



Photograph by Peter Woodside

the left-hand column

☛ Ahem. Ladies and Gentlemen, I regret to inform you that St. Andrew's has a chewing-gum problem. And I am slightly embarrassed to admit that I thought chewing gum was, like smoking, something no one did any more. I stand corrected. I remember being told when I was young that you mustn't swallow gum because it would make your insides stick together. I'm here to tell you that isn't true. However, if you (chewing-gum enthusiast) are squeamish about swallowing your gum and need to dispose of it, just grab a paper napkin, discreetly wrap the gum in it, and deposit it in the trash. It'll be fine. And a lot more sanitary than secreting a wad on the underside of the table.

☛ Hot dogs, hamburgers, games—we're having a picnic August 15. Sign up in the hall.

☛ If you'd like to know more about Douglas Tallamy's Homegrown National Park movement, here's where you'll find it: <https://homegrownnationalpark.org/>

Loaves & Fishes

AUGUST 2026

Eucharistic Journeys

On our recent trip to Italy, I have been reflecting on the ways we learn to give thanks. Among people we love, beautiful surroundings and wonderful food, it easy to find ways to be thankful; the challenge enters in when we learn to put that gratitude into practice in other circumstances. There was not a single meal that stood out for me in the time I spent with our extended family; it was the way we practiced being together for which I am most grateful.

Whether it is in front of 5,000 hungry folks on a hillside, among disciples at Emmaus or in numerous other examples of table fellowship, Jesus offers us a paradigm of being (and eating) with one another that we can carry into the rest of our lives. It is important because it is profoundly Eucharistic, and follows



Church of St. Francis, Assisi

the pattern of taking, blessing, breaking and giving that form the key parts of both the Eucharistic prayer we experience each week and a model about how we are invited to think about our lives.

First, we take the gifts that God has given us. It means accepting what we have, even if it is some food that we cannot identify, placed in front of us in a country where the language is unfamiliar. That is, after all, the way most gifts appear in our lives. Our life with God has a way of stretching us, of helping us find new ways to think about what we find most challenging. Accepting these gifts is the first step in learning about them and about ourselves.

Blessing these gifts is inherent in our acceptance of them. Because we know they come from God, we give thanks for them, unfamiliar as they may be. We do not need to understand them (if you're like me, we barely understand ourselves much of the time), so much as give thanks for things God knows we need better than we do.

Breaking is the act that requires discernment. We break bread with people we love; we also make decisions about how to allocate our selves and what we have so that everyone might have enough. We are limited in a way that God's love is not, so we have to be both judicious and loving in how we offer ourselves to loved ones and strangers.

When we give ourselves, we do so unstintingly and without reservation. It means taking responsibility for children of others on trips as if they were our own, looking after those who may have a hard time on long walks. It also means offering ourselves with authenticity to those around us. It is our openness that may be the greatest gift we can offer each other.

Traveling, even living this way requires some effort. In my view, however, it is the richest way to be and live. If you have some traveling left to do this month, you might give it a try. For the rest of us who will be

journeying with each other this, and each month, I wish the thanksgiving we should offer each other all the time.

Mark+



Learning to Pray

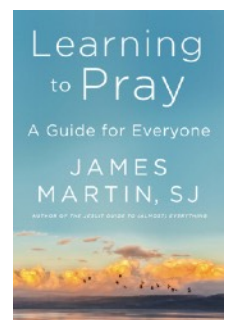
Although it was published five years ago, Martin's insights about prayer life continue to be helpful and deeply relevant. This is a book especially for those who wonder, "Am I doing it right?" or, think "I don't know how to begin." Martin is very good at explaining prayer as a way of maintaining a relationship with God, while buttressed with helpful suggestions, many from traditions other than his own.

He is good-humored, honest about pitfalls and very accessible (he spent several years in the corporate world before becoming a Jesuit).

This is a book I would recommend to anyone and hope to talk about in adult study here at St. Andrew's. Even if you cannot join us, my hope is that you would take advantage of insights from this funny and very helpful guide.

Learning to Pray: A Guide for Everyone, James Martin, S.J., Harper Collins, 2021, 371p., \$18.95 from bookshop.org, or (large print) \$21.79 from Cokesbury

Mark+



*Most high, all-powerful, all good, Lord!
All praise is yours, all glory, all honor
And all blessing.*

*To you alone, Most High, do they belong.
No mortal lips are worthy
To pronounce your name.*

~~from *The Canticum of the Sun*

The Senior Warden Says

Thanks to the generosity of several of our parishioners, new tables have been purchased for use in the parish hall. They are much lighter and will be easier to move around than the old ones. Covers are being purchased to protect them from stains.

When the old tables were being removed several pieces of gum were discovered on the bottoms. An announcement will be placed in the bulletin to remind folks to dispose of gum and candy wrappers in the proper place and manner.

Steve Carroll has begun a new project involving the church windows. He will be replacing the caulk which holds the glass in place and keeps water out. The clear glass in the windows is not original to the church. It was installed shortly after we moved back to St. Andrews in 1985, but that was more than 40 years ago, and they are very much in need of repair.

Steve recently finished work on the the first of the windows which is located near the organ. I stopped by a couple of times last week while Steve was working to see how he was doing. He indicated that he was doing well, and the job he did looks great. If you haven't done so already, stop by and have a look. There is quite a contrast between the newly repaired window and the one that is next to it. We are blessed to have someone in the parish who has the skills to do this job and is willing to give his time to do it.

We are planning a Parish Picnic to be held on Saturday, August 15 beginning at 4:00 p.m. It will feature food and games and fun for the whole family! The main dish (hot dogs and hamburgers) will be provided and we ask that parishioners provide the side dishes and desserts. Look for a sign-up sheet in the parish hall so we know how much food to purchase. Give me a call if you have any questions 240 538-786.

Susan Bennett



O God the Father of all, whose Son commanded us to love our enemies, lead them and us from prejudice to truth, deliver them and us from hatred, cruelty, and revenge, and in your good time enable us all to stand reconciled before you, through Jesus Christ our Lord. Amen

~~Book of Common Prayer

The Junior Warden Reports

Deep appreciation to the Holy Mowers; Jon Anisko and son Lucas, Ron Leonard, Robert Willey, and Nancy and Bill Riddell for their sustained dedication in keeping St. Andrew's grounds so beautiful.

Steve Carroll worked through some grueling heat and humidity restoring the first of the ten tall church windows. He has painstakingly removed the old caulking, replacing it with new material, from each pane in the window.. His effort provides a substantial saving for our restoration effort.

The Building and Grounds Committee will meet at 7:00 p.m. September 8 in the Parish Hall. Projects to be discussed before the winter settles in include

*Installation of roof "diverters" on the north side of the church roof to protect the outside air conditioners. One has already been installed above the door on the south side.

*Diverters also for the HVAC units behind the parish house; ultimately the goal is to install gutters in the next couple of months.

*As well, a six-inch rain scupper is needed below the "V" section between rear of the hallway leading from the kitchen into the founders room

where water gushes off the roof. The scupper will capture and divert the high volumes of rainwater that would overwhelm a six-inch K-style gutter.

*How best to divert rainwater away from the foundation in the back (western side) of the parish house. The DRYLOK painting in the crawl space will keep moisture from invading those surfaces.



Photograph by Peter Woodside

Loaves & Fishes

August 2026

Photographs by Joyce Austin



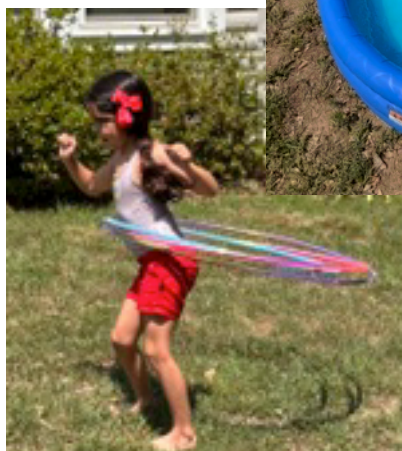
Loaves & Fishes

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Tom Joyner Introduces Planting Seeds of Renewal

Recently St. Andrew's was selected to participate in a diocesan multi-parish program, Planting Seeds of Renewal (PSR). This is a focused one-year pathway toward addressing congregational vitality, supported by a \$3,500 grant from the diocese.

The grant requires the formation of a PSR team of three to five dedicated members "representative of our parish's demographics." Our team members are Rev. Mark, Amanda Anisko, Ethan Chan, Michael Dunn, Tom Joyner and Gizelle Moran. Diocesan coach Aileen Moodie will help the team clarify our purpose as we listen to the needs of our congregation, our youth, and the larger community.

The team met July 21 and embarked on a journey focused on identifying needs and finding paths and projects to address renewal. We expect to spend the coming year in deep listening and spiritual storytelling to discern how best to embody Jesus' love in our youth and our neighborhood, ending with the launch of a community-focused project/

A team covenant was developed at the first meeting to include team structure, common goals, communication, expectations, trust, and task sharing. Over the next twelve months, we plan to address:

***Compelling Mission and Vision:** A compelling mission and vision flow from a clear sense of purpose, an understanding of who God is inviting our community to be and how we are to serve in God's world. From that core identity will spring a vision that inspires action and shapes ministries that align with purpose and shared calling.

***Clear Path of Discipleship:** A clear discipleship path offers intentional opportunities for everyone to take the next steps in their faith, deepening Christian practices. It engages all ages, guiding participation in spiritual formation and meaningful ministries.

During the coming year St. Andrew's team will meet monthly (except December), and will periodically join teams from across the diocese, working to discern God's mission for our communities.

Our team is committed to open communication, and will update the parish regularly. Once goals, projects and organizational details are complete, there will open forum meetings where the congregation can offer feedback and join discussions.

We will be seeking your input and wisdom as we move from listening to action, and we may recruit helpers for specific neighborhood experiments or projects. We look forward to working and listening alongside each of you as we plant seeds of renewal. This isn't just a project for the PSR team; together, we all are the church—this is a journey for all of St. Andrew's.

Stay tuned for opportunities to share your ideas, ways to be involved and offer your unique gifts.

The team asks your prayers for success of St. Andrew's Planting Seeds for Renewal.



Almighty God, whose loving hand hath given us all that we possess. Grant us grace that we may honor thee with our substance, and remembering the account which we must one day give, may be faithful stewards of thy bounty, through Jesus Christ our Lord. Amen

~~Book of common Prayer

Owe no one anything, except to love one another; for the one who loves another has fulfilled the law.
~~Romans 13:8

August 2 Tenth Sunday after Pentecost

Genesis 32:22-31 Psalm 17:1-7,16 *or*
Isaiah 55:1-5 Psalm 145: 8-9, 15-22
Romans 9:1-5 Matthew 14:13-21

8:00 a.m.

Lector: Ron Leonard Coffee Hour :
Altar duty: Lynn Duff and Margaret Hallau

10:30 a.m.

Vergers: Mary Maker Lector: Margaret Hallau
Coffee hour:

August 9 Eleventh Sunday after Pentecost

Genesis 37:1-4, 12-28 Psalm 105:1-6, 16-22, 45b *or*
1 Kings 19:9-18 Psalm 85:8-13
Romans 10:5-15 Matthew 14:22-33

8:00 a.m.

Lector: Tom Joyner Coffee hour:
Altar duty: Susan Bennett

10:30 a.m.

Vergers: Dee McRae Lector: Robert Abell
Coffee hour: Anisko family

August 16 Twelfth Sunday after Pentecost

Genesis 45:1-15 Psalm 133 *or*
Isaiah 51:1-6 Psalm 138
Romans 11:1-2a, 29-32 Matthew 15: (10-20), 21-28

8:00 a.m.

Lector: Jerry Gehrig Coffee hour:
Altar duty: Kim Stickney and Mary Hansen

10:30 a.m.

Vergers: Kim Stickney Lector: Ginni Stein
Coffee hour: Austin family

August 23 Thirteenth Sunday after Pentecost

Exodus 1:8-2:10 Psalm 124 *or*
Jeremiah 31:7-9 Psalm 126
Romans 12:1-8 Matthew 16:13-20

8:00 a.m.

Lector: Mary Larson Coffee hour:
Altar duty: Mary Maker and Michael Dyson

10:30 a.m.

Vergers: Susan Bennett Lector: Joie Miller
Coffee hour: Hansen family

August 30 Fourteenth Sunday after Pentecost

Exodus 3:1-15 Psalm 105:1-6, 23-26, 45c *or*
Jeremiah 15:15-21 Psalm 26:1-8
Romans 12:9-21 Matthew 16:21-28

8:00 a.m.

Lector: Ron Leonard Coffee hour:

Altar duty: Mary Maker

10:30 a.m.

Vergers: Nancy Edwards Lector: Mary Maker
Coffee hour:



Please Hold in Your Prayers

Patrick Afoakwah, Pam Baake, Melanie Baisley, Jan Barnes, Faye Bateman, Debbie, Linda, Sandie, Tom, Eunice Benson, the Blackwell family, Caroline Bradford, Caelick Bradley and family, Carol Brimm, Pete and Nancy Brown, Christine Butler, Amanda Cain, Misty Cantu, Susan Carroll, Donna Carter, Donnie Carter, Judy Cavin, Jennifer Ceriale, Brandon Chan, Judy Consoli, Fran Cook, Lanette Cowles, Erica Day, Judi Donnelly, Billy Doughty, Phyllis Doughty, William Doughty, Erin Dugan, Karol Dyson, Ruby Dyson, Dean G., Brian Gardner, Paula Gardner, Jerry Garner, Susan Geary, Gloria Gehrig, Gavin Gillies, Alexi Greene, Jerry Himmelheber, the Hunter Bennett family, Ryker Hurst, Greta, Helen Kundracik, Terrie Leonard, Thomas Leonard, Elinor Mattingly, Dee McRae, Artie Miller, Bernice Nunes, Kyle Patrick, Skylar Patron, Natalie Reed, Jane Roderick, Bob Sisson, Mark Stutso, Jonathan Tanner, Taylor, Isabella Tenczar, Charlene Townsend, George Trahan, Harvey Tyler, Paula Wayland, Angelica Wilkinson, the Willet family, Brandn Woehlke, Stuart A. Wood, first responders, and all who serve in the military and their families..



*Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.*
~~Prayer of Francis of Assisi

August

1 **Saturday**
9:00 a.m.—noon Thrift Shop

2 **Sunday**
8:00 a.m. H.E. I
10:30 a.m. H.E. II

3 **Monday**

4 **Tuesday**

5 **Wednesday**
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service

6 **Thursday**
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon

7 **Friday**
6:00 p.m. AA

8 **Saturday**
9:00 a.m.—noon Thrift Shop

9 **Sunday**
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service

10 **Monday**

11 **Tuesday**

12 **Wednesday**
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service

13 **Thursday**
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon

14 **Friday**
6:00 p.m. AA

15 **Saturday**
9:00 a.m.—noon Thrift Shop
4:00 p.m. Parish picnic

16 **Sunday**
8:00 a.m. H.E. I
10:30 a.m. H.E. II

17 **Monday**
Noon St. Mary's Garden Club luncheon

18 **Tuesday**

19 **Wednesday**
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service

20 **Thursday**
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon

21 **Friday**
6:00 p.m. AA

22 **Saturday**
9:00 a.m.—noon Thrift Shop

23 **Sunday**
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service

24 **Monday**

25 **Tuesday**

26 **Wednesday**
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service

27 **Thursday**
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon

28 **Friday**
6:00 p.m. AA

29 **Saturday**
9:00 a.m.—noon Thrift Shop

30 **Sunday**
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service

31 **Monday**

*Celebrating**End of Summer Anniversaries*

18 Joe and Lisa Saunders
22 Ron & Terrie Leonard
26 Dave & Jeana Johnson
27 Paul & Laura Appleby
29 John & Lynn Duff

And (mostly) Leo Birthdays

4 Tom Garrett
5 Taylor Garrett, the Rev. Mark Smith
6 Andrew McGee, Mason Kollar
10 Cheryl Ceriale, Terrie Leonard
13 Annette Lawrence, Sawyer Saunders
17 Christine Butler
24 Kyle Easterling
28 Karen Frick, Elise Baxter
31 Kyle Edwards, Louise Snell

Looking for Someone?

Rector: The Rev. Mark Smith: 301 862-2247

Parish Administrator: Amanda Anisko: 301 862-2247 parishadmin@standrewsleonardtown.org

Senior Warden: Susan Bennett

Junior Warden: Peter Woodside

Joyce Austin

Ethan Chan

Randy Gilles

Mary Hansen

Nancy Riddell

Clara Stark

Treasurer: Pete Ulrich

Minister of Music, Amy Foster

Newsletter, Dee McRae

To give flowers for the altar: 301 862-2247 admin@standrewsleonardtown.org

The Right Rev. Mariann Edgar Budde 202 537-6550

The Diocese of Washington 202 537-6555 <http://www.edow.org/>



Food for Thought

In 2020 Ferris Jabr and his husband bought a house with a sizable, “deceitful” back yard that they planned to turn into a magnet for wild creatures. “Two years later, the once sterile landscape was reborn, vibrant and lush and bustling with life.” But encounters with zealous native-only gardeners made him question his priorities and led him to research, and an extensive engagement with Douglas Tallamy. A professor of entomology and founder of the Homegrown National Park movement. [insert address] He came away with a nuanced appreciation for both native and imported species and recently wrote about what he learned in the New York Times.

From the start, we tried to balance several conflicting priorities. We wanted our garden to be beautiful and bountiful — teeming with fruits, vegetables and flowers — but we had also resolved to conserve water, minimize the use of fertilizer and exclude synthetic pesticides. We intended to maintain a functional oasis where we could relax and entertain friends, yet we were also determined to provide plenty of habitat and resources for wildlife. This was an opportunity to steward a parcel of our living planet, however small. . . . I harbored some skepticism about the native plant doctrine. Given how drastically different the world is today compared with even a century ago, I wondered whether the bygone circumstances in which species evolved could really be so important. If introduced plants were so ecologically inferior, it was difficult to explain why our yard in Portland was pulsing with bees and birds. . . . In the past three decades, Tallamy and his colleagues have published numerous studies demonstrating that native plants typically support more biodiversity than introduced species and that gardening can play an important role in restoring wildlife habitat. . . . Trees and shrubs consistently rank highest in terms of how many insects they support, in part because they are larger and longer-lived. These studies became the basis for the National Wildlife Federation’s popular online tool for gardeners, the Native Plant Finder. . . . “The Earth is falling apart, and everyone feels, Well, what can one person do?” Tallamy says. “I’ve got a whole list of things one person can do.” His central message to his readers, he says, is that “they are not just homeowners. They are the hope and future of conservation.” . . . In my interviews with professional gardeners, landscape designers and other plantspeople who have been inspired by Tallamy, however, they rarely insisted that Americans uproot every non-native plant on their properties. Rather, they tended to favor a hybrid approach of strategically incorporating introduced species into majority-native plantings. . . . Given the many sophisticated and subtle ways in which plants and animals communicate — including chemical messages that waft off leaves and permeate the air — I can’t help wondering if the insects and birds detected the sudden influx of native vegetation. I’d like to think that, on some level at least, the local wildlife recognizes our efforts to be better neighbors and stewards: that they experience our garden not as theft or intrusion but as a refuge, a reparation and a mutual reinvigoration of the world we make together.