

# Time Together

## While We are Apart

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

Wednesday,  
March 31, 2021

### Time Together Newsletter

Wednesday, March 31st, 2021

We have two recipes today, both from Anne Clewell (SMWC). The first recipe, below, holds much wisdom, but feeds your spirit more than your belly!

The second recipe feeds your belly and your sweet tooth and will make you laugh! Anne sent her recipe for Christmas Mice in January, an old holiday favorite of the Clewell family. They would take these treats to their church in Baltimore on Christmas Eve, and share them after the family service. Additionally, these treats are admired by their cats, as we see in the photo below of their cat, Namaste, inspecting the finished products. (Tim said it looks like Namaste is counting the mice!) Yes, it is Easter soon, but it is never a bad time to make Christmas Mice!

### Christmas Mice

#### Ingredients:

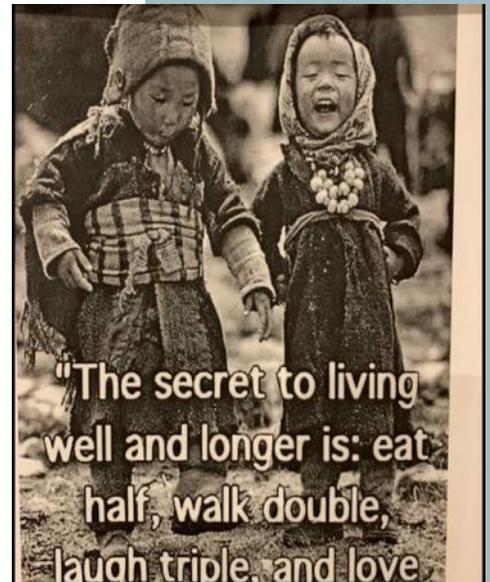
- 1 package Oreo cookies, overstuffed or regular, even mint flavored for base
- 1 bag of Hershey Kisses for heads
- 1 or 2 jars of Maraschino cherries WITH stems for body
- 1 bag of slivered almonds for ears
- 1 bag of milk chocolate chips, type for making candy
- 1 small tube each of green, white and red writing gel

#### Prep work:

Remove one side of Oreo cookies saving white side for base. Yes, you can eat the other half!  
Remove BEST cherries from jar, rinse and dry. Dry cherries work best for dipping in chocolate.

#### Set up items:

Base cookie, dry cherries, 2 slivers of almond per head, unwrapped Hershey Kisses  
Plan to make one Christmas mouse body at a time. Decorate separately.



Melt a small portion of milk chocolate chips in 2-cup pyrex measuring cup. Microwave for 15 seconds at a time. Do not overcook. Stir frequently until smooth.

Set measuring cup with melted chocolate in bowl of hot water to keep chocolate melted while working. Make sure NOT to get any water in the chocolate or you'll have a mess.

Assembly:

Hold stem of cherry and dip cherry into chocolate. Place cherry on white cookie base with stem curving up if possible. Before chocolate sets place Hershey Kiss on opposite end of cherry and add 2 slivers of almond as ears. Chocolate sets up fast. Chocolate holds the cherry to the cookie, the Hershey kiss head on the front and the 2 little almond sliver ears.

Add 2 white dots for eyes. Use green gel to make holly leaf on base. Use red gel to make berries.

Plate up and take to church to share with children of all ages!

Many thanks, Anne for feeding both our bodies and our souls!

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 Lella Lee Edwards in your prayers: Lella Lee continues her recovery from the strokes she had about a month ago. She is now at Commonwealth Assisted Living in Kilmarnock.

I received this note last week from Patty Arnold:

Megan and Saint Mary's Friends,

Now that Dave is practicing walking with a cane and is in physical therapy, we would like to thank all of you for your thoughts, prayers, cards, notes, and email. We are thrilled that he is having a satisfactory but long and slow recovery from his terrible accident. Our small household has been cluttered with equipment, but it is beginning to be more normal. Spring is lifting our spirits.

Thank you, thank you, thank you. Patty and Dave

## **Prayer Lists**

**St. Mary's Whitechapel:** Howard Hanchey, 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**

**Maundy Thursday service this Thursday, April 1st at 7:30pm on Zoom.** A simple service as the sunsets and we remember the Last Supper. This is my favorite service of the whole year; for me it holds the heart of our faith. All are welcome.

Good Friday service this Friday, April 2nd at 5pm on Zoom. A simple service of prayers and reflection. All are welcome.

Easter morning service at SMWC Labyrinth! Reservations needed!

The two churches are invited for an outdoor Easter service at 8:30am at the SMWC Labyrinth. PLEASE reserve a seat by texting or calling Megan (804-477-5515) or emailing the church office.

The Joint Worship Committee will provide chairs for everyone. We will continue with social distancing rules and mask wearing for this service. Please dress for staying warm, and wear sturdy shoes for walking up to the Labyrinth. And feel free to park near the Labyrinth entrance, rather than in the parking lot.

We will also have an 11am Zoom Easter service! Please note the later than usual Zoom worship time, to allow time for Megan to get home from the Labyrinth service and setup for Zoom worship at 11am.

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

Barbara Wheeler (SMWC) sent her new address and a note saying she is busy getting organized in her new place, and that she misses everyone!

2945 Reynolds Road  
Winston Salem, NC 27106

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](http://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](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*

"Morning Has Broken"  
by Eleanor Farjeon

Morning has broken, like the first morning,  
Blackbird has spoken, like the first bird.  
Praise for the singing! Praise for the morning!  
Praise for them, springing fresh from the word!

Sweet the rain's new fall, sunlit from heaven,  
Like the first dewfall on the first grass.  
Praise for the sweetness of the wet garden,  
Sprung in completeness where his feet pass.

Mine is the sunlight! Mine is the morning  
Born of the one light, Eden saw play!  
Praise with elation, praise every morning,  
God's recreation of the new day!

Sometimes a melody provides the impetus for a hymn text. Such is the case in the hymn "Morning Has Broken," when Percy Dearmer, editor of *Songs of Praise* (1931), requested a thanksgiving text from the English poet Eleanor Farjeon to the lilting Gaelic tune *Bunessan*.

Eleanor Farjeon (1881-1965) was born in Westminster, London, England. She was the daughter of a novelist and had around 80 works to her credit including *Nursery Rhymes of London Town* and *The Glass Slipper*. Farjeon received several awards for her literary efforts including the Carnegie Medal, the Hans Christian Anderson International Medal, and the Regina Medal.

Farjeon's "Morning Has Broken" was first published in 1931 using the traditional Scottish Gaelic tune, *Bunessan* (Scottish Gaelic: *Bun Easain*). The tune itself was first published in Lachlan Macbean's *Songs and Hymns of the Gael* (1888) as a setting for Mary Macdonald's carol *Child in the Manger*. The tune is named after Macdonald's birthplace on the Isle of Mull, off the west coast of Scotland. It is often sung in children's services and in funeral services.

"Morning Has Broken" appeared first in the USA in the *Presbyterian Hymnbook* (1955), but it was not until Cat Stevens (now Yusuf Islam) sang it on his triple platinum album *Teaser and the Firecat* in 1971 that the song became well known (it reached number six on the U.S. *Billboard Hot 100*), and, as a result, has been included in most hymnals since that time. This is a rare, though not unique, example of a Christian hymn receiving acclaim through the popular media. The song has been re-recorded by many artists and translated into many languages. In

November 2008, the Teaser and the Firecat album was re-issued in a deluxe CD version that includes the original demo of "Morning Has Broken".

The tune Bunessan is also used for James Quinn's hymns, Christ Be Beside Me and This Day God Gives Me, both of which were adapted from the traditional Irish hymn St. Patrick's Breastplate. Michael Saward's hymn Baptized In Water also uses the tune.

UM Hymnal editor Carlton Young notes that the "text effectively links and expresses the creation stories in Genesis 1 and John 1, and reminds us that each new day is a gift from God." The morning sings in the sounds of the blackbird—an echo of the "Word" or the voice of the Incarnation itself.

The second stanza closes with a reference to God walking in Eden through the garden—"where his feet pass." This is an echo of Genesis 3:8: "And they heard the sound of the LORD God walking in the garden in the cool of the day." There is, however, no hint in this idyllic account of the fall of humanity that follows in that verse.

The final stanza personalizes this experience. "Mine is the sunlight! Mine is the morning." We share in the freshness and possibility of the "one light Eden saw play." Our response is to "Praise with elation" for "God's re-creation of the new day."

At first glance, "Morning Has Broken" may seem naïve in our current polluted environment of waning fresh water supplies, greenhouse gases and smog. Unlike the earlier days of the 20th century when Farjeon penned this poem, we now know that the earth's resources are limited and its beauty is ours to preserve and foster. Yet, we all dream for a day when the beauty of the earth may be restored and that the rising of the morning sun will be a symbol of hope where all will share in the earth's abundance.

Please enjoy:

Morning Has Broken (2019) - The Tabernacle Choir - YouTube

Cat Stevens - Morning has broken - YouTube

Sources:

Morning Has Broken - Wikipedia

Discipleship Ministries | History of Hymns: "Morning Has Broken" (umcdiscipleship.org)

Hymnary.org



## **Reflection**

Psalm 31: 9-16

9 Be gracious to me, O Lord, for I am in distress;  
my eye wastes away from grief,  
my soul and body also.

10 For my life is spent with sorrow,  
and my years with sighing;  
my strength fails because of my misery,  
and my bones waste away.

11 I am the scorn of all my adversaries,  
a horror to my neighbors,  
an object of dread to my acquaintances;  
those who see me in the street flee from me.

12 I have passed out of mind like one who is dead;  
I have become like a broken vessel.

13 For I hear the whispering of many—  
terror all around!—  
as they scheme together against me,  
as they plot to take my life.

14 But I trust in you, O Lord;  
I say, “You are my God.”

15 My times are in your hand;  
deliver me from the hand of my enemies and persecutors.

16 Let your face shine upon your servant;  
save me in your steadfast love.

*Psalm 31: 9-16 is the Psalm assigned for Palm/Passion Sunday. United Church of Christ minister, the Reverend Talitha Arnold, writes a moving reflection for Holy Week on this psalm. Reverend Arnold serves as Senior Pastor at the United Church Santa Fe (UCC), in Santa Fe, New Mexico.*

I didn't want to write about this psalm—this terrible lament of dread, scorn, and horror. You'd probably also rather be reading anything other than Psalm 31's desolation and despair.

Yet the discipline of engaging the Bible's comforting words as well as its texts of terror can be a gift. Moreover, the hard blessing of such texts is

that they tell the truth, not only the psalmist's ancient truth but also the truth of our own time.

In 2017, I traveled to northern Iraq to interview women in the refugee camps of Kurdistan. Many were Yazidis who'd escaped from ISIS after the terrorist organization decimated their homeland in 2014. They saw their husbands, fathers, and brothers murdered. They and their children were sold into sexual slavery. The horror and violence of their stories echoed the long-ago psalm. Like the psalmist, the women had known "terror all around" as their captors schemed to use them, sell them, kill them.

When I returned from Iraq, I found an odd solace in Psalm 31. It gave voice to the stories I'd heard. It spoke the same truth the women told. Yes, we human beings are capable of such violence to one another. Yes, we must bear witness to that fact.

We also bear witness to the courage and faith of those who have known that horror. "My times are in your hands," said the psalmist. A young Yazidi woman said that during a beating by her ISIS "owner," she'd had a vision of God's hands holding her soul. "God kept me safe," she said, even as her body was being broken.

The psalmist would have understood.

## **Prayer**

Whether from an ancient psalm or a living witness, we thank you, God, for your word of truth. Give us the courage to hear it. Amen.