

# ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH

## TID BITS FROM THE TABLE ~ FEBRUARY 24, 2023

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Dear ones,

A good, blessed Lent to us all. Thank you to everyone who took part in our service for Ash Wednesday this week, and to everyone who helped prepare for it. It was a prayerful, meaningful way to mark our entry into our penitential season this year. For me, it was--for many reasons--the most meaningful Ash Wednesday of my life.

A few things to mention this week!

(1) Our final Stewardship event is this Sunday, in our Undercroft following Holy Eucharist! Please do come down and participate in making manifest your many gifts which you so freely share with the community, by decorating our colored construction paper with drawings, words etc to show us the ways you give to our community. Ingathering Sunday is March 5th! Pledge forms and letters should be with you.

(2) I've learned you used to have a weekday Eucharist; let's try that and see how that feels! On the FINAL Friday of each month, at 12 noon, we'll have a service of Holy Eucharist, without music. Therefore, on the final Thursday of each month, we won't have Compline as we'll be swapping that out for a Friday Eucharist.

(3) Lenten book club begins this coming week! Dates are Tuesday 28 February, Tuesday 14 March and Tuesday 21 March, all 5:30-6:30pm on Zoom. Our book this year is 'Holy Envy' by Barbara Brown Taylor. For our first meeting \*\*we'll aim to have read the first three chapters\*\*! Look out for a Zoom invitation this weekend.

(4) Beginning this First Sunday in Lent, we'll offer a short liturgical time and space for healing prayers and laying on of hands during our Sunday service of Holy Eucharist. After the distribution of Holy Communion and before our post-Communion prayer, anyone who wishes to come forward to the chancel step is most welcome. I'll meet you there, and you can speak privately with me about what you'd like God to help with in terms of healing (physical, spiritual, emotional etc). I'll use hyssop oil (I've consecrated it) to gently anoint your forehead and will place my hands on your shoulders (If you desire) and pray over you. Nothing we say will be audible to anyone but us. This is one option among many for corporate worship in our Episcopal Church; some of us including me will have participated in or experienced this elsewhere in other Episcopal churches, and some of us will encounter this for the first time.

(5) As some of you know, our beloved Valerie Doebler's grandmother created a very moving series of Stations of the Cross for our church. We are fortunate to have them, and they will be hung in our church this Lent. Weather has been challenging this week (!) and they will be hung up in time for the Second Sunday in Lent., 5 March. On 5 March and 19 March, from 8:45-9:15 in our sanctuary, there will be time and space for all who wish to come, contemplate the Stations of the Cross, and materials for engaging in further prayer will be available.

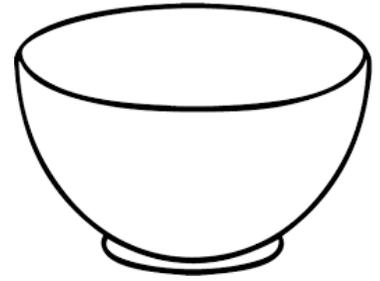
Aaron just walked by and remarked, 'imagine what full-time would look like!'

Walk in love, dear souls.

With love, Carolyn+

## BOWL OF BURDENS

Beginning with Ash Wednesday, March 2nd, we go from ordinary time in the church calendar to the beginning of Lent. This is traditionally a time of prayer in preparation for Easter. Lent is a time to think about one's life choices and mortality, as well as to reflect on one's life direction. There are no altar flowers, signifying the solemnity of the season as well as reflecting this cold and quiet time of year when we anticipate Spring and Jesus' Resurrection from the dead.



One of our Lenten traditions is the Bowl of Burdens. A large ceramic bowl filled with rock salt will again be next to the font. We can write our burdens on a slip of paper and then bury them in the salt as a way of releasing them to God. Immediately following the Good Friday liturgy, all of these burdens will be burned and thus being transformed into the light of the Resurrection.



*Photo Credit: Marian Wells*

### Affirmation Prayer

God Calls me out of darkness to live in light,  
God calls me out of falsehood to live in truth,  
God calls me out of despair to live in hope,  
God calls me out of fear to live in trust,  
God calls me out of hate to live in love,  
God calls out of war to live in peace,  
I am called by God to fill my heart, my world,  
my universe, with peace, peace, peace. Amen.

## Faith in Maine:

This is a podcast produced by our Episcopal Diocese with various members of the clergy giving their thoughts and prayers. The podcast changes each week. Feel free to call and listen.

You can call 207-223-6402 at any time. They last approximately 4-5 minutes.

FAITH IN  
MAINE

GOD AT WORK IN OUR  
COMMUNITIES

A PODCAST OF THE  
EPISCOPAL DIOCESE OF MAINE



Diocesan Cycle of Prayer: We pray for St. Michael's, Auburn and for St. John's, Brownville Junction. We pray especially for Episcopal Peace Fellowship.

We Pray Especially For: Meg Stevens, Skip Stevens, Tony Rowan, Larmie Knuesli, Eve Mitchell, Sally Rowan, Margaret Hanegraaf, and Sharon St Claire for healing, comfort, and strength.

If you would like to add someone to the prayer list or continue a name on the list, please let us know at [stdunstansellsworth@gmail.com](mailto:stdunstansellsworth@gmail.com) or leave a message at the church (667-5495). Prayer requests will remain for three weeks.

It is important to us that the list be up-to-date and accurate.  
To everyone, please stay well and safe. Blessings to you all.

Almighty and merciful God, we ask in our prayers that the conflict in Ukraine and the others around the world can be resolved peacefully. Bless the people that have been affected by the unrest and grant them peace and justice. We also ask for the people in our own country that have been impacted by the hurricanes, violence and lose of loved ones as they grieve, pick up their lives. Grant them strength, comfort, and healing. All this we ask with the power of your love to all through Jesus Christ our Lord.

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## ~ UPCOMING WORSHIP / EVENTS SCHEDULE ~

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*At this time the Sunday services will be both in church following safe practices and via Zoom. Compline is every Thursday at 7:00p.m via Zoom*

*The sanctuary is open for quiet reflection and prayer on Mondays 2-4.*

**February 26 ~ Holy Eucharist 9:30**

**March 6 ~ Holy Eucharist 9:30**

**March 12 ~ Morning Prayer led by Dianne Kelley, 9:30**

**March 19 ~ Holy Eucharist 9:30**

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**Happy Birthday to  
Sharon Plante! Enjoy!**



*Let us always remember that we are living on the traditional homelands of the Passamaquoddy and Penobscot peoples and of the Wabanaki confederacy of Maine. We recognize the native peoples throughout this land.*

### **Prayer For Peace**

Oh Great Spirit who dwells in the sky,  
lead us to the path of peace and understanding,  
let all of us live together as brothers and sisters.  
Our lives are so short here, walking upon Mother Earth's surface,  
let our eyes be opened to all the blessings you have given us.  
Please hear our prayers, Oh Great Spirit.

- Native American Prayer

## **Family News**



We would love to hear about **your news** and for **what you are thankful during this year**. Submit your news to [stdunstansellsworth@gmail.com](mailto:stdunstansellsworth@gmail.com)



### **Augustine of Hippo v. Hippolytus of Rome**

Welcome to the opening matchup of Lent Madness 2023! If you're a veteran Lent Madness participant, welcome back! If you're joining us for the first time, we're delighted you're along for this wild, saintly ride! And if you're just penitential-curious, check out the About Lent Madness tab on the website to find out what all the fuss.

The post [Augustine of Hippo v. Hippolytus of Rome](https://www.lentmadness.org/2023/02/hippo-v-hippolytus/) (<https://www.lentmadness.org/2023/02/hippo-v-hippolytus/>) first appeared on [Lent Madness](https://www.lentmadness.org/) (<https://www.lentmadness.org/>).

*\*Thank you to Leslie Beyer for passing along this link. \**

# "To Warm a Winter's Night"

## Saturday, February 25



A benefit for



**Join us @ The Grand for a fabulous evening of live music.**

**Performers include: Chris Ross ■  
Caroline Cotter ■ Fogtown Family Band  
■ Smoke & Mojo**



**Purchase tickets: \$29.00 per ticket**  
<https://www.grandonline.org/upcoming-events>

**\$25.00 from every ticket sold goes directly to THAW.**

**Doors open at 5:30 PM for Silent Auction bidding. Performances start at 7:00 PM.**

**Give directly to THAW anytime:**  
<https://www.downtowncommunitypartners.org/>



Friends –

As you may know from The Ellsworth American, the Hancock County neighborhood Support Team (NST) has welcomed their first of two families from Ukraine. This family of five is living in Bar Harbor for two years.

Please feel free to read the latest update below and use the link to make a direct donation to this project if you would like. Several of the Episcopal churches in our area are also collecting \$25 gift cards that the family can use for groceries, etc.

I am happy collect any gift cards after service next Sunday Feb. 26 and get them to our Episcopal committee member for NST.

Thank you,

Tracy+

### **Hancock County NST Update**

Here is an update on our progress at Hancock County NST for the Ukrainian Refugee Resettlement Program.

1. Our first family, arrived about two weeks ago and have been establishing themselves. They are still in temporary quarters and are about to move into what will be their family home. As many of you know, we have been getting the house ready for them over the past couple of weeks since we knew that they had been approved to leave Ukraine and journey to Maine.
2. Thank you to everyone who helped with the enormous tasks of getting the house ready for them. This includes those of you who came by and helped our team with the work, those who donated items that have helped make the house into a home, those of you who offered to donate but the items were not needed at this time, those of you who have made donations through our WelcomeNST account (<https://www.classy.org/campaign/team-hancock-county/c443269>) or other accounts, and those of you who have kept the family and our team in your thoughts and prayers.
3. We are continuing the process of getting everything completed and established. The kids are starting school and we will be working on the rest of their arrival over the next couple of weeks.
4. We are now adding a second family and will be talking with them over the next few days to try and get that moving more quickly now that we understand better some of the issues that can arise. I will share more on that as we learn more.
5. For now, at least, we have decided that we will ask for donations of specific items as we understand our needs better. We will do that mostly through these updates. We have been overwhelmed by the outpouring of generosity and concern that we have experienced with this first family and since our needs will be less in the future (moving into established houses, for example) we will be more specific.

**Art Worster: President**

**Hancock County NST**

**Donations: <https://www.classy.org/campaign/team-hancock-county/c443269>**

**e-mail: [artworster@gmail.com](mailto:artworster@gmail.com)**

**mobile: 908-619-3317**



## COFFE HOUR OFF TO A GREAT START

We will be needing a few “staples” as we go along; so if anyone can donate a block of cheddar cheese, or fruit, a small salad, or even just cut up fruit like apples into individual pieces, crackers, bottled juice or crackers, cookies it would be appreciated and you can drop things off anytime during the week, write “Coffee Hour” on whatever you bring and leave it in the refrigerator. We can freeze what we don’t use right away!

Thanks again everyone for helping to make this work. Please sign up to help any Sunday that works for you, or just jump in anytime to help set-up (we start at 9 am), or wash or dry dishes. Blessings, Carol Mason

## Update your Directory Information

Please update or confirm your contact details for our parish directory. Contact our church office--[stdunstansellsworth@gmail.com](mailto:stdunstansellsworth@gmail.com)--with your title(s), postal address, email address(es) and best phone number(s).

### A Stitch In Time

If anyone has any yarn remnants or whole skeins of yarn that they would like to donate, Rev. Holly Hoffmann has found a MDI community member who makes beautiful afghans from them and offers them as a gift to those who might need a little comfort and warmth.

Please bring your yarn any Sunday and put it near the usher stand in the back of the church. Deacon Tracy will make sure it is delivered. Thank you for thinking of others in this way.

Tracy+





UPDATE:  
**OUR RESPONSE TO THE  
TÜRKIYE-SYRIA EARTHQUAKE**

**DONATE NOW**

PHOTO COURTESY OF ACT ALLIANCE

As our relief work in the aftermath of the 7.8-magnitude earthquake continues in Syria, we wanted to send you an update, as [the support of this community](#) has already proven critical in the early days of recovery.

Episcopal Relief & Development continues to partner with ACT Alliance to provide emergency relief in hard-to-reach areas of northern Syria. Working through the Middle East Council of Churches and other local organizations, the ACT Alliance is sheltering 10,000 families in open-air or structurally sound facilities; providing survivors with hot meals, blankets, medicine and trauma support; supplying body bags and other necessities to hospitals; and helping children return to school to provide more stability. The

Anglican Church in Aleppo is sheltering another 1,000 people and providing similar support. In Türkiye (Turkey), we continue consulting with partners to plan for short term relief and longer-term recovery.

Recovery from a disaster of this scale will be long and arduous work — but when we pull together, we can help bring relief to people whose lives have been upended by the quakes. [We hope you feel called to make an urgent donation today. Your gift](#) will go to work swiftly and effectively.

*Thank you for your compassion, and for praying for those affected.* If you've already made a donation, please accept our gratitude — and share the word of our urgent mission to friends and family.

With appreciation,  
Your friends at Episcopal Relief & Development

Donate Now: [https://support.episcopalrelief.org/syria-turkey-earthquake/?sn-um=1&utm\\_campaign=fy23syriaturkeyearthquake&utm\\_source=230215DEADS02P0&utm\\_medium=email&ID=230215DEADS02P0&spMailingID=27879867&spUserID=ODQwODI1MDYxODkyS0&spJobID=2400915558&spReportId=MjQwMDkxNTU1OAS2](https://support.episcopalrelief.org/syria-turkey-earthquake/?sn-um=1&utm_campaign=fy23syriaturkeyearthquake&utm_source=230215DEADS02P0&utm_medium=email&ID=230215DEADS02P0&spMailingID=27879867&spUserID=ODQwODI1MDYxODkyS0&spJobID=2400915558&spReportId=MjQwMDkxNTU1OAS2)

## **History of Our Beloved Hymns**

*From time-to-time Herbert Beckwith will write about the history of a hymn that we have sung in our services. Keep your eyes open for this wonderful addition.*

### **SHEPHERD OF SOULS REFRESH AND BLESS, 343**

Tune: St. Agnes

This hymn by James Montgomery was included in our 1871 hymnal, and the tune “St. Agnes” was attached in the Tucker musical version of that hymnal, in 1874, and has remained attached to it.

The tune “St. Agnes” was composed by the well-known Victorian composer and hymn writer John Bacchus Dykes for the text “Jesus the very thought of thee.” The present harmonization is by Richard Proulx for the 1982 hymnal.

## **WHEN MORNING GILDS THE SKIES, 427**

Tune: Laudes Domini

This tune and words have become a loved hymn. The German original is from the 19th century, printed in 1828. It was translated by Edward Caswall about 1854 and again about 1858. This 1858 translation was altered and used in our 1892 and 1916 hymnals. In 1940 a later translation by Robert Bridges was adapted for use and continued into 1982. Joseph Barnby composed “Laudes Domini” for use with this hymn text, and it appeared in the 1868 appendix to Hymns Ancient & Modern. It has been in our hymnal since 1892.

## **YE WATCHERS AND YE HOLY ONES, 618**

Tune: Lasst Uns Erfreuen

This hymn came to us in the 1916 hymnal and was written by Athelstan Riley to go with this tune. Its imagery reflects the author’s interest in the early Greek Church. The second stanza is a paraphrase of an early Greek hymn. The tune was inspired by an earlier German tune and appeared in 1623. This well-known tune, used in 1982 for two texts is not new to us, as we have been singing it at least since 1916. It was popularized by its use with harmonization by Vaughan Williams in the English Hymnal and it appears in 1982 with that arrangement.



**Priest - Rev. Dr. Carolyn Rosen  
Deacon - Rev. Tracy Shaffer  
Senior Warden - Dianne Kelley  
Deputy Warden – Tom Hancock  
Junior Warden - McKim Peterson**

**[www.saintdunstansellsworth.org](http://www.saintdunstansellsworth.org)**

**You can contact us by leaving a message by telephone or email:**

**Phone: [667-5495](tel:667-5495) Email: [stdunstansellsworth@gmail.com](mailto:stdunstansellsworth@gmail.com)**

**Fred Beyer and Muffet Stewart: [stdunstanstreasurer@gmail.com](mailto:stdunstanstreasurer@gmail.com)**

**Rain is in the church office Tuesday, Thursday & Friday, 8 – 9 am**