

### Shrewsbury Episcopal Parish

The Very Reverend Henry Sabetti, Rector  
The Reverend Stephan Klingelhofer, Priest Associate  
The Reverend Dr. Thomas Sinnott, Hispanic Missioner

12824 Shrewsbury Church Road Kennedyville  
(410.348.5944 ) Email: shrewsburychurch@gmail.com  
www.shrewsburyparish.org

### Shrewsbury Episcopal Parish Services

7:30 a.m. Holy Eucharist Rite I  
8:45 a.m. Adult Spiritual Formation in the Parish Hall  
10:00 a.m. Holy Eucharist Rite II and livestreamed on our Facebook page

### Sagrada de Familia de Jesus Service Schedule for this Spring

\*Services are at 4:00 p.m.

April 10, 2022 (Domingo de Ramas)

April 17, 2022 (Pascua y actividades para los niños)

May 1, 2022

May 15, 2022

May 29, 2022

June 5, 2022 (el Pentecostés y Confirmación con el Obispo)

June 19, 2022

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Adult Spiritual Formation is Reading:

### **Too Soon Old, Too Late Smart: Thirty True Things You Need to Know**

By: Gordon Livingston

he beloved bestselling collection of common sense wisdom from a celebrated psychologist and military veteran who proves it's never too late to move beyond the deepest of personal losses

After service in Vietnam, as a surgeon for the 11th Armored Cavalry Regiment in 1968-69, at the height of the war, Dr. Gordon Livingston returned to the U.S. and began work as a psychiatrist. In that capacity, he has listened to people talk about their lives--what works, what doesn't, and the limitless ways (many of them self-inflicted) that people find to be unhappy.

# The Shrewsbury In Vision

SHREWSBURY EPISCOPAL PARISH NEWSLETTER

spring  
2022

## From Your Rector: **Wholehearted Faith**



Over the past two years and more we have experienced many transitions, starts and re-starts and a general disruption to our common life. Certainly that pales in comparison to the scourge of illness that effected the world with Covid 19. Some of us lost family members and friends to this plague. Now the world panics as we witness the horrors of a war in the Ukraine. Life can be hard and many of us know that.

At the same time, the parish is seeing signs of rebounding from the difficult days hopefully well behind us. New members are joining and people are returning to in-person worship. It has been good to see new and once familiar faces again. The church is most alive when in worship together. Call me old fashioned or a traditionalist, but I still believe that. I believe that the Eucharist is the center of our community life, each week, Sunday after Sunday.

As we approach the great fifty days of the Easter season, we will gather on Easter Sunday for services that I hope and pray will be joyous and meaningful to you the members, friends and guests of this parish. New life, new birth and new hope will emanate from the Eucharistic feast of the Resurrection.

On Palm Sunday and during Holy Week we will celebrate the great journey toward the cross and the tomb with the Passion Narrative, Maundy Thursday and Good Friday.

As you make choices about how to spend your time prior to and on Easter, my hope and prayer is you will take part in what Rachel Held Evans refers to as *wholehearted faith*. That is to say a faith, a belief and a participation that captivates all of who you are and what you are in full knowledge of the great love God has for you. The events of Palm Sunday, Holy Week and Easter are opportunities for wholehearted faith in the gift of God's abundant grace.

May God bless you, your family and loved ones always.

Blessings and Peace,  
Henry

The Very Rev. Henry M. Sabetti  
Rector and Northern Convocation Dean

## Announcements!

PLEASE JOIN US FOR HOLY WEEK & EASTER SERVICES



Maundy Thursday, April 14, 2022  
7:00 p.m.

**Holy Eucharist with Washing of the Feet.**

Good Friday, April 15, 2022  
12:00 p.m. & 7:00 p.m.

**Services from the Book of Common Prayer**

Easter Sunday, April 17, 2022  
6:15 a.m. Sunrise Service in the Outdoor Chapel  
7:30 a.m. HE Rite I  
10:00 a.m. Festal HE Rite II  
4:00 p.m. La Sagrada Familia de Jesus  
Holy Eucharist



### Save The Date:

Sunday, June 12, 2022



Parish BBQ

A fundraiser for Shrewsbury  
Catered by Phat Daddy's BBQ

Food, fellowship, fun!  
50/50 Raffle

Organic Farm Raised Chicken Eggs

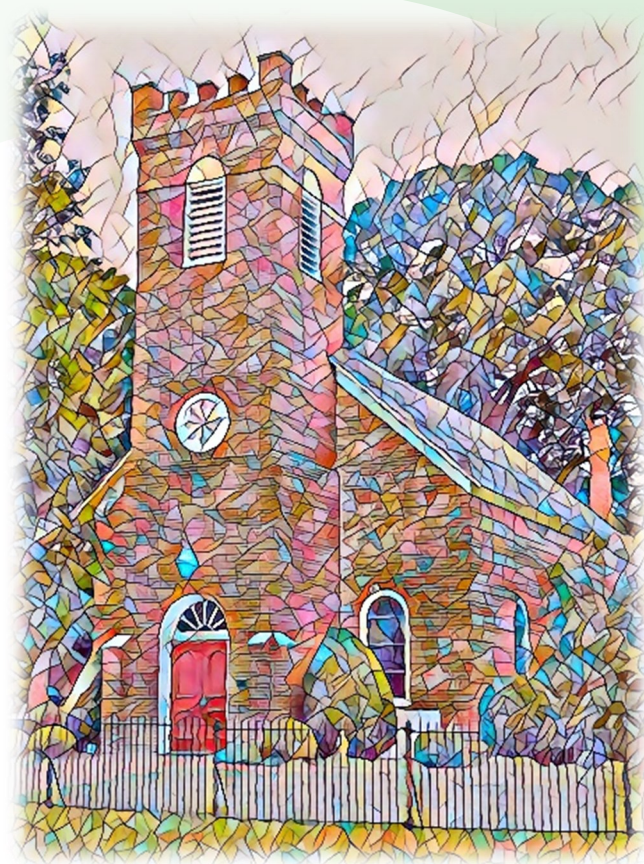
Available till the laying stops!

In the Parish Hall Refrigerator

A Free Will donation is appreciated.

Brought to you courtesy of  
Henry's Hens

## Spring is here! Can painting be that far behind?



Daylight saving time has come and we're now arriving at Church in the bright sunshine, so you may have seen that our beautiful historic church and the rectory need some work. While our Property Committee has been planning a painting project for several years, delayed by pandemic concerns, last year the Vestry authorized the project and solicited bids. The first step, repair of gutters and some damaged areas, was completed last fall, and a painting contractor selected. Unfortunately, the successful contractor, ZRP Painting, already had work scheduled through the Fall, and committed to start this Spring as soon as the weather is warm enough for outdoor painting.

The Vestry has authorized \$22,000 for the painting contract, and we spent about \$7,000 last year for preliminary repairs.

**Now we need your help and support to keep our historic property in the very best condition both for those of us here now and for generations to come.** As is our usual practice, and discussed at the Annual Meeting a few weeks ago, our "bare bones" annual budget includes only the essential annual costs of operating and basic maintenance of our facilities. We ask the congregation separately for donations to fund any major project. Our last major project was the 2018 demolition of the unstable old patio and replacement with a stronger, larger one in 2019. During the pandemic, we deferred every possible expense. A generous anonymous parishioner has already donated funds to cover the deposit needed to start the work. Please invest in restoration and preservation of our Shrewsbury Parish Church home and rectory. Designate your donation as "Painting Project" and send it to the Parish office.

Yours in service,

Rick and Kelly Schelts, Property Committee Chairs

Mary Lou Pagella and Roberta Brown, Treasurers



## THE YARN BANK IS MOVING ON

Since 2018, when our church received a large donation of yarn and needles with the request that it be used for charity projects, we made and donated dozens and dozens of things. Some learned to knit or crochet, others taught, and all had fun. Hats and caps; lap robes and prayer shawls; mittens and gloves; baby blankets, hats, and booties; so many pairs of slippers went, along with our prayers, to the Red Cross for the Veterans Hospital and Home at Perry Point and for baby showers for pregnant servicewomen, to the local homeless community, and to others in need. Even as new yarn coming in attracted the attention of our knitters and crocheters, we never managed to totally use it up. So when a recent ad said that the Nazarene Church in Chestertown was seeking donations of yarn and supplies for charity projects, the time seemed right to give them a head start on their own yarn bank. They were thrilled with the new supplies.

What a joy that the skills we have or learned helped so many people! Many blessings to all of you who donated yarn, those who knit, those who crocheted, those who delivered items to people in need, and those who wear and use those items now. Thanks be God!

Pam Quarstein and Roberta Brown

"When we engage in fiber arts, we are creating something, but we're also participating in historic traditions tens of thousands of years old. You are not only making art for your soul and for future generations, you are embodying the work of our ancestors."

-the woven road

## OH, what to do, we need help on the altar!!

Before Covid, all of the young adults that were trained in the service on the altar had graduated and no longer available for assistance. Sunday School had no children. Only the “old ones” were still part of the celebration: Jim Stevenson and Pam Quarstein.

Last year, Pam asked Father Henry “Where and how do we find anyone who will be there every Sunday at 10 am and is eager to learn?” We both looked around the Nave and saw a little child who was praying with her grandparents. “Perhaps she?”, Pam asked... “Maybe she is too young”, replied Father Henry. “But look, she knows Jesus!” as this child knelt in silence. As the congregation left the church, Pam, looking at the grandparents, asked the child if she would like to be up on the altar with us. “Maybe”, she said sheepishly.



**Pam Quarstein with Adeline Pechin**

**FAST FORWARD TO TODAY Acolyte in Training**, Adeline Pechin, age 6 from Massey, Maryland, goes to Holy Cross Catholic School in Delaware.

She has been accompanying her “grandma and grandpa” Henri and Agnes Pechin for over a year. The middle child of six siblings, she has a big black dog and loves the computer program ABCMouse. After the first day on the “job” her grandparents said she told them that that was “My best Sunday ever!”

This past Sunday, when we were standing in the vestibule/nave of the church,

Adeline said, “The cross is very heavy.”

I asked her, “Do you know why?” (Pam was ready to explain the materials the cross is made of).

But Adeline quietly exclaimed, “Because of all the sin Jesus carries for us.”

Any one who is interested in this service on the altar as an acolyte should see Father Henry or Nicole Wagner.

An acolyte performs liturgical duties such as lighting altar candles and is an assistant or follower assisting the celebrant in the Holy Eucharist.

We also need Lay Eucharistic Ministers to serve during the 10 o’clock service!

# DO SOMETHING GREAT

## Friday Food for the Homeless

For some time now members of Shrewsbury Parish and other community members have been helping those less fortunate in multiple ways. One thing we are doing is providing a home cooked meal every Friday evening. Many thanks to all those who have provided food that has been much appreciated the individuals and families living in the Driftwood. Sue Coleman is coordinating the collecting of cooked food and items for the dinners for up to 20 people. The food items can be dropped off at the Shrewsbury Parish Hall kitchen or Sue’s house on Thursday. Contact Sue at 410-648-5252 or [magpiesuz@gmail.com](mailto:magpiesuz@gmail.com) if you are interested in helping:

### April 14

Ham and Easter items:

*Cooked and sliced ham-*  
Rich W. & 2 more \_\_\_\_\_, \_\_\_\_\_

*Potatoes-*  
Jenny & 1 more \_\_\_\_\_

*Green vegetables-* \_\_\_\_\_, \_\_\_\_\_

*18 hard boiled eggs (dyed)* \_\_\_\_\_, \_\_\_\_\_

*Dessert-*Connie R

### April 21

Turkey/ Chicken Noodle Soup:

*Soup-*  
Sue C. & 2 more \_\_\_\_\_, \_\_\_\_\_

*Salad-*  
\_\_\_\_\_, \_\_\_\_\_

*Dessert-*  
\_\_\_\_\_

### April 29

Driftwood on site BBQ (contact Father Henry or Carol Niemand )

*Hot dogs* \_\_\_\_\_ *hamburgers* \_\_\_\_\_

*Potato or macaroni salad* \_\_\_\_\_, \_\_\_\_\_

*Dessert* \_\_\_\_\_

Please contact Sue Coleman for sign up or suggestions are welcome.

# Larry Samuels

August 2, 1950-March 28, 2022

Dear Shrewsbury Parishioners and Friends,

On behalf of the Samuels family and our beloved Deacon Marguerite (aka Peggy) Samuels, I want to express sincere and heartfelt thanks for the wonderful Celebration of Life for Larry Ira Samuels on April 4th.

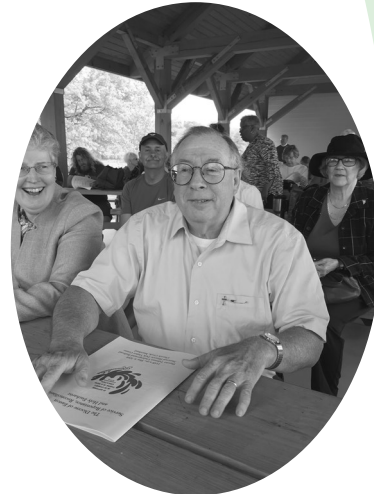
This was without question a full team effort and involved so many of you in remembering and honoring our former Senior Warden and dear friend Larry.

Thanks go to everyone and especially the Altar Guild, WGH Catering led by Pam Quarstein, the Galena Funeral Home of Stephan Schaeck, Bishop Marray and visiting clergy, the wonderful set up and tear down crew of many volunteers, Elizabeth Carr, Jim Stevenson and members of the Leadership Team and Vestry in attendance and the many parishioners of Shrewsbury and St. Paul's, Centreville and their Rector the Rev. Mary Friehl and the many community members who came to express their support and love.

If I have forgotten someone, it was not my intention and I apologize. Please know how powerful and meaningful it is when we are truly The Church gathered in love and service.

Thanks Be to God and to All,

Fr. Henry



*Restore me, God  
God of all comfort,  
my very present help in times of trouble:  
Be near to me.  
Look on me with the eyes of your mercy;  
comfort me with a sense of your presence;  
preserve me from the enemy;  
and give me patience in my affliction.  
Restore me to health,  
and lead me to your eternal glory;  
through Jesus Christ our Lord.  
Amen.*

## Home Goods Donation Update

Thank you to each and every volunteer who has helped already and to those who will help in the future! There have been many wonderful donations to help those moving into new living situations! Please contact any of the following to arrange a furniture pick up or a give away.



Carol Niemand (703) 864-7139  
Henry Sabetti (301) 418-0908  
Thelma Quinn (410) 708-3385



Our Cemetery Warden, Rob Busler will be away from April 9, 2022 to June 5, 2022. Maura Ryan will serve as the Cemetery Warden during that time.

Quantity: \_\_\_\_\_

In Honor of: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Given By: \_\_\_\_\_

The cost is \$12.00 per lily and checks can be made out to Shrewsbury Parish. Please order by **April 13, 2022.**



## Lenten Roses

This perennial is called “hellebore” from its genus name (*Helleborus*), and is not a rose at all. It gets this name from the fact the flowers somewhat resemble a small single rose, and it blooms in the north in early spring—the Lent religious season. . The nodding flowers, up to two inches across, are generally in shades of white, rose, green or purple. There are about 15 species of hellebores, with four more commonly found, the most common being the Lenten Rose (*orientalis*) and the Christmas Rose (*niger*).

**CURIOSITIES AND LEGENDS:** The name elleborum, elleborus, or Helleborus in Medieval Latin, has been in use since Titus Maccius Plautus (Roman poet, 254 B.C. to 184 B.C.). The many different common names for Helleborus, such as Christmas Rose, Snow Rose, Lenten Rose, or Oracle Flower, indicate that the genus has a long mythological tradition. The names are based either on scientific phenomena (German "Nieswurz" [sneezewort]) or several decades of tradition (Oracle Flower, Christmas Rose). The Christmas rose blooms much earlier in mild climates such as in Britain, hence its name. One of the legends about it concerns a country girl, Madelon, who visits the Christ child in Bethlehem. Seeing her sadness for not having a gift to bring him, an angel brings her outside and touches the ground. There arise blooms of the Christmas Rose that she can then present as a gift to the baby Jesus. Another legend says that a poor shepherd travelled to Bethlehem. Because he did not have a present to give to the baby Jesus and, as it was the cold season, he did not find any flowers by the wayside, he wept bitterly. However, as his tears touched the soil, flowers as beautiful as roses sprung from the ground. Overwhelmed with joy, the shepherd took these "Christ-mas Roses" and gave them to the Child of Christ as a present.

**ORACLE ROSE:** In earlier times, hellebores were used to forecast the weather for the following year, which is why they were called Oracle Roses. Mainly in the countryside, there was a tradition of putting twelve hellebore flower buds in a glass of water before Christmas, each of them representing one month of the following year. If a bud opened to a flower by Christmas Eve, the weather was predicted to be good for that particular month. If it did not open, poor weather was to be expected.

**"NIESWURZ" IN GERMAN ("SNEEZEWORD"):** A very popular German name for hellebore is "Nieswurz", meaning "sneezewort" in English. The name comes from the fact that any part of the Helleborus plant induces sneezing if ground to a fine powder. The mucosal irritation is caused by the protoanemonine that is contained in Helleborus. In earlier times, this phenomenon was used to sneeze off evil spirits and diseases. Helleborus was also used in snuff tobacco blends. Since the leaves and roots are toxic, we explicitly and strongly discourage using hellebore plants or any of their parts for any other purpose than decoration or decorative gardening!



## Lenten Roses~ Continued

It is odd to have such a plant celebrate Christ’s birth, as this species and the other members of this genus are highly toxic. It is one of the four classic poisons, together with nightshade, hemlock, and aconite. In fact, the name hellebore comes from the Greek “elein” meaning to injure, and “bora” meaning food. Use of hellebore dates back to 1400 BCE, when it was used as a purgative to “cleanse the mind of all perverse habits”. It is found in writings through the ages, from the ancient Greeks through the Middle Ages, when it was used by herbalists. It has been used for animal ailments, to bless animals and keep them from evil spirits, to repel flies, to “purge the veins of melancholy, and cheer the heart”, or even in one superstition to make oneself invisible if scattered in the air! The Christmas Rose was known even in ancient times and used for medicinal purposes. Hippocrates administered Helleborus as a laxative and diuretic. Helleborus was also considered to be a remedy against mental illness. In the Middle Ages, the Christmas Rose was used as an ingredient in witches' ointments and considered to be an elixir for eternal youth. Ground to a fine powder and spread on the ground, it was even claimed to make people invisible. Because all parts of the plant are toxic, treating people with Christmas Rose was not without risk.

Today, only the roots of *Helleborus niger* are used in human medicines to treat cardiovascular problems. The primary ingredient is hellebrin, which is contained in the roots. A lot of interesting information on mentions of the Christmas Rose in historic documents can be found at [www.bibliothek.uniregensburg.de/christrose/](http://www.bibliothek.uniregensburg.de/christrose/) (unfortunately only in German).

Hellebores are native to southern and central Europe, and from Slovenia to Macedonia. They are often found in mountains, and on stony clay soils. Although the Lenten rose is listed as hardy to zone 4 (-30 degrees F), and the Christmas rose to zone 3 (even colder), both are usually battered by or under the snow in these areas. They often start the spring in a sad state, with unattractive or few flowers, but rebound with nice leaves in the summer. Cutting back damaged spring foliage can result in new growth more quickly and gorgeous flowers in winter. The Christmas rose may be difficult to establish, not tolerate climate and cultural extremes, and may grow well in one area and not one adjacent. The Lenten rose is much easier to grow. The Lenten rose prefers and grows best in mild climates, such as in Britain, mid-Atlantic states, the Pacific Northwest, and the upper Southern states. Hellebores grow best in part shade, with moist but well-drained soils. They will, however, tolerate most soils as long as not waterlogged. They need little fertilizer and Plants are slow to establish, but once growing, they seldom need division, unlike many perennials. They have deep roots and they’ll likely be in the same spot for many years. Make sure not to mulch excessively (this can lead to rots) or cover with compost too deeply. They grow well on hillsides and slopes. Since they are low (12 to 18 inches high), and flowers are at or below the leaves, they are better appreciated if placed in raised beds, along walks, or on slopes

According to the website : [Curiosities and legends - Helleborus](#) and according to Dr. Leonard Perry, Extension Professor University of Vermont