

# Time Together

## While We are Apart

*Trinity and St. Mary's Whitechapel Episcopal Churches*

Wednesday,  
January 6, 2021

Good day dear church communities,

I find myself pondering an inscrutable situation. Since the pandemic started last March, our "Time Together While We are Apart Newsletters" have featured, on the front article, the sharing of our favorite coffee mugs, our pets, even pictures from our pasts! But our latest request for favorite recipes has only generated one recipe, the very delicious recipe from Ann Kingsbury (Trinity) for a special occasion crab dish that featured A LOT of butter and cream!

But why no recipes submitted from churches that I well know, love to eat? As I pondered this inscrutable situation, I could only think of one thing I could do; I could offer one of MY favorite recipes! Maybe this will help spark interest and remind folks how low the bar is to submit a fav recipe. So, I now offer you my favorite recipe:

### Boiled eggs

A little background before I give you the ingredients and instructions. I have loved hardboiled eggs since I was a little girl. With a little salt, it was a quick and portable lunch, allowing me to get back to whatever game I was playing. As an adult, I continue to love hardboiled eggs, though now, with my too high cholesterol, I eat only the egg whites, delicious in a salad, and I've been told by one member of the Book Group, it looks like I am eating marshmallows in my salad! I hope you will enjoy this recipe.

Ingredients: 6 eggs; water; a dash of salt, though our water is so salty I rarely bother

Put water in a pan and place the eggs in the water.

Put the pan on the stove on high, until water bubbles and boils, then turn down heat to medium and set timer for 14 minutes.

When timer rings, turn off heat, and allow eggs to cool a bit. Then rinse them with cold water and add a bit of ice to speed cooling.

Serve with salt. Store in the refrigerator.

As many of you know, I am not much of a cook, so PLEASE give this call for recipes a little thought and know that whatever you submit will be more interesting than my recipe! Please submit recipes and a bit of background as to why you love it/occasions you serve it etc. Recipes and background can be sent to Megan by email: [rectorstmtrin@gmail.com](mailto:rectorstmtrin@gmail.com) or snail mail: 5940 White Chapel Road, Lancaster 22503

If no recipes arrive in the next two weeks, I'll be forced to next offer my amazing recipe: "How to Boil Pasta". Please, help!

And now onward to a little more "Time Together",

Megan



## Prayer Notes:

We will include our prayer lists in each Wednesday Newsletter and in our worship services. Please continue to let us know of folks you would like to have on our prayer lists.

Please keep Dave Arnold in your prayers. Dave and his wife Patty (both are 93 years old) live in Staunton and are members of SMWC. Dave was hit by a car in December while crossing a street in Staunton and sustained a serious injury to his foot. He had surgery at UVA hospital and is home now. To allow the compound fracture of his leg and foot to heal, Dave cannot put weight on his foot for two months. Please pray for Dave and Patty, and for their daughters as they help their parents, in this time of healing.

Please keep Jane Fortin and her family in your prayers. With Roger's death on December 26th this is a season of grief for Jane and all their family and friends.

**Trinity:** Lella Lee Edwards, Malcolm Jett, Sherri Carter, Terri, R.W. Courtney, Frances Bush, Delford Walthall, Glenn Courtney, Steve, Rick Bateman, Earline Tomlin Kelley, Ed Borer, Dean Haine, Mary and Karen Jackson, Berkeley Kellum, Preston Bryant, Michael, Mel and Frances Ercelino, Hilda Courtney, Robert, Karen Woodruff, Joey Coker, Michael Dunaway, Brad Quillen, Ian Larmore, Brandon Dunaway. Armed Forces: Giovanni Elhordoy, Ward Gavin, Paul Price and Michael Stout.

**St. Mary's Whitechapel:** Dave Arnold, Alexa McGrath, Agnes Robbie, Don DeFilippo, George Clowser, Jori Keckman, Alexa Frisbee, R.W. Courtney, Tammy, Dorsey Ficklin, Glenn Courtney, Terry Thompson, Wendy Burnett, Lin Greene, Jake Cobb, Dave Petersen, Dan Ficklin, Marie Beringer, Mimi Chace, Donna Brayton, Hilda Courtney, Robert, Howard Hanchey, Jennifer Cassell Cole, Karen Woodruff, Gina Adams, Brad Quillen, Jessica, Joanne and Michael.

Nursing Home Resident: Lancashire - Mary Sue Courtney

Armed Forces: Jacob Sensenig, Joshua Green, Aimee Budzinski, Kathryn McCormack Akacem, Mehdi Akacem, Thomas Mackie, Pia Mackie, Tate Young, Spencer Fortin.

### January and February Birthdays and Anniversaries

Trinity Birthdays: Craig Giese, January 17th; Jean Price, January 24th; Fred Ripley, January 28th; Elizabeth Hyde, February 3<sup>rd</sup>; Anne Kingsbury, February 3<sup>rd</sup>; Bill Buhmann, February 13<sup>th</sup>; Emily Carlson, February 13<sup>th</sup>; Justin Kingsbury, February 18<sup>th</sup>; Brooke Hayden, February 20<sup>th</sup>; Eli Hamrick, February 23<sup>rd</sup>; Hunter Hayden, February 24<sup>th</sup>; Mickey Blandford, February 25<sup>th</sup>; Anne Draper, February 26<sup>th</sup>; Ian Larmore, February 26<sup>th</sup>

SMWC Birthdays: Dorsey Ficklin, January 15; Jannine Pennell, January 22; Helen Cobb, January 28; Kendall Stoneham, February 2; Derrick Stoneham, February 2; Ben Weimer, February 4; Howard Hanchey, February 17; Katelynn Wood, February 19; Sharon Gill, February 24; Tracy Nester, February 26; Kurt Muse, February 27

SMWC Anniversaries – Linda Stough and Linda Odum, January 9; Anne and Kurt Muse, January 24;

## Announcements:

Save the date for Annual Meetings! Both churches will have Annual Meetings by Zoom on Sunday, January 17th, 10am Trinity, and 11am SMWC. Hope to see you there!

Our New Year's Eve gathering featured wonderful and moving storytelling from SMWC's Bill Arnold, as well a few spontaneous stories from others of New Year's Eve events, including a story told by Barb Fasig that included New Year's Eve, a Winnebago, an outhouse and a cow! Needless to say, a memorable story! All that story fun inspired consideration of a Zoom story gathering. Folks expressed interest at Sunday worship, so we will have a Storytelling Gathering on Thursday, January 28th at 4pm. Mark your calendar! More details to follow.

In December, our Parish Administrators, Deb and Nancy, emailed everyone the update church directories. Several corrections and updates have come from folks having time to look over the directories! Please add these changes to your directories at home:

- Dave and Patty Arnold are members of SMWC
- Connie Horne's (SMWC) phone number is 804 436 3789

Lancaster Community Library suspending Storymobile visits to SMWC parking lot. Because of the quickly increasing number of COVID cases in our county, the Library is pausing their visits to SMWC parking lot to offer free WIFI service. When the county's COVID numbers level off, the Library hopes to restart the program.

Do you need help getting trash to the dump or picking up prescriptions or an occasional grocery item? Please know that we have folks ready to help in our joint churches community. Contact Megan for connection to a volunteer.

Washington National Cathedral continues to offer beautiful and moving worship daily. They can be found at [cathedral.org](http://cathedral.org)

You can continue to mail pledges and donations to Rector's Discretionary Fund to each church:

Trinity Church  
PO Box 208  
Lancaster, VA 22503

SMWC  
5940 Whitechapel Rd  
Lancaster, VA 22503



***Thoughts from the Organ Bench***  
*by Glenn Courtney, Organist*  
*SMWC and Trinity*

Thou Didst Leave Thy Throne

Author – Emily E.S. Elliott, 1836-1897

Composer – Timothy R. Matthews, 1826-1910

Tune Name – “Margaret”

Scripture reference: Luke 2:7

I am come that they might have life, and that they might have it more abundantly.  
John 10:10b

Emily Elliott was born at Brighton, England on July 22, 1836. During her lifetime she was associated with the evangelical faction of the Anglican Church. She worked with the rescue missions and Sunday Schools in that area. Her aunt was Charlotte Elliott, author of the hymn “Just As I Am”.

For six years Emily edited a magazine, the Church Missionary Juvenile Instructor. Forty-eight of her hymns were published in a book entitled Under the Pillow, which was a book of verse she wrote for patients in hospitals, infirmaries or ill at home.

This particular text, Thou Didst Leave Thy Throne, was written by Miss Elliott and printed privately for the choir and children of her father’s church, St. Mark’s at Brighton. She wrote it particularly to teach the children about the Advent season and the Nativity. The text was based on Luke 2:7, “but there was no room for them in the inn.”

1. Thou didst leave Thy throne and Thy kingly crown,  
When Thou camest to earth for me;  
**But** in Bethlehem's home was there found no room  
For Thy holy nativity.  
O come to my heart, Lord Jesus,  
There is room in my heart for Thee.
2. Heaven's arches rang when the angels sang,  
Proclaiming Thy royal degree;  
**But** of lowly birth didst Thou come to earth,  
And in great humility.  
O come to my heart, Lord Jesus,  
There is room in my heart for Thee.

3. The foxes found rest, and the birds their nest  
In the shade of the forest tree;  
**But** Thy couch was the sod, O Thou Son of God,  
In the deserts of Galilee.  
O come to my heart, Lord Jesus,  
There is room in my heart for Thee.
4. Thou camest, O Lord, with the living word  
That should set Thy people free;  
**But** with mocking scorn, and with crown of thorn,  
They bore Thee to Calvary.  
O come to my heart, Lord Jesus,  
There is room in my heart for Thee.
5. When the heavens shall ring, and the angels sing,  
At Thy coming to victory,  
Let Thy voice call me home, saying "Yet there is room,  
There is room at My side for thee."  
My heart shall rejoice, Lord Jesus,  
When Thou comest and callest for me.

It is interesting to note the vivid contrast that Miss Elliott achieved in the first four verses of the hymn, with the contrasting phrase of each verse beginning with the word "but".

In verse five the contrast is reversed: death is changed into victory, and Heaven's arches of stanza two will ring again when He comes for his second Advent. The refrain is the personalization of the truth expressed in each stanza.

The tune, "Margaret," was written especially for this text by Timothy Richard Matthews. He was born at Bedford, England on November 4, 1826. He was considered one of the leading organists in England at that time. He was also a clergyman and wrote more than one hundred hymn tunes.

The hymn Thou Didst Leave Thy Throne is considered an Advent or Christmas hymn but if one considers all five verses of the text, some see it as a brief summary of the gospel: the birth, life, death and return of Christ.

Please enjoy this performance of Thou Didst Leave Thy Throne:

[Ryan Day and Allison Speer - Thou Didst Leave Thy Throne - YouTube](#)

Source: 101 Hymn Stories, by Kenneth W. Osbeck. Kregal Publications, Grand Rapids. MI. 1982

## **Reflection**

Our Reflection today comes from the Reverend Richard Floyd, Pastor Emeritus of First Church of Christ (UCC) in Pittsfield, Massachusetts.

Scripture:

“The point is this: the one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully.” 2 Corinthians 9:6, NRSV

### **More Wonder, Less Worry!**

I have never been a fan of New Year’s resolutions. Nonetheless, as the year begins I resolve to have more wonder in my life and less worry.

I’m not going to lie; there is plenty to worry about. But I have learned from keeping a journal that when I look back on what I was worrying about, it was usually the wrong thing.

I resolve to be less distracted by the shiny and ephemeral so I can pay more attention to what is truly wonderful around me. Rabbi Abraham Joshua Heschel wrote about wonder: “We do not come upon wonder only at the climax of thinking or in observing strange, extraordinary facts but in the startling fact that there are facts at all: being, the universe, the unfolding of time.” (God in Search of Man)

The poet of Psalm 8 looked up at the night sky, aware of the vast divide between the eternal Creator and us frail creatures, and wonder-struck that this majestic Creator should care for us mortals.

Whenever I am hesitant to approach this high and holy God in prayer, I remember that this same God, so far removed from us, reached out in love to be “God with us” in the humanity of Jesus Christ.

Whatever the new year brings, God will be with us, and that is cause for more wonder and less worry!

Prayer

*God With Us, as the new year unfolds, open us to the wonder that is everywhere around us, and free us from the worry that robs us of fullness of life, through Jesus Christ our Lord. Amen.*

