

ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH

TID BITS FROM THE TABLE ~ MARCH 10, 2023

My dears,

Well, it's a week 'off' so will content myself with the following—

Enjoy Morning Prayer this Sunday, with our Tom and Jaci!

Thank you for our service of Holy Eucharist last Sunday, from the cosy comfort and safety of everyone's home. From what you've shared with me since, it was a beautiful and meaningful service for everyone.

Thank you too for your prayers for Arthur and our family. We all feel the benefit of your prayers, I can say. Today is 'pre-op' and Monday is surgery.

As many of you know, our Chattin family is in need this week of special prayers, too. Andrew and now Briana have Covid, and Briana's medical procedure has had to be moved for a third time, to April. Do please ne in touch with them—or me if you'd like—if the Spirit suggests particular ways for anyone to be of service in addition to prayer.

Live in love, and walk in faith, dear hearts.

Love,
Carolyn+

A Stitch In Time

If anyone has any yarn remnants or whole skeins of yarn that 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.



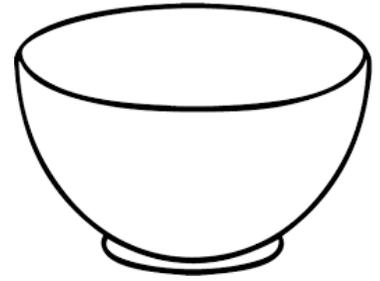
Tracy+



DON'T FORGET TO RESET YOUR CLOCKS THIS SUNDAY!

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. Martin's, Palmyra and for St. Andrew's, Newcastle. We pray especially for the sick and those who care for them.

We Pray Especially For: Meg Stevens, Skip Stevens, Sharon St Claire, Carol Yancy, Dottie Sweeney, Tony Rowan, Sally Rowan, Larmie Knuesli, Eve Mitchell, Rev. Mary-Carol Griffin, Kathy O'Connell, Arthur Rosen and Megan O'Neil 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 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.

~ UPCOMING WORSHIP / EVENTS SCHEDULE ~

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.

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

March 19 ~ Holy Eucharist 9:30

March 26 ~ Holy Eucharist 9:30

**Happy Birthday to Harvey
Kelley and Herbert Beckwith!
Enjoy!**





Happy Anniversary to Carolyn & Aaron Rosen and Kimberly & Karl Haller!

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

Building Committee

The furnace is nearing the end of its life expectancy. Since there have been major advances in the technology of heating, cooling, and insulating systems since it was installed, I feel that it would be wise for us to have a broad evaluation before deciding. I would like to evaluate the pros and cons of oil, gas, heat pump, geothermal, and additional insulation. If you have knowledge about any of these areas or think that you would like to learn more in the process of evaluating these options, then I would love for you to join the committee. Please send an e-mail to mckimp@roadrunner.com or call me on my land line, 207-610-1412, to let me know about your interest. Unless we need to be in the building to evaluate an option, I would prefer to meet by Zoom.

Thank you,

Kim Peterson
Junior Warden



Cabin Fever!

CRAFT / YARD SALE

**Saturday
March 25
9:00 - 2:00**

**Ellsworth
Elementary
Middle School**

\$1 ADMISSION * KIDS UNDER 12 FREE

Rotary
Club of Ellsworth



**All proceeds go to
help fund Ellsworth
Rotary's scholarships
and community giving.**



Dear Friends in Christ,

You are invited to set a course for the ministry of the Diocese of Maine!

The Prayer Book provides a clear statement about the mission God gives us: *to restore all people to unity with God and each other in Christ* (p. 855). In this same part of the Catechism it states that we pursue this mission through prayer, worship, proclaiming the Gospel, and promoting justice, peace, and love. Since each of our faith communities is an outpost for proclaiming the Gospel, I am eager for us to work together, throughout our sixteen counties, to listen and to say more about who we are, why we're here, and what we're doing about it. How can we engage with God in this big, bold mission?

Will you be part of this work and invite anybody in your congregation to join us?

Every faith community's voice is necessary for us to have a diocese-wide vision, and therefore, the diocesan council and I invite you to attend at least one of the Listening Sessions listed below.

The Right Reverend Thomas J. Brown
Bishop of Maine

- Tuesday, March 21, 7PM via **Zoom**
- Tuesday, April 18th, 6:30PM, St. Nicholas, Scarborough
- Tuesday, May 23rd, 6:30PM, St. Mark, Waterville
- Tuesday, June 20, 7PM via **Zoom**

(More information at <https://episcopalmaine.org/event/diocese-wide-listening-sessions-5/>)



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/>

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.

NOW QUIT YOUR CARE. 145

Tune: Quittez Pasteurs

This charming Lenten carol which is new to us in 1982 was matched by its author with a French Noel tune. Written by Percy Dearmer it first appeared in 1928. He wrote it to be sung to this tune, "Quittez pasteurs" as harmonized by Martin Shaw. This carol is to be found in an undated nineteenth century collection of carol tunes. The melody used for the hymn emphasizes the spirit of the text.

AND NOW O FATHER MINDFUL OF THE LOVE, 337

Tune: Unde et Memores

William Bright wrote this text which was first published anonymously in a magazine in October 1873, and republished by the author in 1874. In 1875 stanzas 3-6 were added in Hymns Ancient & Modern. In this form it been in our hymnal since 1892. Bright was a Victorian clergyman and scholar who wrote many scholarly books and also hymns. Two other hymns by him appear in the 1982 hymnal.

The tune "Unde et Memores" was composed by William H. Monk for use with this hymn text. Monk is one of the best-known names in Victorian English hymnody. He was associated with the English hymnal Hymns Ancient & Modern from its beginning. Best known today for the tune "Eventide" for the hymn "Abide with me, he has 3 hymn tunes and 19 arrangements in the 1982 hymnal.

PRAISE TO THE LORD, THE ALMIGHTY, 390

Tune: Lobe Den Herren

This hymn is one of the most popular of hymns of praise, It was ranked among the most used hymns in the 1940 hymnal in a 1978 survey, even though it was new to us in 1940. Written by Joachim Neander, it is a paraphrase of Ps. 103:1-6 and Ps. 150. It was published in 1680. It was translated by Catherine Winkworth in 1863, omitting stanza three, and this is the version most commonly used. It has been revised for use in the 1982 hymnal. The tune "Lobe Den Herren" was first printed in 1665 and may have a folk song origin. It has been found with several texts and different variations but reached a generally accepted form around 1700. In the 1940 hymnal it had a different name.

HOW FIRM A FOUNDATION YE SAINTS OF THE LORD, 636 & 637

Tune: 636, Foundation
637, Lyons

This hymn text has been in our hymnal since 1826. Authorship is uncertain but appears to be Richard Keene, in London. It was published there in 1787, and became popular, reaching

the U.S. as early as 1792. This hymn has been called a hymn without a tune as it has appeared with a different tune in each hymnal. In the Hutchins version of the 1892 hymnal, it appeared with "Foundation" and "Adeste Fideles". In 1916 it was set to "Adeste Fideles" only, while in 1940 "Lyons" was used. Now in 1982, "Lyons" continues, and "Foundation" comes back.

"Foundation" is an American folk hymn tune which was matched with this text in 1832. It was perhaps the most widely sung of any American folk-hymn. "Lyons", here used for 637, has been sung with this hymn since the 1940 hymnal. The origin of the tune is uncertain. It appeared in 1815 in a London publication and reached America in 1818. We have also sung it for "How wondrous and great..." since the 1859 publication of the House of Bishops, A Tune Book, matched that text with this tune.

Recently I found this in a special book my in-laws gave me so long ago. I believe that Lent is the time to quietly think about our abundance of talents that we have been given. This poem or prayer entitled "Take Time" from the book Footprints and other Inspirational Poems and Prayer, copyright 1992 is by an Unknown Author and it spoke to me. I hope that you will find it useful and give you inspiration and peace.

Love to you all, Dianne

TAKE TIME

Take time to think; it is the source of power.

Take time to read; it is the foundation of wisdom.

Take time to play; it is the secret of staying young.

Take time to be quiet; it is the opportunity to seek God.

Take time to be aware; it is the opportunity to help others.

Take time to love and be loved; it is God's greatest gift.

Take time to laugh; it is the music of the soul.

Take time to be friendly; it is the road to happiness.

Take time to dream; it is what the future is made of.

Take time to pray; it is the greatest power on earth.



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

www.saintdunstansellsworth.org

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

Phone: **667-5495** Email: stdunstansellsworth@gmail.com

Fred Beyer and Muffet Stewart: stdunstanstreasurer@gmail.com

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