



Photograph by Steve Carroll

# Loaves

# &

# Fishes

January 2021

## Living a Grateful Life December 30, 2020

Dear Friends,

*"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful." (Colossians 3:15)*

### the left-hand column

☞ Okay, 2020 wasn't the greatest year going, but there were still things for which we can be grateful; I have a little plaque that says "There is always, always something to be grateful for." Except for the fact that someone has ended a sentence with a preposition, I think that's a useful sentiment.

☞ I've been listening to the Dean of Canterbury Cathedral reading *Wind in the Willows* (amazing thing, the internet), appropriately, Chapter 5, "Dolce Domum," with its wonderful scene of Christmas carolling and supper by the fire. We could all learn a lot about empathy from Ratty's warm response to his friend Mole's attachment to his humble home.

☞ January 25, or thereabout is the traditional day to celebrate Robert Burns, a good celebration for us, I think. Perhaps this time next year we can share a bite of haggis (not you, if you find it off-putting) and raise a toast the bard of the common folk.

☞ The manager of our Thrift Shop has some wise thoughts to share for the new year too: Thoughts. . .stargazing is always time well spent. Resolutions. . .less screen and more paper pages in 2021. Suggestions. . .put out some bird seed on these chilly mornings. You won't be disappointed.

As we approach the New Year, I want to take a moment to write about gratitude. This year I am feeling profoundly thankful for so much. The world is struggling with a global health crisis, fires burning out of control, racism and violence, and it is easy to understand because grief and loss occupy our minds and hearts.

Nonetheless, with gratitude, I review 2020 and recognize the St. Andrew's community is a center of compassion as you reached out to me and to others in the parish and community who were isolated. I reread the cards you sent when I need enrichment and courage. And your generosity has been steadfast and remarkable.

Secondly, I am grateful for the members who have sent in a 2021 pledge cards, crucial to the budget forecast for next year. In uncertain times, these members are stepping out in faith. It is never too late to send in your pledge card, so if you have not, please copy a form and send it to the office before January's end.

Also, we cannot forget to thank all those members who have faithfully sent in their financial contributions weekly or monthly so that our operating costs have been covered. Your spiritual practice of making donations to the



church is the outward sign of your gratitude to God.

Thank you to Mary Maker who has been monitoring the parish's COVID response, as well as assisting me on Sundays with worship and communion. She did a beautiful job decorating the church for Christmastide. She has had the assistance of Steve Carroll, Beth Wagner, Cindy Kilcoyne, John McKendrew, Chuck Stein and Brent Johnson to help manage the restrictions imposed by the pandemic

I think that saying thank you actually changes us. Being thankful actually makes us well. It may be that grateful people take better care of themselves, but there is evidence that gratitude alone is a stress reducer, that grateful people are more hopeful, and that there are links between gratitude and the immune system. So, your mother was right when she made you call your grandmother and thank her for the birthday card.

C.S. Lewis, observing the connection between gratitude and personal well-being wrote of noticing "how the humblest, and at the same time most balanced and capacious, minds praised most, while the cranks, misfits, and malcontents praised least. . . . praise almost seems to be inner health made audible."

Jesus holds a vision for each of us about wellness, about salvation, about the kind of wholeness of life that comes from an attitude of praise and gratitude to God for every sign of God's grace and mercy. He teaches about the nature of faith. In short, to "have faith" is to live it, and to live it is to give thanks. It is living a life of gratitude that constitutes living a life of faith—THIS is the grateful sort of faith that can shape our daily life and make us well. even in the time of the mask.

*May the Peace of God that passes all understanding keep your hearts and minds in the love of God and of Jesus Christ, our Lord, and the blessing of God, the Father and the Son and the Holy Spirit be upon you for this coming New Year. Stay safe and healthy.*

In Christ,

*Beverly+*

## *Living the Way of Love*

***When Presiding Bishop Michael Curry said that love is the great necessity for us as Christians, and for our world, he wasn't suggesting that we must all have the warm-fuzzies for everyone we meet, or know, or hear about. He had in mind something much more down-to Earth, much more achievable. It is possible live love, to treat others with love, to respect our common humanity, even if we don't particularly like them.***

So, what is the Way of Love, and how do we go about following it? A few years ago, Bishop Curry met with a group of priests and lay people to consider "how to encourage all of us as the church to be the modern iteration of the Jesus Movement." Out of that meeting came *The Way of Love: A Practical Guide To Following Jesus*, and *The Way of Love: The 50 Day Bible Challenge*.

The working group chose seven practices that can help us stay focused on what matters: turning, learning, praying, worshiping, blessing, going, resting. The guide devotes a chapter to each of these, and brings it all together in a final chapter, "Next Steps: Developing a Rule of Life," because, as the Bishop writes in the foreword, "it is not a program, done once and put away on a shelf. The Way of Love is a set of ancient spiritual practices to help every Episcopalian develop a Jesus-centered rule of life."

For the next few months, the newsletter will look at these practices, but if you want to go ahead without waiting, both books are available from Forward Movement <https://www.forwardmovement.org>.

In the foreword, Bishop Curry explains the foundation of the Way, reminding us that, especially as he neared the end of his life, Jesus spoke more and more often of love. In Matthew's Gospel (22:37-39) we have the story of the young lawyer who asks which is the most important commandment. "He said to him, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment And a second is like it: 'You shall love your neighbor as yourself.'"

Then, "'On these two commandments hang all the law and the prophets.'"

"In other words," the Bishop writes, "this is it. Love God. Love your neighbor. And while you're at it, love yourself. . . . To put it another way, if it's not about love, it's not about God. And if it truly is about love, it is

about God. And that’s a game changer when we dare to believe and live this truth.”

“Turning—the first and most basic spiritual practice—is what makes the Christian life possible.” At baptism we, or someone on our behalf, first say yes to turning when we answer, “I do,” to the question, “Do you turn to Jesus Christ and accept him as your Savior?” Again and again, throughout our lives, we turn again each time we make a decision to do the right thing.

It’s not always easy, a fact recognized when we are asked, “Will you persevere in resisting evil, and whenever you fall into sin, repent and return to the Lord?” We answer not just, “I will,” but “I will, with God’s help.” We aren’t doing this on our own; there is help.

Turning isn’t necessarily away from something, it’s toward God, toward Jesus. Sometimes toward a new life. A surprising new new life; Moses surely didn’t expect to find his own life completely upended just because he turned aside to look at that strangely burning, but not consumed, bush.

Sometimes we turn toward the image of Jesus in someone who needs help. And sometimes we get a little nudge in the right direction. The Rev. Scott Gunn, director of Forward Movement and one of the authors of *The Way of Love*, recounts an encounter with a man holding a sign (we’ve seen these, even in our own neighborhood) that said he was hungry. “I made eye contact, and spoke to him. . . .But Sherilyn stopped, turned aside from our journey and our orderly list of tasks, and asked the man if we could buy him lunch.”

“It wasn’t hard to do the right thing. It took ten minutes and cost a few dollars. Later that day, I thought about our encounter. I realized—and I know this is going to sound hokey, but stick with me—we bought Jesus a burrito.”

Brendan O’Sullivan-Hale, canon to the ordinary for administration and evangelism in the Diocese of Indianapolis, writes that when he was baptized in his early twenties, it was a time when he believed humanity had arrived at a “new era of goodness.” It was only much later that he made the connection between the state of his soul and St. Paul’s sad recognition in his letter to the Romans (7:19, 24), “For I do not do the good I want, but the evil I do not want is what I do.”

“I had made that turn at my baptism,” O’Sullivan says, “not realizing I would need to make it over and over again, for a lifetime. By gathering regularly with a group to pray, worship, study and do the kinds of loving service

that Jesus taught, I am more aware of the turns and more willing and able to make them. These disciplines don’t shield us from failure, but they do bind our wandering hearts to Christ so that when we stray, it is easier to turn back to him—our companion in the Way of Love.”

And there are practical suggestions for turning. *The Way of Love* acknowledges that “there’s no one-size-fits-all approach”; pick one or two to try.

See what works:

Baptism, of course, if you are not already baptized.

Set aside more intentional time for prayer and study of scripture.

Have an estranged friend with whom you can reconcile? Is there someone

who could not repay you for whom you can do something generous? (That homeless man on the corner with the sign, perhaps?)

Nurture spiritual friendships.

Commit to regular worship.

“The Christian life is meant to be deeply joyful.

Share your joy with a friend or someone in your church. Encourage other people on their journey.”

The chapter ends with questions for reflection—and perhaps journaling.

1. When is a time you turned in a way that helped you grow in your faith?

2. What keeps you from turning more readily?

3. What might you do to turn in new ways, more often?



*After the day’s frenzy, may the heart grow still,  
Gracious in thought of all the day brought,  
Surprises that dawn could never have dreamed:  
The blue silence that came to still the mind,  
The quiver of mystery at the edge of a glimpse,  
The golden echoes of worlds behind voices.*

~~from Vespers, John O’Donahue





*He hath shewed thee, O man,  
what is good;  
and what doth the Lord require of thee,  
but to do justly,  
and to love mercy,  
and to walk humbly with thy God?*

~~Micah 6: 8 , King James text

Photograph by Ken Cornet



Ken and Stephanie Cornet have created beautiful new linens for the altar at the north door.

**January Readings**

**January 3 Second Sunday after Christmas**

Jeremiah 31:7-14 Psalm 84 or 84:1-8  
Ephesians 1:3-6,15-19a  
Matthew 2:13-15,19-23 or Luke 2:41-52 or  
Matthew 2:1-12

**January 10 First Sunday after the Epiphany**

Genesis 1:1-5 Psalm 29  
Acts 19:1-7 Mark 1:4-11

**January 17 Second Sunday after the Epiphany**

1 Samuel 3:1-10(11-20) Psalm 139:1-5, 12-17  
1 Corinthians 6:12-20 John 1:43-51

**January 24 Third Sunday after the Epiphany**

Jonah 3:1-5, 10 Psalm 62:6-14  
1 Corinthians 7:29-31 Mark 1:14-20

**January 28 Fourth Sunday after the Epiphany**

Deuteronomy 18:15-20 Psalm 111  
1 Corinthians 8:1-13 Mark 1:21-28

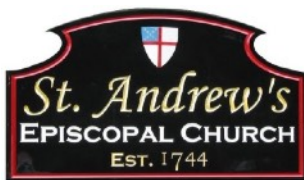


*God of the present moment,  
God who in Jesus stills the storm  
and soothes the frantic heart;  
bring hope and courage to your people  
as we wait in uncertainty.  
Bring hope that you will make us the equal  
of whatever lies ahead.  
Bring us courage to endure what cannot be  
avoided,  
for your will is health and wholeness;  
you are God, and we need you.*

~~New Zealand Prayer Book

*Well, here's an unusual month—  
no weddings to celebrate in January  
But plenty of birthdays*

- 2 Scott Drayton
- 4 Charlie Evans
- 6 Daniel Maker
- 7 Mallory Eden
- 9 Catherine Eliza Leake
- 10 Tom Barnes
- 11 Duncan Biggerstaff, Suzanne Lawrence
- 13 Tim Leake
- 15 Judith LaMarque
- 17 Mollie Wagoner
- 19 Loretta Hetmanski
- 20 Kathy Kirby
- 21 Paul Wagner
- 23 Michael Edwards
- 24 Beth Weeks
- 28 Amanda Werrell
- 30 Judi Donnelly
- 31 Linda Sisson



***Grant us the gift of your Spirit, that we may know Christ and make him known; and through him, at all times and in all places, may give thanks to you in all things. Amen***

**PLEDGE DRIVE FOR MINISTRY IN 2021**

**In grateful acknowledgement of the many blessings I (we) receive from God, I (we) return a portion of what I (we) have to Christ's ministry through St. Andrew's Church for 2021.**

I/ We/ Family Name \_\_\_\_\_ plan to contribute our financial support to St. Andrews in gratitude and with a generous heart to share in the renewed ministry God now prepares for us.

During 2021 we plan to give \$\_\_\_\_\_ (Total annual amount)

To that end, I/we will make contributions of \_\_\_\_\_ (amount) per (please check one)

Week\_\_\_ Month\_\_\_ Quarter\_\_\_ or One Time Contribution\_\_\_

Please check all that apply:

\_\_\_ Please provide envelopes.

\_\_\_ I/We would like to have direct debit from my bank account. Parishioners interested in direct deposit to make contributions, please have your bank direct your payments to the St. Andrew's Church account at WesBanco. Please contact the Assistant Treasurer at [admin@standrewsleonardtown.org](mailto:admin@standrewsleonardtown.org) to obtain routing and accounting information.

\_\_\_ I/We plan to contribute through Paypal. To use Paypal, go to the St. Andrew's website ([www.standrewsleonardtown.org](http://www.standrewsleonardtown.org)) and click the "Donate or Contact" Link at the top of the page.

*Looking for Someone?*

Rector: The Rev. Beverly Weatherly 301 862-2247  
Parish Administrator: Donna Triplett 301 862-2247

[rector@standrewsleonardtwn.org](mailto:rector@standrewsleonardtwn.org)  
[parishadmin@standrewsleonardtwn.org](mailto:parishadmin@standrewsleonardtwn.org)

Senior Warden: Mary Maker  
Junior Warden: John McKendrew  
Treasurer: Brent Johnson  
Fundraising: Steve Carroll  
Minister of Music: Amy Foster  
Thrift Shop: Jerry Frank  
Newsletter: Dee McRae  
Sanford Concert Series: Lyn Schramm

[deemcrae@mac.com](mailto:deemcrae@mac.com)

To give flowers for the altar 301 862-2247  
St. Andrew’s Episcopal Church 301 862-2247

[parishadmin@standrewsleonardtwn.org](mailto:parishadmin@standrewsleonardtwn.org)  
<https://standrewsleonardtwn.org/>

The Right Rev. Mariann Edgar Budde 202 537-6550  
The Diocese of Washington 202 537-6555

<https://www.edow.org/>



*Food for Thought*

*We are all implicated when we allow other people to be mistreated. An absence of compassion can corrupt the decency of a community, a state, a nation. Fear and anger can make us vindictive and abusive, unjust and unfair, until we all suffer from the absence of mercy and we condemn ourselves as much as we victimize others. The closer we get to mass incarceration and extreme levels of punishment, the more I believe it’s necessary to recognize that we all need mercy, we all need justice, and—perhaps—we all need some measure of unmerited grace.*

~~Bryan Stevenson, Director of the Equal Justice Initiative

