perfect gift, is from above" – James 1:17



Many people give flowers to remember loved ones at Easter Time. **During Lent, and also at Easter, consider a gift in the name of your loved ones to the St Peter's Endowment Fund.**

Endowment fund gifts continue to live and multiply long beyond our own lifetimes. Any amount is welcome. Checks may be made out to St Peter's with "Endowment Fund" on the memo line.

These funds help the Church finance projects that the operating budget would not allow including:

- A. Longer term expenses of the Church**
- B. Outreach ministries.**

There are other ways to support the Endowment Fund that can help reduce your tax bill. The Fund can accept appreciated stock which is sold. There are no capital gains for you and you can get a deduction for the appreciated value of the stock.

If you are drawing on your IRA you can also make tax-free charitable contribution up to \$100,000 to an eligible charity like St. Peter's without paying income tax on the transaction. (Qualified Charitable Deductions or QCD) These distributions become tax-free as long as they're paid directly from the IRA to an eligible charitable organization.

You can also go further and add a percentage of your estate which is taken off the total estate when computing estate tax. Endowment funds are invested with the Trustees of the Funds, the Diocesan Entity. Investments typically double in value with every generation.

Earth Day, April 22

You, too, can reduce the use of plastic!

The theme for 2023, "Invest in Our Planet" is the same theme as 2022. The focus continues to be on reducing greenhouse gases to keep global warming below 1.5C.

One of the continuing themes of Earth Day is to reduce our use of plastics.

The Earth Day site has a plastics calculator this year -

<https://www.earthday.org/plastic-pollution-calculator-2/>

Use this calculator to learn about how many plastic items you consume and discard every year.

Consider all the types of plastics you use. For every material listed, you'll see three boxes. In the first box, fill in your daily consumption of the specific item. The second box will auto-populate with your total consumption every year. The third row is your projected reduction of this type of plastic for the year.

How much plastic can you eliminate from your life? Catherine challenges you to use the plastic calculator. See how much you can reduce your plastic use and consumption in the month of April. If we all work on this problem, we can make a positive difference for the earth.

Announcing a trashy contest!

One day recently, walking only 20 minutes in our neighborhood, we bagged up these plastics shown in the picture.



Prizes will be given at the end of April at

St Peter's in the following categories for trash you pick up and throw away on walks.

Amount of trash picked up—submit photos of your trash to Catherine. The person with the most trash wins.

The grossest piece of trash—if you find something particularly gross, send Catherine a photo of your object.

The smallest piece of trash—send a photo of your smallest piece of trash. The smallest item wins.

The largest piece of trash—send a photo of your largest piece of trash. The largest item wins.

Prizes will be awarded on the last Sunday of April.

The Health Benefits of House Plants

Researchers has espoused the benefits of adding house plants to our homes for our health.



1. Improving your mood

2. Lowering stress and anxiety and reducing fatigue.

Melinda Knuth, an assistant professor of horticultural science at North Carolina State University, told a researcher that "Houseplants can reduce anxiety, sharpen attention and productivity, and brighten your outlook. "We see a clear connection with the fact that being around plants improves cortisol levels in our body which are decreased when we're around plants."

Levels of comfort and positive emotions increase with the duration of exposure to plants, according to one research review; the authors noted that purple and green plants were particularly effective at reducing negative feelings. Spending time around plants is also linked with increased self-esteem and greater life satisfaction.

Gary L. Altman, associate director of the horticultural therapy program at Rutgers said that plants “give us a little bit of predictability when things are uncertain. There’s an evolutionary response when you see green—it’s almost like you created yourself a sanctuary. It reduces feelings of fear and anxiety, and even if you’re angry, it’ll calm you down.”

3. Improving office performance and focus.

Plants help us focus on the tasks at hand while tuning out irrelevant or distracting information. One study found that after plants were added to a windowless computer lab, college students worked 12% faster. Other researchers focused on employees at a call center, and found that those who had a view of plants made up to 7% more calls per hour than those who couldn’t see any plants. Finally another study maintained that office workers were 15% more productive after plants were introduced into their workspace.

4. Boosting healing and pain tolerance.

According to one research review, hospitalized people who had a view of plants or trees were calmer and had better clinical outcomes, including a reduced need for pain medication and a shorter hospital stay, compared to those who couldn’t see trees or other plants.

Other authors have cited improvements to air quality that plants bring, minimizing the occurrence of headaches by improving air quality in the home.

A Poem for Springtime

Parker Palmer says that “One of the many things I love about Mary Oliver’s poetry is that she faces squarely into the complexity of our lives on “this side” of things — and then points us toward the simplicity that lies on the other side of our confusions and illusions.” - Parker Palmer. With leaves returning to many of the trees, this is an apropos poem for the season.

When I Am Among the Trees

from Mary Oliver’s Thirst: Poems

When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and
daily.

I am so distant from the hope of myself, in
which I have goodness, and discernment,
and never hurry through the world but walk
slowly, and bow often.

Around me the trees stir in their leaves and
call out, “Stay awhile.”
The light flows from their branches.

And they call again, “It’s simple,” they say,
“and you too have come into the world to do
this, to go easy, to be filled with light, and to
shine.”



April, 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Palm Sunday HBD Larry Saylor 10:45, Litany of the Palms, meet at the Parish House 11:00AM, Holy Eucharist Coffee Hour following worship.	3 Holy Week Psalms study on Zoom 7pm	4	5 Bible Study in person 10am-12pm, Parish House. Tenebrae service 7pm	6 Maundy Thursday service 7pm	7 Good Friday service 7pm HBD Elizabeth Long	8
9 Easter Day 7AM Sunrise Service at the Long's 11:00AM, Holy Eucharist	10 Happy Anniversary – John, Toni Faibsy Psalms study on Zoom 7pm	11 ECW Gathering 11:30AM Randolph's	12 Bible Study 10am Parish Village Dinner 4:30-6pm	13	14	15
16 Easter 2 HBD Brad Volland 11:00AM, Holy Eucharist	17 Psalms study on Zoom 7pm	18	19 Happy Anniversary Jim, BJ Anderson Bible Study 10am Parish Village Harvest 3pm-5pm	20 Vestry, 2PM	21 HBD Lamar Key	22
23 Easter 3 HBD Zeke Fisher Happy Anniversary Catherine, Ben Hicks 11:00AM, Holy Eucharist	24 Psalms study on Zoom 7pm	25	26 Bible Study 10am Parish HBD Tammy Barrier	27	28 HBD Barbara Segar, Kelly Paterino	29
30 Easter 4 HBD Holly Davis 11:00AM, Morning Prayer						