

# ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH

## TID BITS FROM THE TABLE ~ FEBRUARY 23, 2024

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Dear ones,

It's been a wonderful school break week in our house; Arthur went down to Portland on Monday with his grandparents and spent the night in a hotel with a pool (!!). They met up with his uncle and aunt who live in Portland, and it turns out, Ross and Katie are expecting their first baby in September! Everyone went to the Portland Children's Museum, to Becky's diner (Becky is my father-in-law's cousin), walked by the waterfront, and enjoyed a little taste of metropolitan city life. Aaron and I stayed at home and got to have a walk together at night with the dog, something we haven't done in five years, AND--gasp!--sleep until we woke up on Tuesday morning...something I personally haven't done in five years!

The rest of the week has been spent enjoying tons of time with Arthur and his best friend Ava from next door. It's been such a gift...rather like the summer vacation time when we're always all together; I've loved every minute.

I hope your Lenten journey and Lenten fasts are beginning well and proving spiritually nourishing. I'm already feeling the benefit of the extra time in prayer and meditation before my daily morning prayer, noonday prayer, and evening prayer/compline. I've got more room in my heart, a bit more equanimity, and feel more at peace.

Lent, and Easter, are some of the things that came up in the last visit and conversation I had with our beloved Sylvia (Monteux), before she passed peacefully this past Sunday. I know we all loved Sylvia; she was a bright light and a dear soul. Since I've been your priest-in-charge, I've been blessed to have you share so many stories about your own time spent with Sylvia. I keep your memories in my heart, and I've passed along those stories and memories to still others. As Jewish prayers say, may her memory be for a blessing.

Sylvia's family are planning to wait until at least the summer for a memorial service; once details of that are formalized we'll let everyone know.

There are so many wonderful prayers contained in our Book of Common Prayer, for "every season and reason" as a friend of mine is fond of saying. Some of our best are on pages 504-505. One of the ones I often turn to is "Father of all, we pray to you for those we love but see no longer: Grant them your peace; let light perpetual shine upon them; and, in your loving wisdom and almighty power, work in them the good purpose of your perfect will; through Jesus Christ our Lord." (p. 504) Another is "Grant, O Lord, to all who are bereaved the spirit of faith and courage, that they may have strength to meet the days to come with steadfastness and patience; not sorrowing as those without hope, but in thankful remembrance of your great goodness, and in the joyful expectation of eternal life with those they love. And this we ask in the Name of Jesus Christ our Savior."  
Amen.

I'll see you Sunday, and I love you dearly.  
Carolyn+

Diocesan Cycle of Prayer: We pray for the Parishes of MDI: St. Andrew & St. John, Church of Our Father, Parish of St. Mary & St. Jude, and St. Saviour.

We Pray Especially For: Kathy O'Connell, Robbie Johnston, Jesse Pierce, Eve Mitchell, Skip Stevens, Larmie Knuesli, Tony Rowan, Sally Rowan, Jennifer McCall, Dorothy Sweeney, RB Stewart, Larry Smith, and Cyndi Coombs for comfort and healing. For the repose of the soul of Sylvia Monteux and comfort for her family and friends.

*(Prayer requests will remain for three weeks unless notified that the request needs to remain longer.)*

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).

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 from 1 to 3.*

*Access to the sanctuary is available through the lower level parking lot doors of the church during this time.*

**February 25 ~ Holy Eucharist, 9:30 am**

**March 3 ~ Holy Eucharist, 9:30 am**

**March 10 ~ Morning Prayer, 9:30 am. Officiant: Dianne, Homilist: Dave**

**March 17 ~ Holy Eucharist, 9:30 am**



*Left to right: Dave Wells, Deputy Warden; the Rev. Dr. Carolyn Rosen, Priest-in-Charge; Tom Hancock, Senior Warden and the Rev. Tracy Shaffer, Deacon.*

### ST DUNSTAN'S LENTEN SERVICES:

- Palm Sunday 3/24 – Eucharist 9:30 am
- Maundy Thursday 3/28 – Eucharist 5:00 pm
- Good Friday 3/29 – Prayer 5:00 pm
- Easter Sunday 3/31 – Eucharist 9:30 am





## 2024 Easter Flowers Fund:

If you would like to contribute to the Easter Flowers fund, please place cash or a check in a "flower" envelope with your name and the dedication/celebration name clearly written on the envelope. Place the "flower envelope" in the collection plate or give it to Marian Wells no later than Palm Sunday, March 24, 2024. The donors and the dedications will be recognized in the Easter Sunday program. Thank you very much for helping us decorate St. Dunstan's beautiful church.

## Family News



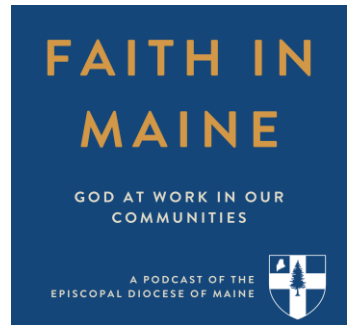
We would love to hear about **your news** and for **what you are thankful for during this year**. Submit your news to [stdunstansellsworth@gmail.com](mailto:stdunstansellsworth@gmail.com)

# Happy Birthday to Georgianna Pulver and Sharon Plante! Enjoy!



## 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.



This week we are **Green** according to CDC for our county.

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.



**American Red Cross**

## National Blood Shortage

Please schedule your next blood donation at [redcrossblood.org](http://redcrossblood.org)

# PROTECTING HOUSES OF WORSHIP

Basic law, guidance & recommendations

FEB  
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Security, Risk and  
Vulnerability  
Assessment



Active Shooter  
Preparedness,  
Response &  
Resources



Building Your Own  
Emergency  
Operations Plan

### Brought to you by:

Hancock County Emergency Management Agency, Washington County Emergency Management Agency, Maine Emergency Management Agency (MEMA); Cybersecurity and Infrastructure Security Agency (CISA); Federal Bureau of Investigation (FBI) Boston Field Office, Portland Resident Agency; U.S. Department of Justice (DOJ) Community Relations Service (CRS); and U.S. Attorney's Office, District of Maine

**REGISTRATION NOW OPEN**

**Thursday, Feb. 29**

**6-9 PM**

**A virtual presentation for  
Hancock & Washington County  
houses of worship**

**Register at [justice.gov/usao-me/PHOW](https://justice.gov/usao-me/PHOW)**

## Directory Information

Please confirm your contact details for our parish directory.

Contact our church office--[stdunstansellsworth@gmail.com](mailto:stdunstansellsworth@gmail.com)--with your title(s), postal address, email address(es) and best phone number(s).



Priest - Rev. Dr. Carolyn Rosen  
Deacon - Rev. Tracy Shaffer  
Senior Warden – Tom Hancock  
Deputy Warden – Dave Wells  
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)

Muffet Stewart and Mary Delong: [stdunstanstreasurer@gmail.com](mailto:stdunstanstreasurer@gmail.com)

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