

# ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH

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

---

Dear ones,

I pray this finds you as healthy and content as can be on this Lenten Friday!

A couple notes to share, on things I mentioned in my homily last weekend, the first of which is about Aaron's job. Two months ago, the (Wesley Theological) seminary's president suddenly announced there would soon be 'sweeping' job cuts. After that, no further information was offered, even on the rare occasion someone asked. We tried to steady ourselves by remembering Aaron's salary--more than twice mine, and his comes with health care for our family--is drawn from the endowment of the center for art and religion he directs; that he has increased the endowment by more than a quarter of a million dollars in grants he won; that he is about to publish his twelfth book; that he has glowing teaching reviews from all his students, etc.

Then, on Saturday 11 March, we received a letter from the seminary president in the post. The letter states that Aaron's previously agreed-upon working arrangement, signed by the president and by Aaron, whereby he spends one week per month at the seminary in term-time, will change as of August 2023. The terms of this previous agreement allowed us to consider moving to Maine for my job once I was called as your priest-in-charge, and subsequently proved flexible enough for us to buy our home in Maine and settle into that home here in Searsport. But now, this letter states, Aaron will be expected to be on campus for the duration of each working day, each week, as of August 2023.

We are casting a wide net at the moment, to say the least. Aaron has now applied to forty Maine-based jobs via Linked-In, and twenty Maine-based jobs at various institutions, in areas such as development, the arts, theology, consulting and management; salaries for many of these represent a pay cut of 25 to 50 percent of his current salary and some do not come with health care. I have spoken with our +Thomas to let him know of our situation and have also applied for many part- and half-time posts I might reasonably be able to add to my current role as your priest in charge. We're also consulting with employment counsel.

Needless to say, this is an incredibly stressful time for our family. Aaron leaves tomorrow for his regularly-scheduled, monthly visit to D.C. and installs an exhibition there at the gallery he runs as part of his position. If any further information comes of his work and visit there, we'll let everyone know.

The second item I'll share concerns Arthur's hernia repair surgery this past Monday 19 March, at Maine Medical Centre in Portland. It turned out to be less risky than originally thought, and surgery was done laparoscopically. The pediatric surgery department there are wonderful (as other members of our St Dunstan's family know), and they took excellent care of him that day from start to finish. We stayed the night before with the Freeport grandparents, who made it a real party for Arthur and helped lessen our anxiety. On the day itself we felt comforted by the preparation and expertise of Arthur's medical team. Even so, after we walked Arthur and his nurses to the swinging doors leading to the operating room (he was in his 'bed on wheels,' with his beloved stuffed bear beside him also wearing a hair covering and surgical gown just like him) and the automatic doors swung shut, we held each other and quietly cried for a moment.

Arthur came out of surgery and woke easily enough from his general anesthesia. He was beloved by all the nurses, physicians and physicians' assistants, given many snuggles, a stuffed bear (we understand Jackson, Gage and Cody each have similar stuffed bears). His hernia repair was successful, and we pray it stays that way. He didn't feel well enough to go to school until yesterday (Thursday), and for longer walks (i.e. to the beach) we pulled him in his Radio Flyer wagon (the modern-day palanquin?) in the meanwhile. Our neighbors have all visited to give him a hug, drop off treats for him, and drop off a book or toy to help him feel extra loved.

While Aaron and I waited a few hours for Arthur to come out of surgery, we got some light work done on job applications but, more importantly, we marveled at how much we felt buoyed by the prayers of our St Dunstan's family. We talked about the remarkable journey we've made as a family from D.C. to Maine, settling here at the right time, for the perfect job for me, moving to the perfect town and home for us, and the perfect place for Arthur to grow up. My role as your priest-in-charge represents a deep fulfillment for me professionally and personally, and is fulfilling for our family.

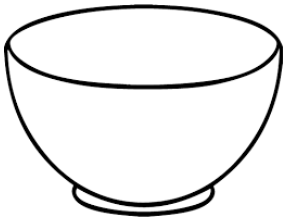
We wait for more to be revealed about Aaron's next career steps. At the end of the day, we are comforted by knowing we're settled in our home in Searsport, because my job--while it doesn't come with health care! --is spiritually and personally nourishing in a way only OUR particular parish family could be. It's a truly special parish family, and we Rosens know how fortunate we are.

We pray this week especially for certain members of our parish family; for young ones-- Calvin, Liz and Art's newly-arrived son; Gage; Cody; Caiden; Jackson; Arthur; Caleb-- and for grown-ups, and family members and friends of our parishioners.

A few reminders sprinkled in TidBits this week! May God bless you and keep you.  
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.

## 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

## 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





*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.

- Lenten book club! Final meeting is Tuesday 28 March, 5:30-6:30 on Zoom as per usual.
- On Friday 31 March, in church at 12 noon, we'll try out having a mid-week Eucharist (without music). If you'd like to join and want to do so via Zoom, simply email Carolyn ([carolynkrosen@gmail.com](mailto:carolynkrosen@gmail.com)). *\*\*Next week, because we'll have Friday Eucharist, we WON'T have Thursday Compline. Compline will resume Thursday 6 April\*\**
- 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.

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, 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.

# **Happy Birthday to John Edmonds and Cameron Swan! 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.*

### **LET ALL MORTAL FLESH KEEP SILENCE, 324**

Tune: Picardy

The text of this hymn was used in the fifth century in the Liturgy of St. James of Jerusalem for the presentation of the communion elements at the offertory. It was translated by John Mason Neale and again by Gerald Moultrie. The text with this tune has been in our hymnal since 1916. The tune "Picardy" is probably based on an early 18th century French folk tune, and was published in 1860. Ralph Vaughan Williams matched it with this text in the English Hymnal, which he edited. The Hymnal 1982 Companion calls this matching "a touch of genius" in that it adds a dimension of awe and mystery to the bread and wine of the Eucharist.

### **O FOR A THOUSAND TONGUES TO SING, 493**

Tune: Azmon

This is another of the many hymn texts in the 1982 hymnal, as well as in previous ones, by Charles Wesley. It was probably written by him in 1739 to celebrate the first anniversary of his conversion experience. It has had a checkered history in our hymnal, entering in 1871, deleted in 1874, restored in 1892, again deleted in 1916, and finally replaced in 1940 and 1982. As it appears in 1982 it is stanzas 7, 8, 9, 11, 12, and 1 from Wesley's 20 plus verse original. The tune used in 1982 is "Azmon", a tune found in other hymnals. It was composed in 1828 by Carl Gotthilf Glazer and takes its name from a place mentioned in Num. 34, and Jos. 15. It did not reach our hymnal until a slightly altered form by Lowell Mason was in a supplement to the 1840 hymnal.

### **THE KING OF LOVE MY SHEPHERD IS, 645 & 646**

Tune: 645, St. Columba  
646, Dominus Regit Me

This paraphrase of Psalm 23 by Henry Williams Baker, a Victorian writer and translator of hymns, first appeared in 1868 in the appendix to Hymns Ancient & Modern, and has become one of the most widely used of such paraphrases. It appears in our 1982 hymnal virtually unchanged. It entered our hymnal in 1871. In 1982 two tunes are given. The first, for 645, is "St Columba" which is a traditional Irish melody from about 1835. It was matched with this text in 1906 by Vaughan Williams and is the tune we are familiar with. The second tune, "Dominus Regit Me" was written by John Bacchus



Dykes for this text at the request of the author for use in the first appearance of the text in the 1868 Hymns Ancient & Modern. This tune and text came to our hymnal in musical editions of the 1891 hymnal.

### **THERE IS A BALM IN GILEAD, 676**

Tune: There is a balm in Gilead.

This is a spiritual which has recently appeared in Protestant and Roman Catholic hymnals. It has long had a place in the repertoire of choral groups in this country. The tune is the one always associated with the text, with an arrangement for the 1982 hymnal by David Hurd. As we sing it we may well ask “What is a balm in Gilead?” Gilead, an area just east of the Jordan was famous for its medicinal balms. Jeremiah asks in chapter 8 of his book “Is there no balm in Gilead?” That question is answered in this well-known spiritual which tells us that yes there is indeed a balm in Gilead. It is Jesus, who alone can heal the soul sick with sin.

### **GUIDE ME O THOU GREAT JEHOVAH, 690**

Tune: Cwm Rhondda

This widely popular Welsh hymn written by William Williams, a Welsh Methodist minister, has been in our hymnal since 1826. It has been translated into 75 languages and can well be called one of the truly great Welsh hymns. Williams is said to have written 800 hymns in Welsh and 100 more in English. This hymn first appeared in 1773 in his collection of hymns. It has been translated into many languages and was soon translated into English by Peter Williams. It entered our hymnal in 1826. In 1982 it appears in a rearrangement of Williams’ original version. Since 1871 we have sung it to a tune by John Dykes but fortunately in 1982 it has been set to the great Welsh tune “Cwm Rhondda” written in 1903 by John Hughes.

## **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+

Diocesan Cycle of Prayer: We pray for St. Mark's, Waterville. We pray especially for the work of United Thank Offering.

We Pray Especially For: Caleb Chastain, 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 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