ST. DUNSTAN'S EPISCOPAL CHURCH, ELLSWORTH
TID BITS FROM THE TABLE ~ JULY 31, 2026

FIFTH EPISTLE OF ST. DUNSTAN

At the time that I was made Abbott of Glastonbury, Christianity in England had secularized to the extent that the life, wealth, and patronage of local churches was dominated by local control and was sometimes hardly distinguishable from lay society. What was needed was to develop a strong core of monastic life at the heart of the church, by drawing the monks together in an enclosed environment, so they could concentrate on meditation and worship, isolated from secular distractions.

As Abbott of Glastonbury, with cooperation from others (I am a team player) and with money from Alfreda's and my father's inheritances, and gifts of land from the king, I began to restore monastic life at Glastonbury. What I did to separate the monks from secular affairs was to build a wall around the monastic buildings, so the monks could concentrate on worship. I excluded the church and cemetery from the compound, so that the monks would not be distracted by visitors to these places. And I made my brother Wulfric the reeve (overseer of day-to-day work on the farms on the monastery grounds and other management and financial matters) in order to separate secular matters from the religious focus needed inside the monastery. The monks could then concentrate on a common discipline: prayer, meditation, study, and teaching.

Inside the monastery, I instituted a Benedictine lifestyle:

- Rise at 2:30 AM, retire at 6:30PM
- One meal a day, at 2 PM, sometimes followed by a short nap
- Communal prayer seven times a day and Mass daily
- Study, reflection, and scholarly or artistic tasks the rest of the day
- A daily communal meeting to discuss the running of the abbey
- Silence during most of the day, except for a drink` and perhaps a little conversation in the evening.

Benedictines have a special interest in education and we were no exception. We had a notable library, we copied manuscripts from other libraries, and we served as the 'best' university of the times. Students from other countries were sent to our monastery to study. Graduates from Glastonbury were sought after. Many of our graduates went on to become bishops and important government officials. We had a scriptorium – a dedicated room used for writing, copying, and illuminating manuscripts. We also had a bronze-working hearth and glass furnace in the monastery (I had a reputation as metalworker and master craftsman).

Vale

Dunstan

Give us courage and gaiety and the quiet mind, spare to us our friends, soften to us our enemies.

Prayer requests will remain for 3 weeks unless notified that a name needs to be extended for at least the next 3 weeks.

Diocesan Cycle of Prayer: We pray for St. Philip's by the Sea, Fortunes Rocks, and Trinity Chapel, York Harbor. We pray especially for our Council on Indigenous Relations.

We Pray Especially For: Jillian and Ocean Alfone, Mark Arnold, Gregg Jacobs, John Johnston, Margaret Jones, Robbie Johnston, Kate Lynch, Robert McDonald, Ralph Preble, Carolyn Rosen, Sigrid Saradunn, Judy Stockbridge, Martha Thomas, Jonathan Vogel, Brent Was, and Mike Zboray for comfort and healing.
For the repose of the soul of Lorna McCormick, and comfort and healing for her family and friends.

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).

Everyone, please stay well and safe. Blessings to you all.

~ UPCOMING WORSHIP / EVENTS SCHEDULE ~

Sunday services are both in church and via Zoom.
The sanctuary is open for quiet reflection and prayer on Mondays from 1 to 3.

August 2 ~ Holy Eucharist 9:30 a.m. Rev. Andrew Stoessel as Officiant & Homilist.
August 9 ~ Morning Prayer 9:30 a.m. Mimi as Officiant and Homilist
August 16 ~ Holy Eucharist 9:30 a.m. Rev. Andrew Stoessel as Officiant & Homilist.
August 22 ~ Service of Remembrance for Lorna McCormick Jordan-Fernald, 113 Franklin Street, with visiting hours from 12:30 to 2 pm followed by a funeral service at 2pm.
August 23 ~ Holy Eucharist 9:30 a.m. Rev. Andrew Stoessel as Officiant & Homilist. Vestry Meeting after service.

On the 2nd Sunday of the month the Offering is for the Rector's Discretionary Fund

Online Donation Option

Use the link below if you would like to set up convenient online payments St. Dunstan's for one-time/annual donations or recurring weekly/monthly amounts.

Set-up instructions can be found here: https://www.saintdunstansellsworth.org/wp-content/uploads/2024/07/How-to-create-a-Vanco-profile-and-set-up-a-recurring-weekly-or-monthly-donation.pdf
St. Dunstan's Vanco page: https://secure.myvanco.com/L-Z5DE/campaign/C-12GB4

Rotary

The Rotary Club of Ellsworth

ANNUAL
Blueberry Pancake Breakfast

August 1, 2026 - 7:00-10:00 a.m.

All You Can Eat!

$12.00

Children 12 & under $7.00

Under the Tent at Down East Family Y.M.C.A

238 State Street, Ellsworth

Advanced tickets sold at the Ellsworth Area Chamber of Commerce

Partner & Presenting Sponsor

BAR HARBOR BANK & TRUST

Proceeds will benefit local Rotary scholarships and charities.

We were grateful to have Janey Choi, violin, and Amadi Azikiwe, viola, from the Bar Harbor Music Festival with us last Sunday morning!

National Blood Shortage

Please schedule your next blood donation at redcrossblood.org

American Red Cross

Happy Birthday to Ann Ahern!

Diocese Convention Delegates and Alternates

Would you like to serve as one of St. Dunstan's Lay Delegates to the upcoming Annual Convention of the Diocese of Maine – or be available as an Alternate? Those who have attended in the past will tell you that it's a great opportunity to meet fellow Episcopalians from around the state, learn about the many activities in our Diocese, and participate in decision-making.

The convention is being held on Saturday, November 7, from 8.a.m. to 5 p.m., on the University of Southern Maine Campus. There are two opportunities for on-line pre-convention informational meetings, the evening of October 27 and 29. For more information on the role and responsibilities of Lay Delegates, see **here**: episcopalmaine.org/resources/responsibilities-of-delegates-to-convention/ And let Tom or Dave know if you are interested in serving.

We have one confirmed delegate; we are eligible to send two, and would like to have two alternates, in case someone can't make it.

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

Happy Anniversary to Paul & Mimi Dickson!

Benefit Concert for Everybody Eats!

FLASH!

Blue Hill, Maine

Stop by Knowlton Park on August 10 for this by-donation concert from Downeast Maine's favorite steel drum band. Proceeds benefit the Everybody Eats free community meal program, which now operates as part of Loaves & Fishes Food Pantry.

When: August 10, 7:30 PM - 9:00 PM

Where: Knowlton Park, 160 State Street, Ellsworth

Generously sponsored by

IPSWICH SHELLFISH GROUP®

MAINE SHELLFISH™

Public Policy and Witness Weekly Prayers – July 31

For the Preservation of Indigenous Histories

God of truth, who remembers every name and calls us to remember the stories of your people, we grieve the planned closure of the National Archives at Chicago, whose collections bear witness to the lives, lands, families, and history of Native American peoples throughout the Midwest and Great Lakes region. You have given us the gift of memory. Let us never forget the history of the government and church separating Tribal children from their families, the young lives lost, the criminalization of sacred practices, forced displacement, and withholding resources. Let no truth be hidden or placed beyond the reach of the communities whose histories these records preserve. Guide those entrusted with our public archives to preserve these records, to retain the wisdom needed to understand them, and to consult with Tribal Nations most affected by archiving decisions. Strengthen your church in the work of truth-telling and repair, that truth may come to light through Jesus Christ, the head of your Church and our Savior. Amen.

Episcopal Public Policy Network Action Alerts: Join the active ministry of public policy advocacy by taking action with EPPN Action Alerts. Join your voice with Episcopalians across the church as we aim to influence the legislation and policy of the U.S. government on critical issues. **Sign up here**: episcopalchurch.org/ministries/office-government-relations/

PLANNING AHEAD

Copies of the Funeral and Burial Information form are on the table in back of our church. We are all aware that we will leave this earth and planning for that day might be uncomfortable, your family and those responsible for your service and funeral will be thankful that you took the time as to how you wish to be remembered.
Once the form is completed a copy can be filed in the church office. It might also be helpful to have another copy at home or a place to be retrieved. (https://www.saintdunstansellsworth.org/wp-content/uploads/2026/03/Funeral-and-Burial-Information.pdf)

Another helpful resource we have available is The Five Wishes document, a comprehensive, easy-to-understand advance directive that allows you to legally outline your medical, personal, emotional, and spiritual preferences if you become seriously ill. Created by the nonprofit Aging with Dignity, it is valid as a living will and healthcare power of attorney in most states. Copies are available at the back of the Nave (extras in the office).

Please call or ask me if you have any questions.

In Faith,
Dave

Cart in Those Cartons and Bags to Help Fight Food Insecurity

Loaves and Fishes is once again in the business of accepting clean dozen-sized egg cartons from the public. Donating helps reduce pantry costs. Please put your donation in the little red wagon in the sanctuary. Everybody Eats appreciates the full-sized grocery bag donations to help with takeout meals. We are still sharing over 100 meals a week via takeout and Friends in Action deliveries. Bags can be left in the Lottie Horn Room.

Volunteers are always welcome at Everybody Eats! Interested? See Tracy, Kim, or Fred.

With God's grace, we wanted to share that St. Dunstan's now has a **Lay Eucharistic Visitor** team that stands ready to visit and offer Eucharist to those who are homebound or hospitalized. If you would like a visit or know someone who would, please contact Deacon Tracy or Lay Eucharistic Visitors Dianne Kelley and Briana Chattin.

Supply Priest Rev. Andrew Stoessel
Deacon - Rev. Tracy Shaffer
Senior Warden – Tom Hancock
Deputy Warden – Dave Wells
Junior Warden – Bill Thomas, Assistant Dan DeLong
Music Director – Paul Dickson
Office Assistant – Rain Perez

www.saintdunstansellsworth.org
You can contact us by leaving a message by telephone or email:
Phone: 667-5495 Email: stdunstansellsworth@gmail.com