THE ST PETER'S POST

April, 2024

St Peter's Episcopal Church, Port Royal, VA
The Rev. Catherine D. Hicks, Rector

Eastertide



 Every Sunday 11AM Worship in person at St Peter's and online through YouTube stream.

https://www.youtube.com/@st.petersepiscopa lchurchpo677/streams

- Every Wednesday, 10AM until Noon Bible Study in the Parish House study of the upcoming Sunday's lectionary.
- Confirmation Class continues, Meeting on April 11 and 25th, 7:30-8:15PM on Zoom. https://bit.ly/42YG3i8

Meeting ID: 893 1712 7905

Passcode: 505603

- Sun., April 7 Coffee Hour immediately following the service.
- Tues, April 9 ECW Spring Planning Meeting at Horne's, 11:30am. Please RSVP to Elizabeth Heimbach
- Wed., April 17 Village Harvest, 3:00pm-5pm. Setup. Tues April 16. Distribute food 3-5PM. All help is welcome for this vital St Peter's ministry. Contact Andrea to volunteer.
- Vestry, Thurs., April 18, 2pm.
- Portland Guitar Duo concert, Friday April 19, 7pm. Reception 6:15pm
- "Team Up to Clean UP", Sat. April 20
 9-12pm with a cookout afterwards. Let
 Johnny know (cookiejfd@gmail.com)
 by Sun., April 7, how many from your
 family will be participating.
- Earth Day, April 22. Consider your plastics use

Server Schedule, April, 2024

April 7, The Second Sunday of Easter

Lector Alice Hughes Acolyte Chalice Bearer Alice Hughes Altar Clean up Linda Kramer

April 14, The Third Sunday of Easter

Lector Ben Hicks Acolyte Chalice Bearer Andrea Pogue Altar Clean up BJ Anderson

April 21, The Fourth Sunday of Easter

Lector Jennifer Collins Acolyte Chalice Bearer Johnny Davis Altar Clean up Jan Saylor

April 28, The Fifth Sunday of Easter

Lector Linda Kramer Acolyte Chalice Bearer Alice Hughes Altar Clean up Linda Kramer

Confirmation Classes continue in April

Zeke Fisher and Hamilton and Chester Duke are attending confirmation classes on Zoom in preparation for the visit of The Right Rev Gayle Harris on Sunday, May 19th. Using the Catechism as an outline, the group is learning about the central beliefs and practices of The Episcopal Church.

ECW Spring Planning, April 9, 11:30AM

From Elizabeth Heimbach--The flowers are blooming, and the grass is turning green; it is time to look ahead! I hope everyone can

come for lunch at 11:30 on Tuesday, April 9 at Horne's.

We always have fun when we are together, and we will have time to brainstorm about fundraising ideas and future events including the Portland Guitar Duo Concert, the bishop's visit, a holiday dinner and a reception. Please come with ideas! Hope to see you there! Please RSVP to Elizabeth if you plan to attend. eheimbach@aol.com

Portland Guitar Duo in Concert, April 19, 7pm

Thanks to the generosity of a St Peter's parishioner, guitarists James Manuel and Fotios Lycouridis will be performing at St. Peter's, Friday, April 19 at 7pm. The concert is free to all. Donations will be collected to fund the next concert.



James and Foti have been playing together since 1999. Their repertoire is broad and covers the Renaissance, Baroque, Classical, Romantic and 20th Century periods. They specialize in guitar music written for two guitars and in recent years have added other string instruments.

Born in California, James Manuele began playing the guitar at age ten. He earned his Bachelor of Music degree at Mansfield University, where he also studied voice and viola. Later, he earned his Master of Music in Guitar Performance at Portland State University and has taught in colleges -Clark College in Vancouver and at Concordia in Portland.

Foti Lycouridis was born in Egypt of Greek parents. In 1981, he started his music education at the University of Portland. He holds a bachelor's degree in Guitar Performance and a master's in music theory. Foti has transcribed music of Cimarosa, Mozart, Chopin, Purcel, Mompou, Jimenez, Hatzidakis, Ravel and Cage for guitar duos, trios, and quartets.

A. Here is a 3 minute summary of the **Duo**:

https://youtu.be/tmSMMXiefwE?si=8RNOs z5pw6otBnzq

B. Live

- 1. Part 1 of a set for the Portland Community Media.
- 2. <u>Part 2 of a set for the Portland Community Media.</u>
- 3. Miller's Dance
- 4. At Oregon State University



The concert series began in 2013 as a way of inviting people into St Peter's and to the town of Port Royal. Past concerts have included:

The Thirteen Oct. 2013 Lyra (Russian Choir) Sept. 2014 Flamenco Guitar and Dance Sept, 2015 The Portland Guitar Duo April, 2016 Lyra (Russian Choir) Sept. 2016 Magical Strings, April 2017 The Thirteen, Feb, 2018 The PhilHarmonia, Oct. 2019 Beau Soir, Oct. 2022 Help advertise the show – Get some posters and cards and provide them for your friends, business associates and community places.

Poster -

https://news.churchsp.org/sites/default/files/pdf/Portland%20Guitar%20Duo%208.5x11.pdf

Card

https://news.churchsp.org/sites/default/files/pdf/Portland%20Guitar%20card.pdf

Prayer Corner

As time goes on, many wonderful members and friends of St Peter's have moved away or can no longer attend. Please keep all of these people in your prayers. Gladys Fortune, who now lives in Fredericksburg, stays in touch with St Peter's by sending greeting cards for all seasons. Marion Mahoney lives in Maryland and has had a few health issues. She appreciates our prayers. Betty and Clarence Kunstmann, out in Arizona, are doing fine and send their greetings to all. Betty says, "We're fine, just slow." John and Toni Faibisy also send their greetings to all at St Peter's and miss being able to attend. Fred and Crystal Pannell are doing well. Barbara Segar, and Boyd and Barbara Wisdom are living at Chancellor's Village in Fredericksburg. Thom Guthrie is in a skilled nursing facility in Norfolk, VA. Bill Wick is in an Alzheimer's care facility in Richmond, VA.

John Hess continues to recover from his open heart surgery and hopes to return to church in the near future. Please pray for him as well.

Breakfast in Jamaica





From Principal Annette Steele - "The Victoria Primary School Breakfast initiative was established five years ago to help in addressing the nutritional needs of some of the students. We had an increasing number of students getting sick in the mornings. Some experienced tummy aches, headaches and even to the extent where some would faint. We realized that most of these cases were as a result of students not having breakfast in the mornings for various reasons. Some students arrived at school very early because parents were unable to provide breakfast because of financial constraints that they were experiencing."

A group of parishioners are now supporting a breakfast program in Jamaica. A week's worth of breakfast costs \$50. The action has helped feed children and has also acted as an inspiration to teachers to keep up their work as well.

If you would like to donate, please contact Andrea.

Thank yous to St Peter's

From CERVE

Dear Members of St Peter's, Thank you so much for your very generous donation to CERVE and the students of Caroline County also thank you. The snacks you are providing will make them very happy. Your \$150 donation will provide lots of snacks. Thank you for "being so sweet." Gloria Bolecek

From Hunters for the Hungry

Dear Friends: We have recently received your generous gift of \$300 and wanted to personally thank you for helping us to keep our mission alive of providing nutritious meat to Virginia's most vulnerable.

Donations like yours make a tremendous difference in the amount of low fat, high protein venison we can provide to the various agencies with which we work.

For the 2023 season, we have processed and distributed 185,685 pounds of high protein, low fat meat. This amount allowed us to give 742,740 servings of hearth meet to those in need....the feeding programs have relayed to us how much their clients enjoy receiving the venison. Many agencies are seeing a large increase in the number of people reaching out for help to feed their families. Because of your compassion and support, those struggling to put food on the table will be helped.

We are so grateful to all the hunters who are giving a portion of their bounty, the donors who generously support our efforts and the processors who work so hard to help us provide this valuable source of lean protein to community feeding programs across our state.

Again, thank you for the confidence you have shown in our program with your support and assistance. THANK YOU! Blessings to you and yours for a happy and healthy 2024!

Sincerely, Gary Arrington, Director

God bless you all and your precious ministry for your support!

The Village Harvest in the First Quarter 2024



Sorting food for the March harvest



CLIENTS	2024	2023	2022	2021
Total	291	218	296	295
POUNDS	2024	2023	2022	2021
Total	3,445	2,913	4,196	4,342
Pounds Per Client	11.8	13.4	14.2	14.7

The first quarter, 2024 recovered from 2023's first quarter in both clients and food. 2024 levels are comparable to clients in 2022 and 2021 close to 300 for the quarter. Food is up from 2,913 pounds to 3,445. Overall clients are up by 33% and food 18%.

Compared to the past, the amount of food distributed in 2024 has not kept up with earlier levels in 2022 and 2221. Pounds in 2024 are 3,445 compared to 4,196 and 4,342 in 2022 and 2021, respectively. Food levels are dependent on availability at the Healthy Harvest Food Bank and less on what the church would like to buy.

The lower level in pounds have brought pounds per client from the 13 and 14 pound level to just under 12.

The cost for the quarter was \$342. Not surprisingly it is above 2023 at \$290 with the smaller number of pounds but below 2022 at \$417 which was much larger. If we calculate cost per pound it is \$0.10 for 2022-2024 and lower at \$0.08 for 2021. Thus, the change in cost reflects the pounds purchased with inflation not a factor.

Overview of Eastertide



Eastertide is the period of fifty days, seven Sundays from Easter Sunday to Pentecost Sunday. The season of Easter gives Christians time to examine the Resurrection more broadly and deeply and to continue the ongoing work of growing our faith. In addition, this season gives us the opportunity to remember how the early church began to take shape by hearing readings from The Acts of the Apostles.

In the Easter readings, Jesus physically appears in Easter 2 and 3 making the Resurrection tangible. The shepherding part of his ministry is explored on Easter 4. From Easter 5-7, Jesus must prepare the disciples for his return to his father. Jesus prepares his disciples for continuing his ministry without his physical presence. Themes explored include the Holy Spirit, the Prayer of Jesus and God's glory through His Son and the church.

The Ascension of Jesus takes place on the fortieth day after Easter. This year, the Feast of the Ascension is on Thursday, May 9th.

Christ ascends on the 40th day with his disciples watching (Thursday, May 9th). The church sets aside the weekdays after the Ascension until the Saturday before Pentecost as a time of preparation for the coming of the Holy Spirit. This fifty days comes to an end on Pentecost Sunday (May 19), which commemorates the giving of the Holy Spirit to the apostles, the beginnings of the Church and its mission to all peoples and nation.

The Gospel in April

April 7 - Second Sunday of Easter Luke John 20:19-31 John 20:19-31 tells the familiar story of Jesus appearing the disciples after his Resurrection, and how they did not believe until they had seen.

The disciple Thomas is not unlike his brothers, he just was not present when Jesus showed his scars the first time. Thomas personifies the element of doubt recorded in the other gospel accounts. He will not accept the word of others but wishes to see Jesus for himself.

Jesus makes an offer to Thomas, "Put your finger here and see my hands... do not doubt but believe." Jesus further blesses those who have not seen but have "come to believe."

April 14 - Third Sunday of Easter Luke 24:36b-48

In this Lukan resurrection story, Jesus invites the disciples to touch him, and then he asks for something to eat.

Nothing could better confirm Jesus' identity and cement his bond with his friends than the sharing of fish. That is, after all, how it all began: an interruption when they were casting their nets, an invitation to a totally different kind of fishing. He who had no need of nourishment satisfies their hunger, that unspoken yearning which lurked beneath their fear, the quavering hope that he might be real.

April 21 - Fourth Sunday of Easter - John 10:11-18 Good Shepherd Sunday

The intimacy between the shepherd and his flock parallels that between the Father and the Son. The purpose of this mutual knowledge is to bring Jesus' followers, both the flock of Israel and the Gentile flocks, into union with him and with one another.

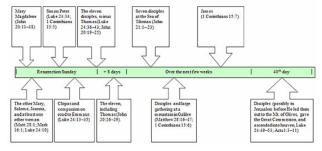
April 28 - Fifth Sunday of Easter - John 15:1-8

The group for which the Gospel according to John was written has been scattered, likely thrown out of their synagogue, and have plenty of reason to feel like they've been abandoned. But John writes to assure them

that while they have indeed may feel that they have been pruned, the pruning will lead to more abundant fruit and life. The allegory of the vine and the branches offers insight into the way the early Christian community saw the redemptive relationship between God, Jesus and the faithful.

Post Resurrection appearances of Jesus

Timeline of the Post-Resurrection Appearances



In his book, The God of Surprises, Gerald Hughes mentions three features that are common in all of the resurrection accounts. Before Jesus appeared, everyone was in a negative mood: the women who came to the tomb, came only expecting to embalm Jesus: the disciples on the road to Emmaus are sad and disillusioned; the disciples in the upper room are afraid and living behind closed doors; and Thomas is in doubt. No fish are being caught. In every case, the disciples' pain and disillusionment revealed their poverty of spirit and need of God. Yet in each person our Lord's love met them during their despair and led them to a lifetransforming faith.

The second common feature of those who came to faith was the slowness of those to whom Christ appears to recognize that He really was the risen Christ. The disciples on the road to Emmaus walked several miles with him before they recognized him. "But their eyes were kept from recognizing him" In Easter 3, the disciples go back to being fisherman, their profession before they met Jesus. They catch nothing until a stranger calls to them to put out their nets on the right side. Once they bring in the load

of the miraculous catch, Peter finally proclaims, "It is the Lord!"

A final feature common to the resurrection is that those to whom Jesus appeared are commissioned to go and tell others. In Luke's Road to Emmaus, the heartburn of despair had been replaced by a new burning faith. These two were re-energized. They might have been dragging on the way to Emmaus but they were ready to run back to Jerusalem. Before their faces were downcast. Even though it was late, very possibly dark by now—they immediately raced off to Jerusalem.

God is indeed full of surprises. How might God be surprising you?

Earth Day, April 22. "Planet or Plastic?"



Earth Day originated in 1970 after Sen. Gaylord Nelson from Wisconsin witnessed the ravages of the 1969 massive oil spill in Santa Barbara, California. He hoped it would force environmental protection onto the

national political agenda. It did lead to the creation of the Environmental Protection Agency, the passage of the Clean Air Act and a dialogue on a host of issues. In our time it focuses on climate change

The theme in 2024 is "Planet vs. Plastics". The organizing arm earthday.org has the main goal of a 60% reduction in the production of plastics by 2040.

To achieve a 60% reduction by 2040, earthday.org goals are: (1) promoting widespread public awareness of the damage done by plastic (2) rapidly phasing out all single use plastics by 2030 and achieving this phase out commitment in the United Nations Treaty on Plastic

Pollution in 2024 (3) demanding policies ending the vast amount of plastic the fashion industry produces and uses (4) investing in technologies to build a plastics-free world.

They produced the following fact sheets: Plastics are a threat to human health. As plastics break down into microplastics, they release toxic chemicals into our food and water sources and circulate through the air we breathe.

The chemicals in plastics have been linked to a variety of issues, including reproductive harm and obesity, organ problems, and developmental delays in children. Ingesting these plastics causes cell damage, which could lead to inflammation and allergic reactions, and once consumed, removing microplastics from your body is not an easy process.

Plastics surround us with the use of plastic bags, plastic containers, packaging materials and garments. (70% from crude oil releasing microfibers). The small fragments linger for centuries. Animals die from our distribution of plastics

Cigarette butts (whose filters contain tiny plastic fibers), food wrappers, plastic bottles, plastic bottle caps, plastic grocery bags, plastic straws and plastic stirrers are among the most common pollutants.

Plastics can take anywhere from 20 to 500 years to decompose, depending on the material's structure and environmental factors such as sunlight exposure.

Less than 14% of plastic packaging is recycled. With plastics being composed of several different polymer types, it is nearly impossible to recycle different plastics together as they melt at different temperatures.

Additionally, to be recycled properly, plastics need to be separated. This is not only time consuming, but costly. Additional information from the Earth Day site:

- 1. Disposable plastics https://www.earthday.org/factsheet-how-much-disposableplastic-we-use/
- 2. Single use plastics https://www.earthday.org/fact-sheet-single-use-plastics/
- 3. Ocean plastics https://www.earthday.org/fact-sheet-plastics-in-the-ocean/
- 4. Microplastics https://www.earthday.org/factsheet-microplastics-and-drinkingwater/
- 5. Threat to human health https://www.earthday.org/fact-sheet-the-plastic-threat-to-human-health/

Take action

- 1. Sign the Global Plastic Treaty https://action.earthday.org/global -plastics-treaty
- 2. Educate yourself on plastics https://www.earthday.org/campai gn/end-plasticpollution/#plastictracker
- 3. Reject fast fashion https://www.earthday.org/campaign/sustainable-fashion/
- 4. Take a Plastic Quiz https://www.earthday.org/plastic-pollution-quiz/

Manage Your Plastic Use

Individually we cannot change industries or policies but we can make manageable changes in our lifestyles to counter the threats.

Earthday.org calls these the 5R's-Reduce, Refuse, Reuse, Recycle and Remove

1. Reduce - Before you shop...

Ask yourself two questions when considering plastic products or products

with plastic packaging - Do I need it? Can I use something else?

2. Refuse - Say "no" to plastics

The substitutes for plastics are the ones you choose which can make a contribution to the environment.

Some key tips

- A. **Avoid plastic straws** use metal or wood/paper based straws.
- B. **Use reusable shopping bags**. And buy cloth or mesh bags to carry fresh produce to the cashier.
- C. Select products without plastic packaging.
- D. Note products that use plastic microfibers such as nylon and polyester
- E. Bring your own coffee cup to the coffee shop.

3. Reuse - Avoid single-use plastics

Use dishes, glasses, and metal silverware instead of their plastic counterparts.

Avoid plastic items going to the dump - When you finally decide to get rid of old clothes, toys, furniture, or electronics, donate them rather than throwing them away.

For young parents -Trying washable reusable cloth diapers instead of disposable ones.

Many food containers from restaurants are durable enough to be reused for kitchen storage. Make sure to wash them by hand—putting them in the dishwasher can expose you to toxins.

4. Recycle -Know your waste management company/county. This is not the best choice when dealing with plastics. It cannot replace the need for reducing consumption or refusing and reusing plastics when you can.

If you have to throw away something, segregate it and give it a chance to be recycled!. If recycling is the best option, you should do so following the rules of your

community. For Caroline county -Eric Johnson is the Solid Waste Superintendent email - ejohnson@co.caroline.va.us or phone number (804)572-6301.

For the most part, only recycle if you are positive that the item is truly recyclable.

5. Remove - "Get it outta here!

Plastic/litter clean-ups are great community events that let you meet the people who live around you while cleaning up your local community at the same time. I try to take an hour or two to walk different paths in the neighborhood to pick up trash. The walking and stretching are good exercises and help the community at the same time.

Biodegradable plastics have emerged as a potential solution and are made from natural sources like plant-based materials and micro-organisms such as bacteria that can be used in a variety of industries such as packaging, construction, and healthcare.

Recycling in Caroline County

From Caroline County Recycling Guide:

"Americans generate about 254 million tons of trash a year. Of this, approximately 86 million tons, or about 34.3%, was recycled or composted.

"Caroline County Solid Waste operates seven convenience sites located in strategic locations throughout the County. Each of these sites are equipped with "Single Stream" recycling boxes to allow different recyclables to be placed in one container:"

ITEM	Bowling Green	Ladysmith	Devil's Three Jump	Dawn	Corbin	Sparta	Port Royal
Glass	•	•	•	•	•	•	•
Cardboard	•	•	•	•	•	•	•
Newsprint	•	•	•	•	•	•	•
Plastic	•	•	•	•	•	•	•
Aluminum	•	•	•	•	•	•	•
Tin	•	•	•	•	•	•	•
Motor Oil	•	•	•	•	•	•	•
Trans. Oil	•	•	•	•	•	•	•
Hydraulic Oil	•	•	•	•	•	•	•
Cooking Oil	•	•	-	•	-	-	-
Anti-freeze	•	•	-	-	-	-	-
Batteries	•	•	•	•	•	•	•
Auto/Truck/ Lawn Equip.	•	•	•	•	•	•	•
Tires	•	•	•	•	•	•	•
Appliances	•	•	•	•	•	•	•
Misc. Metal	•	•	•	•	•	•	•
Treated Lumber/ Shingles*	•	-	-	-	-	-	-

From

https://co.caroline.va.us/798/Recyling-Guide

"Team Up to Clean Up" in Caroline County, April 20, 9am

The second annual Caroline County "Team Up to Clean UP" event will be held on Sat. April 20 from 9am to Noon.

Please let Johnny Davis know by Sunday April 7 how many from your family will be participating. Web site for the event (middle of page, below): https://co.caroline.va.us/277/Solid-Waste-Recycling

Caroline County will provide supplies (trash grabbers, gloves, bags, and vests) to be available any time before the event at the Bowling Green Convenience Site Office.

The Litter pickup is on Sat, April 20 from 9am-12pm and concludes with a cookout at 12:30pm at the County Rec Park sponsored by the Board of Supervisors. The county will pick up the orange litter bags in the next week.

Thanks to the Solid Waste Department of Caroline County for sponsoring this trash pickup for a second year.

St. Mark's Day, April 25

John Mark has been traditionally considered the author of the Gospel according to Mark, which we are reading this year in Year B. Tradition holds that Mark was present when Jesus Christ was arrested on the Mount of Olives. In his Gospel, Mark says: "A certain young man was following him, wearing nothing but a linen cloth. They caught hold of him, but he left the linen cloth and ran off naked." (Mark 14:51-52, NRSV) Because that incident is not mentioned in the three other Gospels, scholars believe Mark was referring to himself.

John Mark first appears by name in the book of Acts. Peter had been thrown in prison by Herod Antipas, who was persecuting the early church. In answer to the church's

prayers, an angel came to Peter and helped him escape. Peter hurried to the house of Mary, the mother of John Mark, where many of the church members were praying.

Paul made his first missionary journey to Cyprus, accompanied by Barnabas and Mark (Acts 13). When they sailed to Perga in Pamphylia, Mark left them and returned to Jerusalem. No explanation is given for his departure, and Bible scholars have been speculating ever since. Paul and Mark later reconciled.

According to Coptic tradition, John Mark is the founder of the Coptic Church in Egypt. Copts believe Mark was tied to a horse and dragged to his death by a mob of pagans on Easter, 68 A.D., in Alexandria. Copts count him as the first of their chain of 118 patriarchs (popes).

"A Case for Love" movie update



From the Director of the Movie that 7 of us saw on Jan 23: "WHAT NOW for A Case for Love movie? The mission has just begun, and because of you, our theatrical release was a huge success.

"Even though we didn't have millions of marketing dollars to spend as the big Hollywood studios have, we were #10 in total box office nationwide! Over 25,000 people braved the frigid conditions for a shared experience in their local theater.

"School districts, colleges, nonprofit organizations, religious institutions, and others have contacted us and are interested in using the film to raise difficult questions in their communities. "A Case for Love" holds a 96% approval rating on Hollywood's Rotten Tomatoes!

"Now the team is busy pitching the film to streaming platforms and other outlets."

April, 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Bible Study in person 10am-12pm, Parish House.	4	5	6
7 11:00AM, Holy Eucharist HBD Elizabeth Long Coffee hour after the service Sign up to be part of the St Peter's team for "Team Up to Clean UP" on April 20. Email Johnny	8	9 ECW Spring Planning Meeting at Horne's, 11:30am	10 Bible Study in person 10am-12pm, Parish House. Happy Anniversary – John, Toni Faibsy	11 Confirmation Class 7:30pm- 8:15pm Zoom	12	13
14 11:00AM, Holy Eucharist	15	16 HBD Brad Volland	17 Bible Study 10am Parish House Village Harvest 3pm- 5pm	18 Vestry 2pm	19 Portland Guitar Duo concert, 7pm (reception 6:15pm) Happy Anniversary Jim, BJ Anderson	20 Team Up to Clean UP" on 9am- 12pm
21 11:00AM, Holy Eucharist	22 Earth Day	23 HBD Zeke Fisher Happy Anniversary Catherine, Ben Hicks Chancellor's Village Eucharist, 1PM	24 Bible Study 10am Parish House		26 HBD Tammy Barrier	27
28 11:00AM, Holy Eucharist HBD Barbara Segar, Kelly Paterino	29	30				