

Time Together

While We are Apart

Trinity and St. Mary's Whitechapel Episcopal Churches

Wednesday,
March 17, 2021

Time Together Newsletter

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Good day dear church communities,

Two weeks ago, as I was writing this Recipe Corner article, the sky was grey and cold rain was falling. Today the sun is shining, and the sky is a gorgeous blue, and temps are expected into the 60s! Welcome to spring in Virginia! Just as we are getting a taste of warmer weather, Sharon Gill has sent us the perfect recipe. Her Corn and Black Bean Salad sounds perfect for a lunch on the porch! Sharon wrote that this salad is a favorite of hers and Richard's. Many thanks, Sharon for sharing this delicious salad with us!

Corn and Black Bean Salad

Prep Time: 15 min **Cook Time:** prep: 15 min. + chilling

Servings: 8 servings **Source:** tasteofhome.com

Ingredients

1 can (15-1/4 ounces) whole kernel corn, drained
1 can (15 ounces) black beans, rinsed and drained
2 large tomatoes, finely chopped
1 large red onion, finely chopped
1/4 cup minced fresh cilantro
2 garlic cloves, minced

DRESSING:

2 tablespoons sugar
2 tablespoons white vinegar
2 tablespoons canola oil
1-1/2 teaspoons lime juice
1/4 teaspoon salt
1/4 teaspoon ground cumin
1/4 teaspoon pepper



Directions

In a large bowl, combine the first six ingredients. In a small bowl, whisk the dressing ingredients; pour over corn mixture and toss to coat. Cover and refrigerate for at least 1 hour. Stir before serving. Serve with a slotted spoon.

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 Lella Lee Edwards in your prayers: She had one or more strokes a few weeks ago. She was in RGH and then St. Mary's in Richmond. She was unresponsive for several days but then woke up and began getting feeling back in her right side, and her speech began returning to normal. Lella Lee then went to a rehab hospital in Richmond. She will stay there at least another week, because of a "touch of pneumonia."

Please keep Elsie Cornwell, Allen Cornwell's mother, in your prayers: Elsie, who lives in Warsaw, fell at home and hurt her hip. She was in Memorial Regional for a time, and now has come to RWC for a time of rehabilitation.

Prayer Lists

St. Mary's Whitechapel: Laura Sanseverino, Lora Ingle Smith, Edward Green, Coyle/Clewell Family, Virginia Blackwell, Roberta Blackwell, Ron Okrasinski, Agnes Robbie, Don DeFilippo, R.W. Courtney, Dorsey Ficklin, Glenn Courtney, Lin Greene, Jake Cobb, Dave Petersen, Dan Ficklin, Hilda Courtney, Robert, Karen Woodruff, Brad Quillen, Jessica, Joanne and Michael.

Nursing Home Resident: Lancashire - Mary Sue Courtney

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

Trinity: Elsie Cornwell, Carlisle Walters, Fred Ripley, Lella Lee Edwards, Lorraine Jett, Malcolm Jett, R.W. Courtney, Glenn Courtney, Berkeley Kellum, Hilda Courtney, Robert, Karen Woodruff, Michael Dunaway, Brad Quillen, Ian Larmore, Brandon Dunaway.

Armed Forces: Giovanni Elhordoy, Ward Gavin, and Paul Price.



March and April Birthdays and Anniversaries

Trinity Birthdays: Lane Hayden, March 4th; Dave Whitlow, March 6th; Jane Dunaway, March 9th; Hannah Ellery Kellum, March 10th; Jock Chilton, March 11th; Kelly Brent Kellum, March 15th; Ellen Tracey, March 16th; Glenn Courtney, March 19th; Ian Dunaway, March 22nd; Michael Dunaway, March 23rd; Megan Limburg, March 23rd; Adam Tyler Dunaway, March 27th; Nancy Chilton, April 7th; Madeline Withers, April 11th; Catherine Chilton Ford, April 15th; Meredith Brent, April 16th; Bill Hayden, April 20th; Diane Smith, April 21st; Sandra Walker, April 22nd; Emmett Christopher, April 23rd; Alexandra Cornwell, April 23rd; Carter Christopher, April 25th; Melissa Dunaway, April 25th; Elizabeth Anne Kellum, April 25th; Joanna Hyde, April 27th

Anniversaries- Fred and Judy Ripley, March 21st; Janet and Michael Christopher, April 12th

St Mary's White Chapel: Kimberly Wood, March 8; Sue Johnson, March 12; Page Henley, March 12; Glenn Courtney, March 19; Megan Limburg, March 23; Gloria Romaine, March 24; Mary Chilton Senell, March 31; Dave Petersen: April 7, Betty Thornton, April 23; Sue Ramsey, April 24; Sparky Marsh, April 25

Anniversary – Bill and Jannine Pennell, April 5.

Announcements

Meals on Wheels in April and May: Trinity and SMWC are responsible for delivering Meals on Wheels on Mondays in April and May. Jane Dunaway from Trinity is coordinating this outreach effort for both churches. If you would like to help please contact Jane, janemdunaway@gmail.com

Megan will be on vacation, Saturday, March 20-Saturday, March 27. The Reverend Kaki Swann will be covering worship on Sunday, March 21, and will be available for pastoral emergencies.

Prayer Lists: For several weeks we asked everyone to review our prayer lists, and if you wanted a person to be kept on the list, to let the office or Megan know. We have now updated our prayer lists with the information you gave us. If a name is missing that you wanted to have kept on the list, just contact us and we are glad to put that name back on the list.

Tentative plan for Easter morning service at SMWC Labyrinth As COVID numbers continue to fall, we have begun planning for a possible Easter Sunday service at the SMWC Labyrinth, contingent, of course, on our numbers continuing on a downward path. For many years the Labyrinth service has been a sunrise service. This year sunrise on Easter Sunday is 6:46am. As that is a very early hour for so many folks, I would like to plan for an 8:30am service at the Labyrinth, with an

11am Zoom service to follow. We will continue with social distancing rules and mask wearing for this service. The joint worship committee will work with me on determining how many folks we can accommodate at the Labyrinth, and around it, safely. And of course, if it is pouring rain, we will have to cancel, though I am game to celebrate in drizzle or showers! Regular updates will follow as we get closer to Easter Sunday!

The Alzheimer's Association is holding a number of gatherings and workshops by Zoom in April and May. Two flyers with more information can be found at the end of this newsletter. Anyone interested in information and support around issues of dementia is welcome to attend.

The Education for Ministry (EfM) group at Grace is actively recruiting participants to begin the program next fall. Contact Martha Gilbert, 443-766-9547 or mgilbert64@gmail.com for more information.

Remember, come as you are to Sunday Zoom Church! 10am can be mighty early for some of us. Getting out of your pajamas and doing something about your hair can be a challenge for some too. Do not let these issues keep you from attending our 10am Zoom church service! You are welcome to attend with your camera off. Just sign in but do not start your camera. Being together and sharing God's love is too important to have it hinge on fixing your hair by 10am! Know that you are always welcome; come as you are!

Are you looking for the video of Sunday's worship? Just a reminder that the video of Sunday worship is available for one week on the Trinity website: trinityva.org

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

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

The "**Londonderry Air**" is an Irish air that originated in County Londonderry, Ireland. It is well known throughout the world. The most popular lyrics for the tune are *Danny Boy* ("Oh Danny Boy, the pipes, the pipes are calling"), written by English lawyer Frederic Edward Weatherly in 1910, and set to the tune in 1913. 1910 was a year of tragedy for him with the deaths of his father and only son within 3 months of each other.

Like the origins of many folk tunes, the origin of this Irish tune is unclear. It was published in 1855 in *The Ancient Music of Ireland*, edited by George Petrie, based on a submission by Irish folk song collector Jane Ross of Limavady, in the county of Derry (Londonderry), but it may be an adaptation of a much older tune published by the Irish folk music collector Edward Bunting in 1796, called *The Last Rose of Summer*. Regardless, its long, flowing lines and soaring high section make it a beautiful and dramatic tune.

The tune was first called "**Londonderry Air**" in 1894 when Katherine Tynan Hinkson set the words of her *Irish Love Song* to it:

Would God I were the tender apple blossom
That floats and falls from off the twisted bough
To lie and faint within your silken bosom
Within your silken bosom as that does now.
Or would I were a little burnish'd apple
For you to pluck me, gliding by so cold,
While sun and shade your robe of lawn will dapple,
Your robe of lawn and your hair of spun gold.

As with a good many folk tunes, "**Londonderry Air**" is also used as a hymn tune; most notably for *I Cannot Tell* by William Young Fullerton:

I cannot tell why He Whom angels worship,
Should set His love upon the sons of men,
Or why, as Shepherd, He should seek the wanderers,
To bring them back, they know not how or when.
But this I know, that He was born of Mary
When Bethlehem's manger was His only home,
And that He lived at Nazareth and laboured,
And so the Saviour, Saviour of the world is come.

"Londonderry Air" was also used as the tune for the southern gospel hit He Looked Beyond My Fault, written by Dottie Rambo and first recorded by her group, The Rambos, in 1968.

Another hymn sung to the tune is O Christ The Same Through All Our Story's Pages by Timothy Dudley-Smith and Roger Jones:

O Christ the same, through all our story's pages,
our loves and hopes, our failures and our fears;
eternal Lord, the King of all the ages,
unchanging still, amid the passing years:
O living Word, the source of all creation,
who spread the skies, and set the stars ablaze,
O Christ the same, who wrought our whole salvation,
we bring our thanks for all our yesterdays.

O Christ the same, the friend of sinners sharing
our inmost thoughts, the secrets none can hide,
still as of old upon Your body bearing
the marks of love, in triumph glorified:
O Son of Man, who stooped for us from heaven,
O Prince of Life, in all Your saving power,
O Christ the same, to whom our hearts are given,
we bring our thanks for this the present hour.

O Christ the same, secure within whose keeping
our lives and loves, our days and years remain,
our work and rest, our waking and our sleeping,
our calm and storm, our pleasure and our pain:
O Lord of love, for all our joys and sorrows,
for all our hopes, when earth shall fade and flee,
O Christ the same, beyond our brief tomorrows,
we bring our thanks for all that is to be.

Please enjoy the following: He Looked Beyond My Faults by Dottie Rambo; O Christ the Same; I Would be True

Dottie Rambo - He Looked Beyond My Fault (And Saw My Need) - YouTube

O Christ the Same - YouTube

I would be true - John Rutter, The Cambridge Singers - YouTube

Sources: Wikipedia.com Youtube.com

Reflection

Virginia Highland Church UCC in Atlanta, Georgia, and come from the United Church of Christ daily meditations called Still Speaking.

Finding God in the Last Place We Look

When his parents saw Jesus [at the temple], they were astonished; and his mother said, "Child, why have you treated us like this? Look, your father and I have been searching for you with great anxiety." Jesus said to them, "Why were you searching for me? Did you not know that I must be in my Parent's house?" Luke 2:48-49 (NRSV)

It's bad enough that tweenage Jesus ditches Mary and Joseph without so much as a text message. But when Jesus' understandably distraught parents find him in the temple days later, Jesus makes his absence their fault while belittling their role: "Didn't you know I would be in my Parent's house?"

Why would Luke waste precious parchment and ink on a story in which Jesus appears to break the fifth commandment about dishonoring parents?

Maybe it's there to comfort countless parents ever since, demonstrating that even young Jesus thought his folks were nitwits. Or maybe it's a reminder that we sometimes find God in the last place we look: in church!

Of course, God can show up anywhere. But it's not uncommon for people to arrive to Sunday worship looking for God after all other options have been exhausted. I've seen many a visitor in tears within minutes of worshipping at the church I serve—surprised, delighted, relieved to find Holy Love.

Keep watch for that person this Sunday and next Sunday and the one after that—yes, even online. You have a role to play in revealing the presence of God. You can assure someone that love is not lost.

Prayer

Dear God, who was lost but will be found again and again, may I never stop looking for you. Amen.



ALZHEIMER'S COMMUNITY FORUM: Lancaster County

THURSDAY, MAY 27, 2021 | 12 - 1:30 P.M.

CLICK [HERE](#) TO REGISTER
AND RECEIVE LOG IN/CALL IN INSTRUCTIONS

Learn about Alzheimer's, dementia and memory loss in this brief community-focused listening session. We'll review the basics of these conditions, services of the Alzheimer's Association and how we can expand the reach of local programs and services. Bring a friend and share your thoughts about how the Alzheimer's Association can help more people in your community. If you experience problems registering, please contact 800.272.3900.

alzheimer's  association®

Greater Richmond Chapter

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ALZ.ORG/GRVA 24/7 HELPLINE 800.272.3900



MIDDLE PENINSULA ONLINE EDUCATION PROGRAMS

CLICK ON "REGISTER HERE" FOR EACH SESSION
OR CALL THE 24/7 HELPLINE AT 800.272.3900
Registration is required to receive login instructions.

UNDERSTANDING ALZHEIMER'S & DEMENTIA | Thursday, April 1 | 2-3 p.m.

Join us as we share the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed.

Register [HERE](#).

WORDS MATTER: EFFECTIVE COMMUNICATION STRATEGIES | Thursday, April 15 | 12-1 p.m.

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Register [HERE](#).

DETECT AND CONNECT: UNDERSTANDING DEMENTIA RELATED BEHAVIORS

Thursday, April 29 | 2-3 p.m.

Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Register [HERE](#).

HAVING THE TALK: DIFFICULT CONVERSATIONS | Thursday, May 13 | 12-1:30 p.m.

Join us to learn ways we can help you talk with your entire family, including the person with signs of dementia, about some challenging and often uncomfortable topics related to Alzheimer's and dementia. Register [HERE](#).

LIVING WITH ALZHEIMER'S FOR CAREGIVERS: MIDDLE STAGE

Thursday, June 10 | 2-3:30 p.m.

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers providing care and support for someone with Alzheimer's. Register [HERE](#).

LIVING WITH ALZHEIMER'S FOR CAREGIVERS: LATE STAGE

Thursday, June 24 - 12pm-1:30pm

In the late stage of Alzheimer's disease, care giving typically involves new ways of connecting and interacting with the person with the disease. Register [HERE](#).