

# ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH

## TID BITS FROM THE TABLE ~ MARCH 17, 2023

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Dear ones,

This Sunday, we mark our Ingathering Sunday! You'll remember our winter weather a fortnight ago resulted in a slight delay for us; we will mark the occasion this Sunday together with great Lenten joy, and gratitude, for our many blessings. From what you're shared with me, this Stewardship season and this Lenten season are proving periods of nurturing reflection and growth. I'm so looking forward to Holy Eucharist together celebrate!

Thanks to the generosity of our parish family, we will offer coffee hour this Sunday to continue our celebrations afterward, for those who wish. The 'paper quilt of blessings' for us to contemplate on the wall of our Undercroft serves as a reminder of our collective gifts of the Spirit, which shape our common life and worship here at St Dunstan's. I give thanks for this visible manifestation of God's love in all of us!

Thank you for your prayers for Arthur and his surgery. We truly do feel loved by the St Dunstan's community and held by God. This past Monday (13th) ended up being more testing and pre-op for Arthur; this coming Monday (20th) is now the operation itself. We place our faith in the skill of his medical team at Maine Medical Center's pediatric surgery department in Portland. We're able to be with him in the recovery room; we plan to stay with the 'Freeport grandparents' (Aaron's dad and stepmum) the night before and possibly night of the surgery. Recovery should only be two weeks.

As we walk together in Lent, it's my prayer our Lenten experience be one in which we grow ever more into our relationship with God. Be it through our Lenten book club readings and meetings, through personal devotion and prayer, the addition of a short walk each day, making a new friend, spending time in prayer and contemplation with the Stations of the Cross in our church this season, trying out a fresh way of being gentle on ourselves, letting go of what wearies us, or any other way, let's walk in love this Lent as best fits us all.

Yours, with love,  
Carolyn+

- During the last week in March we will debut the first of our ‘**final Friday Eucharist**’ services, a service of Holy Eucharist on the last Friday of each month. This month it will be Friday, 31 March at 12 noon in our Sanctuary. We won’t have Compline on Thursday 30 March. If anyone wishes to join the noontime Friday 31 March service of Holy Eucharist via Zoom, simply email Carolyn at [carolynkrosen@gmail.com](mailto:carolynkrosen@gmail.com)
- As we follow the ‘traffic light’ pattern in CDC data each week regarding Covid-19 community levels (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>), on weeks it’s ‘red’ masks will be ‘required’ for worship and we won’t offer coffee hour following the service. On ‘amber’ and ‘green’ weeks, masks will be ‘recommended’ during worship and we will offer coffee hour for those who wish.

These practices and decisions around masking, CDC data, and coffee hour, are in concert and in keeping with current practices in our Diocesan parishes; we adopted these following a vote by parish leadership during the February Vestry meeting. If you make or purchase coffee hour treats you wish to store in the church fridge/freezer for future ‘amber’ and ‘green’ weeks, please feel free to do so with everyone’s deepest thanks.

## 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.

## 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+



*Photo Credit: Marian Wells*

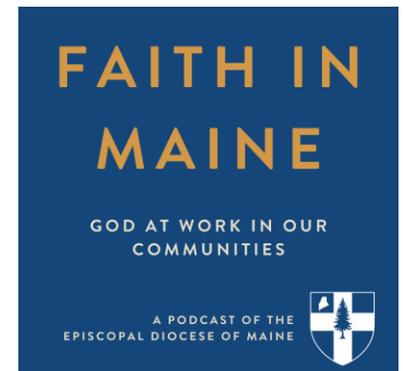
## Affirmation Prayer

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.



## 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](mailto: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

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/>



# ***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.**



*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)

*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.

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# **Happy Birthday to Bob Pulver!**

## **Enjoy!**



## **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.

### **O LOVE OF GOD HOW STRONG AND TRUE, 455 & 456**

Tune: 455, Dunedin

456, De Tar

Horatius Bonar, a prolific 19th century hymn writer wrote this hymn text, which was published in 1861. Originally it had 10 stanzas. It appears in our hymnal with two tunes“, the first, Dunedin” for 455, is by New Zealand composer Vernon Griffiths who named it for the New Zealand city where he lived. It was first published in 1971 and entered our hymnal in 1982. The second tune “De Tar” for 456 was composed by Calvin Hampton in 1970. This tune brought Hampton international recognition as a composer of hymn tunes and has appeared in several collections. In the 1982 hymnal it is used here and for one other text.

### **COME THOU FOUNT OF EVERY BLESSING, 686**

Tune: Nettleton

Robert Robinson wrote this in 1758 as a hymn for Whitsunday (Pentecost). A variant version entered our hymnal in 1826 and remained through 1916. Dropped in 1940 a more accurate version now returns in 1982. The tune “Nettleton” comes from nineteenth century folk hymn tradition in the American northeast, and was first printed in 1813 with this text. The tune has often been reprinted under various names. It is the most commonly used tune for the hymn in this country.

Diocesan Cycle of Prayer: We pray for St. Francis-by-the-Sea, Blue Hill.  
We pray especially for our Liturgical Planning Committee.

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](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.

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

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



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