

ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH

TID BITS FROM THE TABLE ~ SEPTEMBER 29, 2023

Dear ones,

Goodness, what an amazing time we all had at our Joe Stockbridge's 90th birthday last weekend! And, what an honour to have been invited, all of us. Joe and Judy are truly extraordinary people; they're the center around which the centrifugal force of their family moves, and we as their church family cherish them.

I suddenly realized the party itself was like a wedding, in the sense that there were bunches of people near and dear to Joe and Judy who wouldn't ordinarily have been in the same room together but who were on this glorious occasion. Joe, a very happy birthday to you and many happy returns!

The month of September is important to me for a few reasons, one of which is that it's Joe's birthday (!) and the other of which is that my first official service of Holy Eucharist as your priest was September 5 of 2021. We've been together for two years! I'm deeply grateful for these last two years, for our journey onward together, and for how much everyone supports each other in our St Dunstan's community. I always tell people that our relationship is a true 'love match.' I'm eternally grateful we found each other.

Today is our service of holy Eucharist at noon, and Sunday morning we have holy Eucharist at the usual 9:30.

See you soon!

Love,
Carolyn+

This week we are green according to CDC for our county as of this past Tuesday, 9/26.



Even with the wind down of **COVID 19**, we know that it will be with us for some time to come. The CDC is now resuming coding the occurrences of COVID. We will keep you informed.

We at St. Dunstan's we will continue to follow CDC data and the practices in our Diocesan parishes. Our vestry has voted to not require masks. If you wish to wear one, masks will be available. Of course, if you are feeling unwell, we ask that you rest and join us on Zoom. Our hope is that you will stay well and will join us for our worship services each Sunday.

When you look around our sanctuary, we have our Diocesan Flag up in the back left corner with a new flagpole and stand. We also have our banner that has been propped up in the right back corner now upright in a stand. Both look great. Did you notice?

Just a reminder: today (Friday) at noon we resume our '**final Friday**' services of Holy Eucharist!

Building Safety Note: I just want to let everyone know our practice is to keep doors locked from the outside, and anyone with a key who wants to help with that would be most welcome.



Family News



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

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

**Happy Anniversary to
Liz Graves & Art Gowie and
Bill & Barbara Clark!**



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



The flowers this week are given with love, praise, and thanksgiving to the Greater Glory of God by Carol Mason, in celebration of her grandchildren Lauren, Samuel, and Ella.



Happy Birthday to John Cooper!

Diocesan Cycle of Prayer: We pray for Church of Our Father, Hulls Cove. We pray especially for those who advocate for the poor and the oppressed and our Maine Episcopal Public Policy Network.

We Pray Especially For: Kathy O'Connell, Don Bamman, Skip Stevens, Larmie Knuesli, Tony Rowan, Sally Rowan, Don Cooper, Jennifer McCall, and Dottie Sweeney.

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 is 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 loss 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.

October 1 ~ Holy Eucharist 9:30 am

October 8 ~ Morning Prayer 9:30 am with Dan Wilkey as homilist

October 15 ~ Holy Eucharist 9:30 am

October 22 ~ Holy Eucharist 9:30 am

From the Music Director: Do you play a musical instrument? Are you looking for a comfortable and non-threatening way to serve God with your musical gift? We'd love to have you join us during the playing and singing of the Taize chants during Communion on Sunday morning. The music is easy, and the addition of your playing will add variety and interest. And it's just fun! Come talk to me (Paul) or just come, instrument in hand, a half hour before the service.





We were fortunate to have Thomas Canavan from the Fire Department walk through our church last week. He was impressed with what we have already to be safe and secure. Thomas then gave us suggestions for more that we can do. We have taken steps to do the most important ones soon. Please let us know if there is anything else that could go on the list for future consideration. The vestry will be viewing the list.

FIRE INSPECTION SUGGESTIONS: Thomas Canavan
thomascanavan@ellsworthmaine.com

- Number sign for outside (134). Contact Gary Saunders 479-0922. (\$ 40-50)
Ordered 9/8/23
- Knoxbox.com – the place keys for access for the fire department. (\$450)
Ordered 9/8/23
- Fire alarm system that is connected to the fire department. (Seacoast or Johnson and Johnson) **Request for estimate 9/8/23**
- Conduct fire drills
- Shut doors to stop progress of fire
- Keep doors locked
- Safety videos – find on line and present after service.
- Emergency exit plans placed at doors both upstairs and down. Show exits and fire extinguisher placement.
- Signs to identify NOT AN EXIT
- Door alarms with key pads
- In storage closet: move large latter to access to shut-off; block hole in upper wall (was pump organ hole); fix light fixture over head.
- Safety lights when electricity is out – find new batteries or get LED lights on Amazon for this.
- Know where to shelter in place – hall between Lottie Horn and undercroft; kitchen (where there is no windows)
- Undercroft door – get a tint that goes on window with one way sight.
- Get storage shed for gas powered equipment, etc. (**ORDERED 9/11 FOR \$2,399**)
- Probable grant from diocese.
- Purchase and train AED

Ignatian Spiritual Exercises in Everyday Life Virtual Program Starts in October

A Maine retreat that aims to offer a “blueprint” for prayer to help people discern God’s presence in their lives will be offered virtually via Zoom starting this October and will run through June 2024.

“Ignatian Spiritual Exercises in Everyday Life” will be presented by the Ignatian Spirituality Partnership of Maine, which was established in 2018 to assist anybody interested in sharing and promoting the Ignatian spiritual vision. At the heart of the retreat is daily prayer.

Desire, a willingness to put in the time, and an openness to whatever God sends your way are the prerequisites for this retreat. It runs from October through June and requires a commitment to praying daily with the materials, a monthly large group meeting (via Zoom) on the first Wednesday of the month, and monthly individual spiritual direction (via Zoom or in person).

The dates and topics for the monthly group meetings (first Wednesday of the month via Zoom) are:

- **October 4, 2023 – What Are You Looking For? Encountering the unconditional, creative, inviting love of God**
- **November 1, 2023 – Experiencing God’s Boundless Mercy**
- **December 6, 2023 – Knowing and Loving Jesus**
- **January 3, 2024 – Ministering with Jesus**
- **February 7, 2024– Responding to Jesus’ Call**
- **March 6, 2024 – Being with Jesus in His Suffering and Experiencing Compassion**
- **April 3, 2024 – Being with the Risen Lord**
- **May 1, 2024 – The Fullness of God’s Love**
- **June 5, 2024 - Reflecting Back and Going Forward**

Reach out to Merle Marie Troeger (St. Mary’s, Falmouth), Jane Hartwell (Trinity, Portland), or the Rev. Holly Hoffmann (Diocese of Maine clergy) for more information – they have served as spiritual directors on this retreat for the last several years.

Space is limited. To register, please visit www.ignatianme.org. Once registered, organizers will arrange for an in-person or online meeting to talk more about the retreat and pair you with a spiritual director/guide.

History of Our Beloved Hymns

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

WE WILL EXTOL THEE EVER BLESSED LORD, 404

Tune: Old 124th

This hymn text is based upon psalm 145. It was written by Nichol Grieve and was published in 1940. It is new to us in 1982. The tune “Old 124th first appeared in 1582 and became one of the most widely used tunes in the 16th century. It was widely known and used in Reformed churches of the 16th century where it was associated with Ps124. It appeared in our 1940 hymnal with a different text, which was not included in 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 the 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.

ROCK OF AGES, CLEFT FOR ME, 685

Tune: Toplady

Tradition holds that Augustus Toplady wrote this well-known hymn while sheltering from a sudden storm in a rock cleft. This is a nice story but unfortunately there is no evidence to support it., so it remains just a story. A version of the hymn was published in 1775 but the hymn has been much altered and changed over time. The major revision was by T.S. Cotterill in 1815. This was used with minor changes in our 1826 hymnal. With minor revisions and various tunes, it has been in the hymnal since then. Although the hymn is very popular today it was largely ignored for some 50 years after being written. In 1982 we sing it to the tune “Toplady”, which has been associated with this text for Episcopalians since the Hutchins music edition of the 1892 hymnal, and is the most commonly used tune for the hymn in this country.

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.

O GOD OUR HELP IN AGES PAST, 680

Tune: St. Anne

This much-loved hymn by Isaac Watts is probably his best known, and perhaps is his best, hymn. A paraphrase of PS.90:1-5, it was published in 1719. The tune "St. Anne", published in 1768, was most probably composed by Dr. William Croft, who was a leading 18th century English composer. It appears in most English language hymnals. It is so well known that sometimes this hymn is sung in church very effectively with a free organ accompaniment rather than one closely following the tune a policy which I really like.



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](tel: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