



# St. Luke's Episcopal Church

## House Call Newsletter

May 2021

### A Note from the Rector



Dear friends,

Sarah and I would like to express our deep gratitude for the outpouring of love and support that we have experienced over the past two weeks, since it was announced that she is resigning as Rector of St. Mary Magdalene Church due to her ongoing medical disabilities. We appreciate all of the prayers, cards, notes, and offers of assistance during this difficult time of transition.

As Sarah shared in her letter of resignation, in addition to her complex endocrine conditions that have become increasingly difficult to manage over the past two years, she has been diagnosed by a neurologist at Hopkins with a relapse of Myalgic Encephalomyelitis (ME), also known as Chronic Fatigue Syndrome (CFS), which she first suffered from 25 years ago.

There is currently no effective treatment for ME, in part because much of the medical community continues to dismiss it as a psychosomatic disorder, rather than taking the patient's symptoms seriously and putting

resources into understanding the causes of this disease. In effect, it is frequently treated as hysteria or "conversion disorder", because no test has yet been developed that can identify a biological marker for ME. This is very similar to the way that Multiple Sclerosis was viewed for decades, until the MRI was developed and made a definitive diagnosis possible.

One way that you can help Sarah (and me) is to advocate for better research, education, and support for people who suffer from ME/CFS and related illnesses. Right now, the US Congress is considering the COVID-19 Longhaulers Act. Tens of thousands of people who have had COVID are now experiencing long-term symptoms very similar to ME. Many of those with Long COVID will be eligible for a diagnosis of ME within the next six months. Because of this, the COVID-19 Longhaulers Act includes funding and research for other post-viral illnesses, including ME/CFS.

Many of us who live in Annapolis and Anne Arundel County are represented in the House of Representatives by John Sarbanes. Sarah and I participated last week in a series of ME/Long COVID Advocacy days. This included meeting with a staffer from Sarbanes' office. Despite hearing the stories of those living with post-viral illnesses, the most recent update we heard indicated that Sarbanes is still on the fence about whether to support the COVID-19 Longhaulers Act.

If you are represented by Sarbanes, and if you feel so moved, I invite you to consider calling his office, sending him an email, and/or posting to social media. The phone number is [202-225-4016](tel:202-225-4016). If you live in a different district, consider contacting your representative. You can find all of the information on how to advocate for passage of this bill here: <https://actionkit21.com>.

Thank you again for your support.

Blessings,  
Diana+

## April Vestry Highlights

- Bishop Ihloff joined our meeting as part of his parish visitation
- All vestry members took the oath of office
- A sub-committee on racial justice will help plan future activities
- Ministry Life Cycles were reviewed
- A letter of appreciation will be sent to St. Mary Magdalene Church
- Prayers, love and support were expressed to Diana+ and Sarah+ as Sarah+ resigns her position at St. Mary Magdalene

Next meeting is Saturday, May 15 at 9:30am. Note change of time.

*Dianne Crews*  
Registrar

- You can contribute online with Givelify (<https://goo.gl/Q4b37L> or go to our website at [www.stlukeseastport.org](http://www.stlukeseastport.org) and follow the link to “Giving” at the top.)
- **Want to save the church money?** You can set up a direct bank transfer from your checking account to ours (to arrange this, please call Nancy Jones at 410-268-6469 for details).
- You can contribute directly from your IRA. Whatever is directly contributed is not taxed as a distribution. This is helpful if you are no longer itemizing your deductions on your tax return.

*Nancy Jones*  
Treasurer

## Treasurer’s Report

### March, 2021

Income	Actual	Budget
Pledges	28,230	33,750
Other	<u>12,934</u>	<u>10,012</u>
Total Income	41,164	43,762
<b>Expenses:</b>	<u>56,562</u>	<u>47,032</u>
<b>Net Loss</b>	<u>-15,398</u>	<u>-3,270</u>
Checking	16,167	
Investments	75,324	

## A Note from the Treasurer

Thank you so much for continuing to support St. Luke’s financially during this pandemic. You can continue your contributions in many ways.

- You can send a check to the church (1101 Bay Ridge Avenue, Annapolis, MD 21403)

## Reparations: Thank You!

We are pleased to share that our members have made personal contributions totaling **\$2,235** toward the Episcopal Diocese of Maryland Reparations Fund. This is in addition to the \$785 we committed from our 2021 operating budget, meaning that we will be sending **over \$3,000** to the diocese for Reparations. This is an astonishing amount for a parish of our size, and we are deeply grateful to everyone who contributed.

The purpose of the Reparations Fund is to invest in programs that seek to make restitution for the complicity of the diocese “in supporting the practice of chattel slavery and the legacy of immense harm caused by systemic and institutional racism which continues today” (Resolution 2020-06). A Task Force has been appointed to oversee distribution of the funds on behalf of Diocesan Council, with a view toward making the greatest impact possible within our diocese.

We recognize that monetary contributions are only one aspect of the long-term work of repairing the breach and “becoming beloved community”. The Vestry of St. Luke’s is engaged in discerning our next steps toward committing ourselves as a congregation to dismantling systems of oppression and dominance together, including within the life of our church itself.

## Forum: Education & Health in Uganda

On **Sunday, May 2**, we will be joined via Zoom by Jim Ellison, President of the Board of Community Health and Education for Rural Africa (CHERA), which is the American support organization for the Kasese Community Health and Education Foundation (KCHEF). Many of you will recognize the name of KCHEF from our prayers on Sunday morning. Since 2012, we have been supporting the education of a student in Uganda through CHERA/KCHEF. (See below for more information about our support and how you can participate.)

Jim will give a presentation following worship about the work of CHERA and KCHEF to transform healthcare delivery and educational opportunities in the Rwenzori region of Uganda. The presentation will be available on both Zoom and Facebook Live. To learn more about CHERA and KCHEF, visit [www.cherahealth.org](http://www.cherahealth.org) and [www.kasesecommunity.org](http://www.kasesecommunity.org)

### Supporting Sunniah



Sunniah Ngonzi Magogo is a 23-year-old university student from the Rwenzori region of Uganda, who is completing her undergraduate degree in cytotechnology this spring at Makerere University. We have been supporting Sunniah's education through a special appeal each year since 2012. She has been offered a position in a two-year Masters program to continue her studies this fall, with the goal of working in

the field of public health, detecting and diagnosing preventable diseases like cholera.

Ordinarily, CHERA and KCHEF do not coordinate educational support for students beyond the undergraduate level. However, because of our long-term relationship with Sunniah and her desire to use her studies to benefit her community, they have agreed to facilitate our continued support so that she can complete her Masters degree.

The cost of a full year of tuition and fees is \$2,500. This year, we are partnering with a neighboring parish, St. Philip's Church in Annapolis, to raise these funds together. To contribute, you can send a check to the church office with the memo "University Student" or give online through our website with the same memo. **The deadline to contribute is Sunday, May 30.** Any amount raised beyond \$2,500 will go to support the general work of KCHEF. Thank you!

### Holy Communion for Remote Worship

Following diocesan guidelines, we are distributing Holy Communion periodically to be received during our remote worship service. Prepackaged wine and bread are consecrated on a Sunday and made available for pickup from the church at a designated time.

The next dates for pickup will be **Saturday, May 8** and **Saturday, May 22 from 1 to 3 pm** to receive during worship the following day.

### Monthly Outdoor Communion

On **Saturday, May 29**, we will hold our outdoor communion service in the amphitheater at **5:00 pm**. This service will be held on the last Saturday of each month, weather permitting. All attendees are required to wear masks and remain at least six feet apart from others who are not members of their own household. You are welcome to bring your own chairs and blankets, if you wish, to use in addition to the log benches. In case of inclement weather, a decision whether to cancel the service will be made by 4 pm that day. It will be posted to our website and Facebook page.

## Welcoming our Newest Episcopalians

On Sunday, April 18, our congregation celebrated the Confirmation of Michael Fletcher and Chuck Gallegos, and the Reception of Kathleen Wherthey into the Episcopal Church from the Roman Catholic tradition. The Rt. Rev. Robert Ihloff presided over the service, assisted by Pastor Diana and Father Norm. You can watch the entire service on our Facebook page. (You don't need a Facebook account to view the video - simply decline any invitations to sign in or create an account.)



With most of the congregation being online, we almost forgot to take any pictures! Pictured above from left to right are *Chuck, Bishop Bob, Kathleen, Michael, and Pastor Diana*. You can't see it, but we promise we all had big smiles on our faces!

## Rev. Sarah's Last Sunday

As we announced in the email newsletter on April 21, Pastor Diana's wife, the Rev. Dr. Sarah Lamming, has resigned as Rector of St. Mary Magdalene Church in Silver Spring due to her ongoing medical disability. Rev. Sarah's last Sunday with her congregation will be **May 16**. Pastor Diana has taken that day off in order to be with Rev. Sarah at their home for the livestreamed services. Father Norm Crews will be our guest preacher and presider at St. Luke's that morning.

Following the St. Luke's service, everyone is invited to join the end of the St. Mary Magdalene service over Zoom or Facebook Live to support them as they say

farewell to Rev. Sarah. The Zoom link is: <https://zoom.us/j/8210356879> or call 1-301-715-8592 and enter Meeting ID 821 035 6879.

The Facebook page is <https://www.facebook.com/stmarymagdalenesilverspring>.

For those who would prefer to stay on our Zoom after worship, we will screenshare the Facebook Live video from St. Mary Magdalene at that point.

Thank you for your continued prayers for Pastor Diana, Rev. Sarah, and the people of St. Mary Magdalene during this time of transition and loss.

## Contemporary Epistle: Racial Justice

*During the Lenten Season, the second reading each Sunday was replaced by a series of "Contemporary Epistles" shared by our own members on their journey of understanding racism, privilege, and racial justice. The talk below was given by Helen Leitch on March 7.*

I knew very little about Eastport when I married in 1957 and moved here to live on a boat, because I grew up in Annapolis, and we hardly ever came over the bridge to Eastport. But if you were going to live on a boat, Eastport would be the place to be. The wonderfully integrated neighborhood was so friendly and welcoming. When we ended up in a house a few years later, we had chickens in our backyard, as did many of our neighbors, and the dogs ran free.

Eastport was pretty much a blue-collar working man's neighborhood, where you would see boats in backyards, with no one complaining, which is what attracted my non-conforming husband, who put up a teepee and tried to build an ice rink in our yard for our kids. Six years later, when our first child entered Eastport Elementary School, it pretty much became the center of our lives for about ten years. Black and white PTA moms became best friends forever (there are still a few of us left). When we were working on a project that involved food (and it usually did), such as feeding the teachers or having a crab cake lunch sale, the wonderful members of the black Peerless Rens Club on Chester Avenue always donated some of the food. I like to claim

that our school was the first naturally integrated school in the county, but I could be wrong. I had to laugh when we were discussing a book in our antiracist discussion group, when Rae Miller said she had to lose her Eastport accent when she entered the business world. My son still has his, and it fits in with the boatyards and his business.

Racism in Eastport pretty much felt like a non-issue then. After all, the boy who would one day become Mayor Pip Moyer lived in Eastport and always had as many black friends as white, who would later support him in his leadership role in the city. Eastport was unique with its mixed neighborhoods. I have to say that we went across the bridge to St. Anne's until I was told about St. Luke's just in time to have our youngest child baptized by the wonderful Rev. Fairfield, Vicar of St. Luke's. He lived in the Vicarage with his wife and four sons. He welcomed choir practice and part of the Sunday School in his home every week. Needless to say, I became part of the friendly congregation.

But when Eastport was discovered by the developers and gentrification moved in about 30 years ago, things began to change, and the racial makeup of Eastport began to change, as well. Many existing houses were sold and torn down, with larger homes built in their places that didn't conform with the neighborhood. The recent incident of a black teen who lives in the neighborhood walking down the street with his basketball and being stopped by the police would never have happened here in the past. It would have been a common sight, because so many black people lived here.

## **May Labyrinth Walk: Walking with Mother Nature**

**Saturday, May 8 from noon to 1 pm**

Nature invites us to open our senses as we move through cycles of change. Mother Earth supports each step we take. The Eastport Community Labyrinth is an "urban oasis" situated at the top of the St. Luke's Restoration of Nature project. Following the guided Labyrinth walk, feel free to explore the many wonders of the indigenous Chesapeake watershed reclaimed from municipal stormwater runoff along a recreated

stream bed that meanders down to Back Creek. Guided tours will be available, as well.

Labyrinth walks are held at the Eastport Memorial Labyrinth on the front of St. Luke's grounds on the second Saturday of each month at noon. The gatherings include guidance for walking the labyrinth, an introduction to that month's theme, and time for reflection following the walk.

**Masks are required to be worn while participating while we await updated guidance on COVID-19 protocols from the Episcopal Diocese of Maryland.**

**Upcoming Walk:  
June 12 – LGBTQ+ Pride Walk**

Labyrinth walks are open to all and take place rain or shine. For questions, contact the parish office at 410-268-5419 or [office@stlukeseastport.org](mailto:office@stlukeseastport.org).

## **Join a Team!**

Even though we are not gathering indoors for worship or meetings at this time, many of our ministries have remained very active and would welcome new members! We invite you to consider joining one of these ministry teams, which are open to everyone:

**Worship Planning Team  
Formation Team  
Environmental Committee  
Labyrinth Committee  
Flower Ministry  
Altar Guild  
Readers/Intercessors  
Altar Servers**

Many of these teams meet regularly over Zoom, and the meetings are open to everyone. For meeting times and more information, contact Pastor Diana at [pastordiana@stlukeseastport.org](mailto:pastordiana@stlukeseastport.org) or 410-921-0157.

## **Worship Team Meeting**

The Worship Planning Team was convened last fall to plan for and execute our transition to livestreaming worship from our sanctuary. The current team

members are: Pastor Diana, Dr. Ildar Khannanov, Richard Wilson-Smith, Anne Arms, Dianne Crews, and Pete Stark. Anyone is welcome to join this team, attend our meetings, or share feedback about our worship with the members. Our next meeting will take place via Zoom on **Tuesday, May 4 from 5:30 to 7 pm.**

## May Environmental Minute



As woodland gardeners know, Mayapples (*Podophyllum peltatum*) are hard to please. They do not take kindly to transplanting by humans but, with the right conditions they will “migrate” to a shady, wet spot, to the delight of those who spot them.

In the Restoration, we are lucky to have an expanding stand of the “little umbrellas” near Fairview Avenue just before the Severn House entrance.

Mayapples have a strong symbiotic relationship with box turtles (*Terrapene carolina*), who eat the fruit hidden beneath the umbrella leaves and excrete the partially digested seeds in their travels. Box turtles are the main natural distributors of Mayapple seeds. Although I did not see any box turtles on a recent visit, I sensed that they were present, watching me!

Mayapples are native perennials. The leaves appear in early spring, followed by the shy little flowers in May, and the plant goes completely dormant by mid-summer. So do not delay if you plan to look at them in the Restoration! And we all need to remember to leave their location undisturbed, even when they are not visible later in the year, so we will have the pleasure of their company again next season.

The flourishing of Mayapples is a wonderful sign that the Restoration is maturing, and natural cycles of life

are taking hold there. And what a great testament to the resiliency of the humble box turtle!

*Linda Elkington*

Environmental Committee Member

## Environmental Committee Meetings

The Environmental Committee at St. Luke’s seeks to spread environmental stewardship through education, advocacy, and volunteerism on a teaching campus that heals the human spirit while caring for creation. **The next meeting will be held remotely via Zoom at 7 pm on Thursday, May 13.** All are welcome to attend. For questions, contact Chuck Gallegos ([gallegoscl@verizon.net](mailto:gallegoscl@verizon.net)) or Anne Arms ([armspna@aol.com](mailto:armspna@aol.com)).

## Altar Flower Dedications

As we livestream our Sunday worship services from the sanctuary, we are continuing the tradition of beautifying our worship space with two flower arrangements each week. These arrangements are funded through individual donations.

If you would like to dedicate the flowers for a particular Sunday in 2021 in memory of someone or in honor of a special occasion, please contact our administrative assistant Dalyn Huntley at 410-268-5419 or [office@stlukeseastport.org](mailto:office@stlukeseastport.org). The requested donation amount is \$50 and may be made either by check or online with the memo "Flowers." Following the service, the flowers are delivered to a member of the congregation to enjoy.

## Office Closure & Rector Away

The Church Office will be closed and no appointments will be taken for **Monday, May 31** in observance of Memorial Day.

The Rector will be away **May 16 through 19**. If there is a pastoral emergency during this time, please contact Dianne Crews at 410-292-0836 (cell). The preacher and presider for our service on May 16 will be the Rev. Norman D. Crews.

## Weekly Schedule of Remote Services and Activities

Our remote worship services and the other activities listed below may all be joined using a computer, tablet, smartphone, or landline.

### How to join remote Worship & Activities:

From your computer, tablet, or smartphone, click this link:

<https://zoom.us/j/4102685419>

From your mobile phone or landline, dial: 1-301-715-8592

Enter Meeting ID: 410 268 5419

### Sundays at 10 am

#### Holy Eucharist

Live-streamed from the St. Luke's Sanctuary. Followed by fellowship time.

This service can also be viewed on our Facebook Page at [www.facebook.com/stlukeseastport](http://www.facebook.com/stlukeseastport). Fellowship time is via Zoom or phone only.

*Please note that if you join the service with video via Zoom, there is a small chance that your image and name may be visible briefly to those watching on Facebook Live at certain moments (such as the passing of the peace.) The video is also recorded and remains archived on our Facebook page. You always have the option of turning off your camera on Zoom if you prefer not to be visible.*

### Thursdays from 5:30 to 6:30 pm

#### Weekly Social Hour

Pour a beverage of your choice and join us for a Zoom social hour every Thursday. No agenda other than to catch up and connect with one another.

### Fridays at 10 am

#### Contemplative Prayer

Led by the St. Luke's Contemplative Prayer Group. This practice invites us to experience rest and internal nourishment through silent prayer together. Anyone is welcome to join at any time. No experience necessary.

## Amazon Smile

Amazon.com donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Sign in to your account using the link on the church website, [stlukeseastport.org](http://stlukeseastport.org), and St. Luke's will receive the donation.

## Are you on our email list?

If you have an email address but are not receiving our weekly email newsletters each Wednesday, please let us know by emailing [office@stlukeseastport.org](mailto:office@stlukeseastport.org). These weekly emails are an important means of communicating information to our community in between editions of the House Call. If you are not on email but would like to have a printout of the weekly "News from St. Luke's" sent to you by hard copy, please contact Dalyn Huntley in the church office: 410-268-5419.

## Weekly Schedule

### Sunday Worship

Online or By Phone  
10:00 am Rite II

### Office Hours

Monday - Thursday  
By Appointment Only

### Food Pantry

Tuesday 11 am - 12 noon

### Social Hour

Online or By Phone  
Thursday 5:30 – 6:30 pm

### Contemplative Prayer

Online or By Phone  
Friday 10 - 10:45 am

## House Call Deadline

The deadline for submission of materials to the June edition of House Call is no later than **Monday, May 24 2021**. Submissions may be mailed or delivered to the office or emailed to the office at [office@stlukeseastport.org](mailto:office@stlukeseastport.org)



St. Luke's has a long-standing tradition of remembering the birthdays and anniversaries of our members with a card and in the newsletter, as well as praying for those who are present on the preceding Sunday. If you are new to the St. Luke's community or unsure if we have your birthday/anniversary, please let us know when it is! Send the information to the office by phone or email (410-268-5419 or [office@stlukeseastport.org](mailto:office@stlukeseastport.org)).

### May Birthdays

- 1 Betsy Love
- 2 Kate Dent
- 4 David Fogle
- 6 Maxwell McGregor
- 8 Chris Dent
- 11 Robert Abbott
- 13 Pepe Dent
- 15 Helen Wheeler
- 19 Mike Waldman
- 26 Isaiah Dent
- 30 Alma Govoro

## Prayer List

**Ongoing Needs:** Connie Harold; Sunniah Ngonzi Magogo; the Palermo Family; Heather Cook; Linda Cunningham; our seminarian Tom Clement+ & his husband Ron Haflidson; Sydney Ponturo; Sally and Fred Sandford; Nicole DeVino (friend of Dianne Crews); Patty Peterson (friend of Helen & Jack Wheeler); Hilda Uribe (friend of Avedis & Olgui Zarikian); David Fogle; Jimmy Riccardi; Chuck Suhr; Lee Riley; Deacon

Bob McCoy; Karen Sears-Wright (mother of Lexi Wright); Jack Fox (family friend of Kathleen Rewa)

**Immediate Needs:** Diana and Alastair McGregor; Sarah Lamming; Ned Stankoski (friend of Dianne Crews); Adia Joy Barrett (daughter of Pastor Diana's friend); Deacon Mary Walton; Patricia; Bill Beachy (uncle of Pastor Diana); John Lamming (father of Sarah Lamming); Vince Musgrave (son-in-law of Dianne & Norm Crews+); Fred Miller (husband of Rae Miller); Bob and Carolyn Abbott (parents of Robert Abbott); Bill Huebl; Glenn Shuart; Jorge, Lucas, and Laura (Pastors of the Nazarene Church "Jesus te Ama" in Eastport); "JJ" Barrett; the Stickney Family; Jeff Leitch (son of Helen Leitch); Robert Marianetti; Kathy Kotowski (friend of Eve & Mike Waldman); Dagmar Kohring; Nancy Jones

**In thanksgiving for Healing:** Elizabeth Sammis

**For the Departed:** Cary Stickney (father of Sarah Stickney)

## St. Luke's Episcopal Church

410-268-5419 ~ [office@stlukeseastport.org](mailto:office@stlukeseastport.org)  
[www.stlukeseastport.org](http://www.stlukeseastport.org) ~ Tw: [@stlukeseastport](https://twitter.com/stlukeseastport)  
[www.facebook.com/stlukeseastport](https://www.facebook.com/stlukeseastport)

### Episcopal Diocese of Maryland

The Rt. Rev. Eugene Taylor Sutton, Bishop  
The Rt. Rev. Robert W. Ihloff, Assisting Bishop

### Parish Staff

The Rev. Diana E. Carroll, Rector  
[pastordiana@stlukeseastport.org](mailto:pastordiana@stlukeseastport.org)  
Dr. Ildar Khannanov, Director of Music  
[drkhannanov@gmail.com](mailto:drkhannanov@gmail.com)  
Dalyn Huntley, Administrative Assistant  
[office@stlukeseastport.org](mailto:office@stlukeseastport.org)  
The Rev. Norman Crews, Priest Associate

### Parish Officers

Richard Wilson-Smith, Senior Warden  
443-822-1978, [richard@openpathproducts.com](mailto:richard@openpathproducts.com)  
Helen Leitch, Junior Warden  
410-263-2783, [leitchhelen@verizon.net](mailto:leitchhelen@verizon.net)  
Nancy Jones, Treasurer  
410-268-6469, [catfancy1@aol.com](mailto:catfancy1@aol.com)  
Avedis Zarikian, Assistant Treasurer  
410-713-7842, [avedis3e@outlook.com](mailto:avedis3e@outlook.com)  
Dianne Crews, Registrar  
410-268-9741, [dmackcrn@verzion.net](mailto:dmackcrn@verzion.net)

### Ministry Contacts

Altar Guild	Dawn Moorehead 443-852-0371, <a href="mailto:dmorehead9@aol.com">dmorehead9@aol.com</a>
Environmental Committee	Chuck Gallegos 443-758-3036, <a href="mailto:gallegoscl@verizon.net">gallegoscl@verizon.net</a> Anne Arms 707-479-4303, <a href="mailto:armspna@aol.com">armspna@aol.com</a>
Food Pantry	Mike Waldman 757-387-2251, <a href="mailto:mwaldman@juno.com">mwaldman@juno.com</a>
Flower Ministry	Anne Arms 707-479-4303, <a href="mailto:armspna@aol.com">armspna@aol.com</a>
Labyrinth Committee	The Rev. Diana Carroll 410-921-0157, <a href="mailto:pastordiana@stlukeseastport.org">pastordiana@stlukeseastport.org</a>

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