

# ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH

## TID BITS FROM THE TABLE ~ MARCH 3, 2023

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Dear ones,

Ingathering Sunday is nearly upon us! We, your Stewardship Team, invite you to worship (on Zoom and in person) this Sunday 5 March; we'll bless our collective offerings and celebrate all our gifts, made manifest in our paper quilt of blessings.

As you know, we are in our Lenten season of fasting. Our Valerie Doebler's grandmother created the stations of the cross now hanging in our sanctuary, which inspire us all in our individual fasts and spiritual journeys. As part of my own Lenten fast, I will spend time praying and meditating with these stations; we'll soon have reflections from Valerie's grandmother to engage with as we walk in faith this Lent. Our church will be open as of 8:45 on Lenten Sundays for time to pray, and also on Mondays (email Deacon Tracy for more information about Monday openings).

Our Lenten book club is underway! Everyone is welcome. One person said to me the other day, 'I'd heard wonderful things about book club last year, so I just HAD to join this year to relish in the closeness and support I'd heard about from past participants!' That comment warmed my heart; I pray everyone who takes part has the experience of being seen, heard and appreciated.

Finally, I'll share we suddenly learned this week Arthur (our son) needs inpatient surgery, and as soon as possible. We'd so appreciate any prayers you have. We are blessed indeed to be part of such a supportive and loving parish family. We pray for all members of our parish family, including those who face medical uncertainties and challenges.

Yours, with love,  
Carolyn+

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### 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.

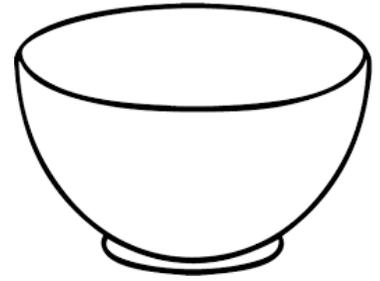
Please bring your yarn any Sunday and put it near the usher stand in the back of the church. Deacon Tracy will make sure it is delivered. Thank you for thinking of others in this way.

Tracy+



## 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. Matthew's, Lisbon and for Christ Church, Norway. We pray especially for the Diocese of Vermont and Diocese of New Hampshire as we continue to explore collaboration.

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.

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## ~ 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 5 ~ Holy Eucharist 9:30**

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

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

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

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**Happy Birthday to Harper Sheehan,  
Cathy Ayers, Carolyn Rosen, and  
Andrew Chattin! 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)

## **Dorothy L. Sayers v. Enmegahbowh**

You know it's Lent Madness when you get the likes of Dorothy Sayers squaring off against Enmegahbowh in the Lent Dome! An Anglican writer and apologist vs. the first Native American ordained a priest in the Episcopal Church. It's a tough choice, but one must be made. Because that's how it works.

Read the post here:

<https://www.lentmadness.org/2023/03/dorothy-l-sayers-v-enmegahbowh/>

Follow Lent Madness at: <https://www.lentmadness.org/>



*\*Thank you to Leslie Beyer for sharing Lent Madness. \**

## **Directory Update Almost Done!**

**Thank you to everyone who confirmed and updated their contact information!**

**If you need any additional changes, at any time, please contact our church office--[stdunstansellsworth@gmail.com](mailto: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](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

*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.



# ***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.*

## **LORD WHO THROUGHOUT THESE FORTY DAYS. 142**

Tune: St. Flavian

Like many of the hymns written by Claudia Frances Hernaman this was written for children. It was published in 1873 in a book of hymns for children, and was added to our hymnal in 1892. She was the daughter of an Anglican clergyman and was interested through her life in religious training of children, writing books and also hymns. "St. Flavian", taken from a tune in Sternhold and Hopkins metrical psalm book of 1562 became a separate tune in a 1598 collection of psalms. The harmonization in the 1982 hymnal comes from a setting adapted by Norman Manley from a 16th century setting. This tune, attached to numbers 142 and 332 has been in our hymnal at least since the Hutchins musical edition of the 1892 hymnal.

## **FORTY DAYS AND FORTY NIGHTS. 150**

Tune: Aus Der Tiefe Rufe Ich

For many this text and tune are inseparably associated since they first appeared together in 1861. For Episcopalians they have been paired since they first appeared to us in our 1871 hymnal. First published in 1856, the text is adapted from one of three Lenten poems by George Henry Smyttan and published in a magazine in March 1856. It describes the temptation of Christ, and how we Christians are drawn into sin. Smyttan was a Church of England priest who wrote poetry and several hymns. The text was altered by Francis Potts for publication in 1861, and it is this version that appears in our 1871 hymnal. The tune "Aus Der Tiefe Rufe Ich" first appeared in 1676 ascribed to "M. H." and has been credited to several possible people with those initials. It was harmonized by William Henry Monk for the 1861 Hymns Ancient & Modern where it was called Heinlein. The original name has been restored in H82.

## **BENEATH THE CROSS OF JESUS, 498**

Tune: St. Christopher

Elizabeth Cecilia Clephane wrote this text which was first printed in 1872. It entered our hymnal in 1916. It is a deeply personal statement of the strength and comfort received by the author from the image of the cross. It has found wide usage in American hymnals, especially for the Lenten season.

The tune "St. Christopher" was written by Frederick Maker, a well known Victorian English composer, for this text and published in 1881. It entered our hymnal in 1916 but was not used with this hymn text until the 1940 hymnal.

## **LEAD US HEAVENLY FATHER, LEAD US, 559**

Tune: Dulce Carmen

This popular text and tune have appeared to us together since the Tucker musical edition of the 1871 hymnal. It was written by James Edmeston and first appeared in a Baptist hymnal of 1858. Edmeston was not a clergyman or musician but was an architect who reputedly had the custom of writing a hymn each week which he read Sunday morning. He is credited with writing over 2000 hymns.

This tune appeared anonymously in 1782. The harmonization is by William Henry Monk for the first edition of Hymns A & M. It reached us in the Tucker musical edition of the 1871 hymnal.



**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**