



Loaves & Fishes

SEPTEMBER 2026

"To fall in love with God is the greatest romance; to seek him the greatest adventure; to find him, the greatest human achievement."

~~St. Augustine of Hippo

the left-hand column

☞ Time to get back to our familiar routines; Sunday School, adult forums, choir, activities for our youth. Summer is fine, but thank goodness it doesn't last all year.

☞ Take note too, of the evening of Celtic harp September 5 and a potluck September 26—Italian, if you please.

☞ And here are our anniversary congratulations and birthday wishes:

- 4 Paul & Beth Wagner
- 6 William and Shannon Hargreaves
- 15 Chuck & Ginni Stein
- 16 Peter and Amy Ulrich
- 21 Sean and Laura Biggerstaff
- 22 Mark and Charlene Mallory
- 24 Rick & Lori Werrell
- 29 Steve & Emily Labows)

- 2 Matthew M. Brigham
- 5 Laura Biggerstaff, Beth Wagner
- 6 Erica Wible
- 7 Lanette Cowles
- 9 Trey Bergen, Tim Vallandingham
- 10 Alan Easterling
- 11 Andy Stickney
- 12 Henry Ulrich
- 13 Dan Donnelly
- 14 Jenna Carnes
- 19 Christina Labows
- 22 Linda Epp
- 23 Jill Morris
- 25 Elizabeth Labows
- 26 John McKendrew
- 28 Judy Ersek
- 29 Sean Biggerstaff, Sam Walls

Falling in love with God is not only our calling; it is the thing without which we cannot live. The prayer book has it right when, in one of our more famous prayers, it proclaims that in God we live and move and have our being, who traces our journeys and resting places and is acquainted with all our ways (Psalm 139).

To find God is indeed the greatest thing we can hope for and we will be offering some ways to further the journey this month.

At the beginning of our month, we will be welcoming *Banrigh* (with our own Donna Bennett) in a Celtic harp concert that would, no doubt, gladden the heart of St. Andrew.

We will begin the year in earnest with the return of adult forum, Sunday school, and the blessing of backpacks on September 13. For those who have harbored a wish to become a lay reader, usher or serve in another capacity in our liturgies, please let us know—we need your voice and presence on Sunday mornings! The altar guild could always use another hand, as can the throng of angels who provide our coffee hours.

At the seminary I attended, there was a sign by a mirror that said, "You



are an icon of the living God.” I believe we all are, regardless of what we do or our level of engagement in the life of the church. That said, the closer we come to God in our work, the more deeply we allow God’s love to work on us. That is why I hope for the greatest romance and the greatest adventure on which we can embark. Please join us!

Mark+



Day by Day

Love must be tried and tested and proved. It must be tried as though by fire. And fire burns.

We may be living in a desert when it comes to such perceptions now, and that desert may stretch before us for years. But a thousand days are as one day in the sight of God, and soon we will know as we are known.

~~Dorothy Day (1948)

Many of you know how fond I am of Dorothy Day, even if our politics do not completely align, because she was always concerned with the long view. It is why I believe her words are so prescient today. If you are like me, we tend to think in the smallest possible increments; we believe we hardly have enough information, that our lives are in a kind of suspended animation. But from the standpoint of the divine, about which we can only speculate, Day’s observation is a bracing dose of humility.

Speaking only for myself, the temptation is to ask how long our current combative political state can go on. But the desert time we are still occupying, even as we begin a new



program year, gives us an opportunity to take the perspective that God is accomplishing things with us and our love for one another that we would not be able to learn otherwise. I am not saying anything so crude as that God wishes suffering on any of us. God knows there has been enough of that already. But I believe we are learning to love one another differently and, if anything redeems this time, it may be that fact alone.

With Day, I believe that we are learning that love is not some cheap Hallmark sentiment but is something that is being tried in all of us. And it does burn, in our prayers for those who suffer and for those who mourn. However long our current situation lasts, months or even years, I believe we are learning to love differently, as people and as a church. And for that I am grateful.

Mark+



The Senior Warden Looks at the End of Summer, and Beginning of Another Year

The Vestry took a summer break in August and did not meet. But that doesn’t mean that things stopped happening on the church campus.

Steve Carroll continued working on the church windows. He is now on the third window on the south side of the building. He is doing a fine job and the windows look great.

In addition, the Junior Warden has several projects going, including repainting the parking space dividers.

Two security poles fell down in the parking area sometime in the night on Thursday August 6. Fortunately, SMECO replaced both by noon the following day.

Our Parish Picnic was Saturday, August 15. It was a wonderful gathering with nearly fifty people in attendance. Steve Carroll and Ned Austin cooked the burgers and hotdogs on the grill. And folks brought a vast number of side dishes to share. Outside, we had cornhole games, badminton and bubble making; footballs, frisbees and sidewalk chalk available. I think everyone had a great time.

The picnic was a real group effort; thanks go to all those who gave up their time to set up the dining room

and get things ready for this summer gathering. I am sure we are all looking forward to another one next summer.

September brings the beginning of our program year with the start of Sunday School, adult education, our choir, youth group and acolyte teams. What a busy time it will be at our beloved St. Andrew's.

Susan Bennett



The Junior Warden Reviews Activities Around the Campus

In recent years August has been dry. But, this month we have enjoyed (irony is not dead) some torrential downpours that kicked off with a crescendo of lightning and ended with heat lightning illuminating the sky. The church lawn looks fantastic. This weather change, though needed to get the region out of long-term drought, has resulted in extra work for our Holy Mowers. Thank you, and thank you again! Last month, by the way, I failed to mention Steven Stewart among our faithful mowers.

Steve Carroll continues to make great progress on the church windows. This is painstaking work, removing layers of old paint and caulking without damaging the glass.

John Mckendrew put his talent as a master woodworker to work repairing pew 16. The base had become unstable, making occupants wonder if their perch was about to collapse.

We're looking for someone to install four metal braces to the St. Andrew's sign out along St. Andrew's Church Road. The wooden beams have succumbed to age; metal braces will provide the needed solid support.

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 to include

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

*Diverters for the HVAC units behind the parish building. Though the goal is to have gutters installed in the next couple of months, a six-inch rain scupper is needed below the "V" section at the rear of the hall leading into the Founders Room. This is where water gushes off the roof. The scupper handles high volumes of rainwater that would overwhelm a K-type gutter.

*A strategy to divert rainwater away from the

foundation along the back (western side) of the parish building. The dry-lock painting in the crawl space contains moisture.

On a nature note, there is a hooded dragon lizard looking for a warm home before the cooler weather moves in. Said lizard has been spotted atop the large log to the right of the tractor and mower shed.

Peter Woodside



A Heads-up From Our Sunday School Director

Sunday School, for ages five to twelve, will begin at the 10:30 service Sunday September 13.

We will meet in the church and be dismissed to class at the beginning of the service and return to the service in time for communion.

If you have any questions, please email me at churchschool64@gmail.com.

I plan to begin practicing for the Christmas Pageant by mid-October. I hope to make it a multi-generational pageant this year. Those younger than twelve will be the main focus, with help from teens and adult members of our community.

Please look ahead on your calendars to see if your family will be here for the 5:00 p.m. service Thursday December 24

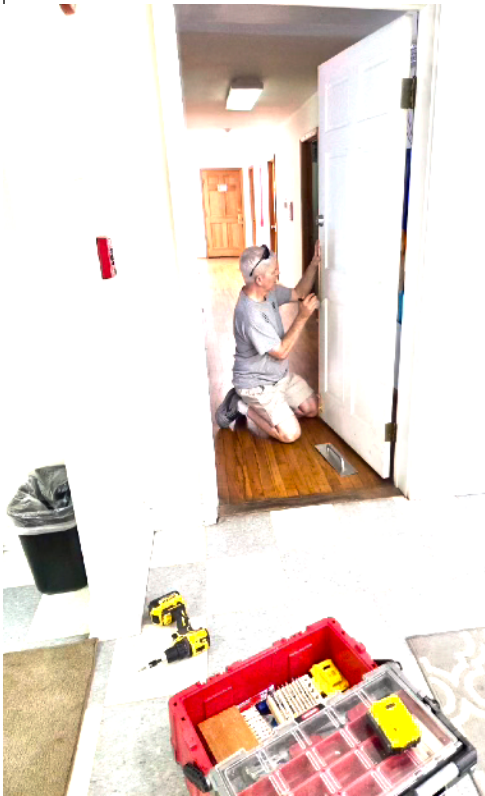
Joyce Austin



*My flesh and my heart may fail,
but God is the strength of my
heart and my portion forever.*

Psalm 73:26

Photograph by Clara Stark



Banrigh

CELTIC HARP GROUP

*Celtic Music. Timeless Beauty.
Hearts in Harmony.*

CONCERT:
SATURDAY,
SEPTEMBER 5,
2026

7:00 PM

LOCATION:
St. Andrew's
Episcopal Church

44078 St. Andrew's Church Rd.
Leonardtown, MD 20650

FREE CONCERT

Donations accepted.

www.banrigh.org

Join us for an evening of enchanting Celtic melodies.



*Blessed are the merciful,
for they will be shown mercy.*
~~Mark 5:7

September 6 Fifteenth Sunday after Pentecost

Exodus 12:1-14 Psalm 149 *or*
Ezekiel 33:7-11 Psalm 119:33-40
Romans 13:8-14 Matthew 18:15-20

8:00 a.m.

Lector: Mary Maker

Altar duty: Lynn Duff and Margaret Hallau

10:30 a.m.

Vergers: Dee McRae Lector: Margaret Hallau

Coffee hour: Susan Bennett

September 13 Sixteenth Sunday after Pentecost

Exodus 14:19-31 Psalm 114 *or*
Genesis 50:15-21 Psalm 103:(1-7), 8-13
Romans 14:1-12 Matthew 18:21-35

8:00 a.m.

Lector: Jerry Gehrig Altar duty: Susan Bennett

10:30 a.m.

Vergers: Susan Bennett Lector: Robert Abell

Coffee hour: Keith and Karen Landry

September 20 Seventeenth Sunday after Pentecost

Exodus 16:2-15 Psalm 105:1-6, 37-45 *or*
Jonah 3:10-4:11 Psalm 145:1-8
Philippians 1:21-30 Matthew 20:1-16

8:00 a.m.

Lector: Mary Larson

Altar duty: Kim Stickney and Mary Hansen

10:30 a.m.

Vergers: Kim Stickney Lector: Ginni Stein

Coffee hour: Misty and Emerson Cantu

September 27 Eighteenth Sunday after Pentecost

Exodus 17:1-7 Psalm 78:1-4, 12-16 *or*
Ezekiel 18:1-4, 25-32 Psalm 25:1-8
Philippians 2:1-13 Matthew 21:23-32

8:00 a.m.

Lector: Ron Leonard

Altar duty: Mary Maker and Michael Dyson

10:30 a.m.

Vergers: Mary Maker Lector: Joie Miller

Coffee Hour: Anne Carson

The nursery is available from 10:15 am—11:45

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, Aiden Collins and the Collins family, Judy Consoli, Fran Cook, Lanette Cowles, Erica Day, Ava Denos, Judi Donnelly, Billy Doughty, Phyllis Doughty, William Doughty, Erin Dugan, Karol Dyson, Ruby Dyson, Helene Farrall, Dean G., 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, Patricia Welborn, Angelica Wilkinson, the Willet family, Brandn Woehlke, Stuart A. Wood, first responders, and all who serve in the military and their families.



My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that If I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

~~Thomas Merton



The 10:30 am service is available via Zoom Please use the credentials below to connect.

<https://us06web.zoom.us/j/82236313643?pwd=gYrhpablmkUfIX1DZtunfnUnaHgJ6.1>

Meeting ID: 822 3631 3643

Passcode: 604270

September

- 1 Tuesday
- 2 Wednesday
9:00 a.m.—noon Thrift Shop
12:30 p.m.—Healing Service
- 3 Thursday
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon
- 4 Friday
6:00 p.m. AA
- 5 Saturday
9:00 a.m.—noon Thrift Shop
7:00 p.m. Banrigh Celtic Harp
- 6 Sunday
8:00 a.m. H.E. I
10:30 a.m. H.E. II
- 7 Monday Labor Day
- 8 Tuesday
Noon Retired Teachers' Luncheon
- 9 Wednesday
9:00 a.m.—noon Thrift Shop
12:30 p.m. Healing Service
- 10 Thursday
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon
- 11 Friday Rosh Hashanah begins
6:00 p.m. AA
- 12 Saturday
9:00 a.m.—noon Thrift Shop
- 13 Sunday
8:00 a.m. H.E. I
9:15 a.m. Adult Forum
10:30 a.m. H.E. II
10:30 a.m. Sunday School
12:30 p.m. Youth Meeting
- 14 Monday
Noon Garden Club Luncheon
- 15 Tuesday
- 16 Wednesday
9:00 a.m.—noon Thrift Shop
12:30 p.m. Healing Service
- 17 Thursday
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon

- 18 Friday
6:00 p.m. AA
- 19 Saturday
9:00 a.m.—noon Thrift Shop
- 20 Sunday
8:00 a.m. H.E. I
9:15 a.m. Adult Forum
10:30 a.m. H.E. II
10:30 a.m. Sunday School
- 21 Monday Yom Kippur
- 22 Tuesday
- 23 Wednesday
9:00 a.m. noon Thrift Shop
12:30 p.m. Healing Service
- 24 Thursday
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon
- 25 Friday
6:00 p.m. AA
- 26 Saturday
9:00 a.m.—noon Thrift Shop
5:00 p.m. Italian Potluck Supper
- 27 Sunday
8:00 a.m. H.E. I
9:15 a.m. Adult Forum
10:30 a.m. H.E. II
10:30 a.m. Sunday School
- 28 Monday
- 29 Tuesday
- 30 Wednesday
9:00 a.m.—noon Thrift Shop
12:30 p.m. Healing Service
- 31 Thursday
9:00 a.m.—noon Thrift Shop
6:00 p.m. AA
6:30 p.m. AlAnon



*Well, see? Just keep on liking things.
And praying.
“I don’t know anything about that.”
Yes you do. Every time you wake up and
love your life and the world, you’re
praying, my dear boy. I’m sure of it.*

from “You Never Know Where A Conversation
Is Going To Go”
Dog Songs, Mary Oliver

Looking for Someone?

Rector: The Rev. Mark Smith: 301 862-2247 RevMark@standrewsleonardtown.org

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

Freelance writer Emily Nichols was twenty-six when she suffered a traumatic brain injury. Suddenly, she wrote, her life collapsed. Part of her recovery involved daily walks. On one walk she encountered a family of owls. "I stopped worrying about my own life and started wondering about theirs." She described her experience in an article for the summer issue of Cornell Ornithology Lab's Living Bird.

Behind the scenes, anxiety, stress, and sadness hovered like a cloud. It was hard to control my emotions. . . .

Then one day on a walk, I spotted a pair of Great Horned Owls and three owlets in a palm tree. Seeing those downy, wide-eyed owlets nestled together stopped me in my tracks. . . . Learning about the owl family added another purpose to my prescribed walking. I started visiting them every sunrise and sunset—curious, obsessed, and honestly, it just felt better when I was out there. It quickly became part of my daily routine.

It turns out that birds and birding are emerging as a powerful, nature-based prescription for people's mental well-being, capable of restoring a sense of purpose and inspiring a sense of connection. A new study suggests that building skills in birding may also yield structural benefits in a person's brain. . . .

In my case, daily walks for owl therapy were just what I needed to calm my anxious mind. Birding distanced me by giving me space to slow down, stay curious, and change my mental state. I began paying closer attention to what was happening outdoors in my neighborhood, with a growing awareness that deepened my connection to the owls and sparked curiosity about other birds nearby. What once felt like background noise now revealed a world I hadn't noticed before. . . .

Some days I walked to the owl nest with sadness about my lost career and anxiety about my future. Witnessing the owlets' wobbly dependence and shaky first flights taught me that recovery is slow and nonlinear—and that accepting support is okay. Their vulnerability and determination helped me let go of rigid expectations, slow down and find purpose in recovering at my own pace. Gradually, I began to think more positively and see new ways I could be part of the world I shared with the birds—a world bigger than my own struggles.