

Time Together

While We are Apart

Trinity and St. Mary's Whitechapel Episcopal Churches

Wednesday,
March 3, 2021

Time Together Newsletter
Wednesday, March 3rd, 2021

Good day dear church communities,

I am writing this Recipe Corner article for our newsletter on Sunday afternoon as the sky stays grey and rain comes and goes. The perfect kind of day for this recipe from Barb Fasig, SMWC! Barb wrote and admitted to me that she too is a non-cook. However, as you may remember, Barb is one of seven children, and she says all of her sisters are great cooks! So, Barb shares today her sister DJ's Potato Soup recipe. DJ gave Barb the recipe a couple of years ago, and Barb admits....she still has not tried to make it. But she can say wholeheartedly that it is delicious, whenever DJ serves it to her! Many thanks, Barb, for sharing this favorite family recipe!

DJ's Potato Soup

- 1 32 oz chicken broth
- 2 cups water
- 1 8 oz package cream cheese

Blend above ingredients then add:

- 1/2 cup diced onion
- 1 teaspoon garlic powder
- 1 teaspoon chicken bouillon granules
- 1 32 oz bag frozen diced potatoes
or do-it-yourself potatoes

Optional: celery seed

Top with shredded cheese.



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 Fred Ripley (Trinity) in your prayers, as he continues the slow healing from surgery for a torn retina, and prayers for Judy as she cares for him so well.

Please continue to keep Malcolm and Lorraine Jett (Trinity) in your prayers.

Lorraine is healing from a bleeding ulcer and Malcolm is healing from shingles.

Barbara Wheeler (SMWC) moved to North Carolina on Sunday February 28th, to be closer to her daughter. Barbara will be living in an apartment that provides meals and support to her. When her new address is available, we will share it. Please pray for Barbara during this time of transition and change.

Anne Clewell's father died in February. Please keep the Clewell/Coyle family in your prayers as they gather in Florida this Friday, March 5th for Mr. Coyle's memorial service.

Prayer Lists

St. Mary's Whitechapel: Edward Green, Coyle/Clewell Family, Roberta Blackwell, Ron Okrasinski, 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.

Trinity: Fred Ripley, Lella Lee Edwards, Lorraine Jett, 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, 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

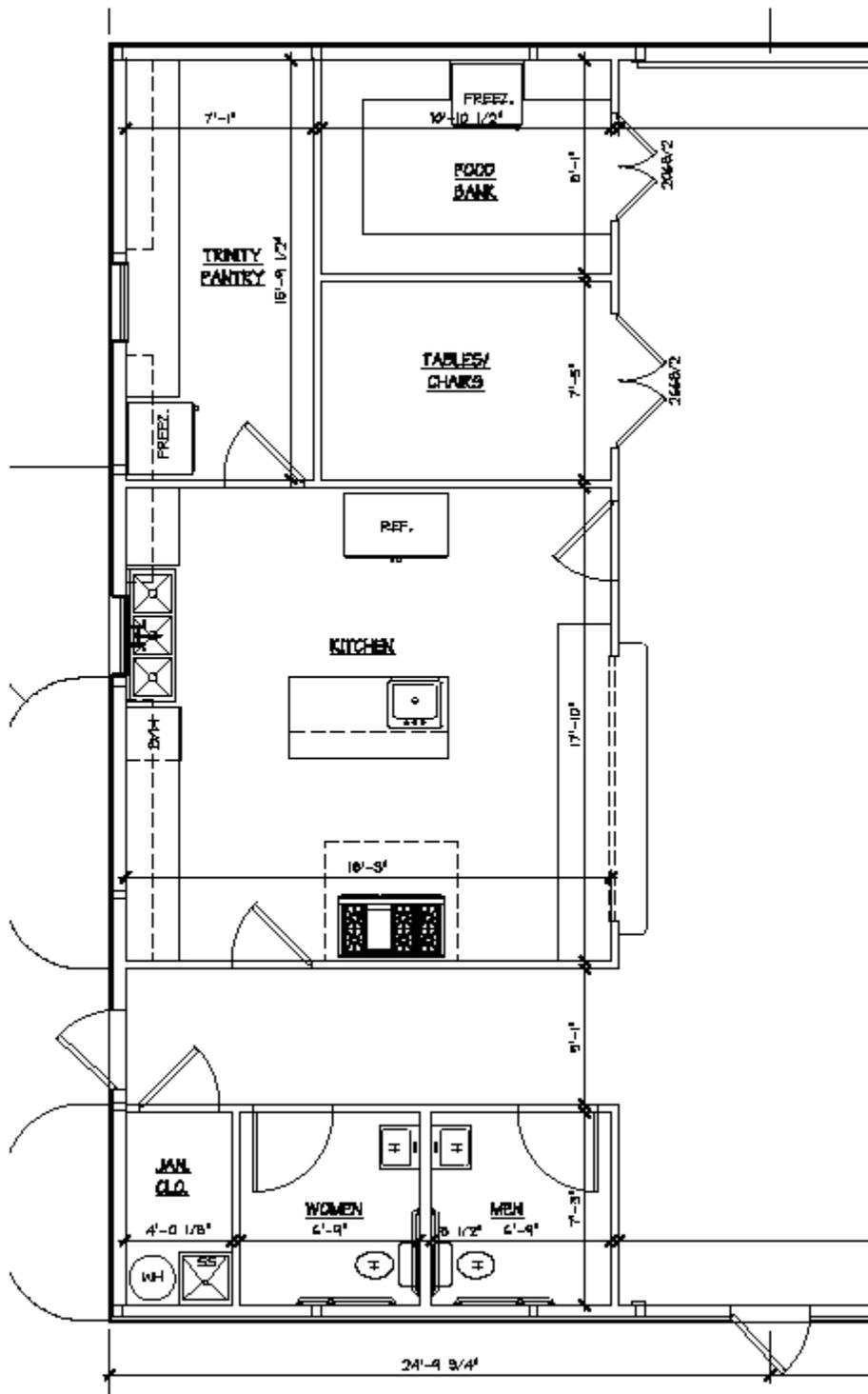
St Mary's White Chapel: Kimberly Wood, March 8; Sue Johnson, March 12; Page Henley, March 12; Glenn Courtney, March 19; Megan Limburg, March 23; Gloria Romaine, March 24; Mary Chilton Senell, March 31; Dave Petersen: April 7, Betty Thornton, April 23; Sue Ramsey, April 24; Sparky Marsh, April 25

Anniversary – Bill and Jannine Pennell, April 5.

Announcements

Prayer Lists Review Periodically we ask for your help in reviewing our Prayer Lists. Please look over our lists and let Megan or the office know if you would like a person kept on our prayer lists. We are glad to keep any name on our lists, just let us know! Many thanks for your help in keeping our lists up to date.

Pavilion Update: The current kitchen space will be completely renovated, handicapped accessible bathrooms will be installed, and there will be storage closets for the Food Pantry and for Trinity tables and chairs. This architectural drawing gives a sense of the new space. The Food Pantry plans to host food tastings and cooking demos in the kitchen, and of course, Trinity is already planning next year's Pancake Supper in the Pavilion!



Update on Worship As COVID numbers are currently falling, the Diocese has issued new guidelines for when churches can regather outdoors and indoors. When the county a church is located in reaches a marker of 25 or less, for the “Daily New Cases per 100,000 People/ 7 day Moving Average”, then a church may regather for outdoor worship, with all social distancing rules in place and masks used. The Diocese uses the data provided by the Brown University School of Public Health.

As of Friday, February 26th Lancaster County’s marker was at 20.2, thus indicating that we could regather for outdoor worship. However, as our weather is currently not conducive to outdoor worship and the Trinity Pavilion is not available due to the renovations, we will continue for now with our Zoom services. I met this week with the Joint Worship Committee for the two churches, and we agreed to begin tentative planning for a sunrise service at the SMWC Labyrinth for Easter morning, dependent on our marker number remaining at 25 or below. We will also have a Zoom Easter service. More details will be provided as we get closer to Easter, April 4th. Finally, if a county’s marker is 10 or lower, indoor worship is allowed, with all social distancing rules in place and masks used.

I monitor our county numbers and will keep both churches posted on the status of our numbers. The marker numbers change frequently, due, of course, to the fact that COVID cases are regularly reported.

Shrine Mont News Shrine Mont, our beautiful Diocesan Camp and Conference Center west of Harrisonburg, is planning spring and summer activities, while observing COVID safety guidelines. See the last two pages of this Newsletter for 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

He Giveth More Grace, by Annie Johnson Flint

Born: December 24, 1866, Vineland, New Jersey.

Died: September 8, 1932, Clifton Springs, New York.

The biographical account of poetess/hymn-writer Annie Johnson Flint (1866-1932) is a story of both heartbreak and triumph. Born on Christmas Eve in the small town of Vineland, New Jersey, she was welcomed by Eldon and Jean Johnson as their greatest earthly gift. Three years later, little Annie would lose her mother, who died as she gave birth to Annie's baby sister. Mr. Johnson, who himself was suffering from an incurable disease, willed the children to the Flint family who would bring them up in the Baptist faith.

It was during a revival meeting at the age of 8 that the Spirit of God brought Annie's young heart to faith in Christ. She always believed that at that time, she was truly converted. Though she did not join the church until 10 years later, she never doubted that "the eternal work was then wrought." She strongly opposed the idea that young children cannot comprehend spiritual truths. She felt that divine mysteries were often plainer to the simple faith of a child than to many adults, blinded by their own prejudices and intellectual doubts.

Whether by nature or through her early Christian experience, Annie was generally disposed to be cheerful and optimistic. She looked on the bright side of life and was able to get much enjoyment out of life. Her forward-looking, lifted-up head was a characteristic attitude and was typical of the courage she was to manifest in later life. She certainly learned to "endure hardness as a good soldier of Jesus Christ."

After high school, she spent one year in teacher training and then taught in the same school she had attended as a child in order to be at home with her mother who was failing in health. Later in her second year of teaching, arthritis began to show itself. She grew steadily worse until it became difficult for her to walk at all, and she was soon obliged to give up her work. She entered a Sanitarium hoping to find healing. The doctors there told her that she would be a helpless invalid, totally dependent upon the care of others. And the death of both of her adoptive parents within a few months of each other left Annie and her sister alone again. There was little money in the bank, and the twice-orphaned children were in a difficult situation.

In her condition, she began to write poems with a pen pushed through her bent fingers resulting from swollen joints. This provided a solace for her in the midst of much suffering. She began making hand-lettered cards and gift books, decorating them with some of her own verses. She recognized that though she was crippled, God still had something for her to do and that He had laid her aside for that purpose. More complications developed as the disease became worse but she never wavered in her faith. At all times, she was able to say "Thy will be done." She was convinced that the Divine Potter makes no mistakes as He molds the clay in His hands. She believed her life was fashioned as a godly vessel prepared and fit for the Master's use.

Two card publishers printed some of her greetings and released the first little brochure of her poems. The publication of her booklets and the action of the Sunday School Times linked her up with a worldwide fellowship, and she

answered most of the correspondence, though one wonders how she could get a pen through those poor twisted fingers. Her letters were as rich as her poems, always bringing a touch of humor that was refreshing. She loved to give to others, but was reluctant to receive, even though she suffered great times of trial and testing. Eventually she gained new understanding and learned how to share the hard moments of her life with others who could not understand the hardships of their lives. She put into poetry words that she titled, "What God Hath Promised." And through those words and many others, she became convinced that God intended to glorify Himself through her in her weak, earthen vessel; and like Paul, she gained real assurance and could say with the apostle, the promise granted to him: "My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me." (1 Corinthians 12:9). She could also say with Paul, "Most gladly therefore will I rather glory in my infirmities that the power of Christ may rest upon me." She believed that God had laid her aside for a purpose, even though that purpose was obscure to her at times. The marvelous thing is that Annie's faith never faltered, and that she was at all times able to say, "Thy will be done."

The music for this hymn was written by Hubert Mitchell (1907-1995). Hubert Mitchell and his wife were missionaries in India. They had six children when his wife died. Annie Flint's poem "He giveth more grace when the burdens grow greater" brought comfort to his heart and the Lord inspired him to write music for it.

He giveth more grace as our burdens grow greater,
He sendeth more strength as our labors increase;
To added afflictions He addeth His mercy,
To multiplied trials His multiplied peace.
His love has no limits, His grace has no measure,
His power no boundary known unto men;
For out of His infinite riches in Jesus
He giveth, and giveth, and giveth again.

When we have exhausted our store of endurance,
When our strength has failed ere the day is half done,
When we reach the end of our hoarded resources
Our Father's full giving is only begun.
His love has no limits, His grace has no measure,
His power no boundary known unto men;
For out of His infinite riches in Jesus
He giveth, and giveth, and giveth again.



Please enjoy the following performance.

[HE GIVETH MORE GRACE| THE LIVING STONES QUARTET #thelsq - YouTube](#)

Source: Hymnary.org

Reflection

Our Reflection comes from Bishop Porter Taylor, our Assisting Bishop in the Diocese of Virginia.



Lessons for Lent from Dante

"In the middle of our journey in life I found myself in a dark wood where the straight way was lost."

This is the first sentence of Dante's Divine Comedy, and it seems to be a helpful sentence for the beginning of Lent. Let's explore how it might apply to our Lenten journey.

We are always in "the middle" because there is something before and after, we sense that we don't have time for the real work we are called to do. The work is looking at our failings and sins and then climbing up the Seven Story Mountain to Paradise.

It's "our journey" because men and women have gone before us and because we don't get to Hell or Purgatory or Heaven by ourselves. We grow together; we die together; we are always together. Part of the work of Lent is to recognize our connectiveness and to invest in the wellbeing of our brothers and sisters -- all of whom are on the path. Dorothy Day once said if we tried to get to heaven by ourselves the question St. Peter would ask at heaven's gates is, "Where are the others? You didn't think you could come by yourself, did you?" We cannot hate our neighbors -- which means everyone -- and love God. So, to walk into Lent is to walk with others -- asking their help for our journey and offering our help for theirs.

"We find ourselves," which means we remember who we are. Just as the Prodigal Son "came to himself," so Lent is a time for us to remember who we are and why we are here. It's a time to let go of our distractions as well as our addiction to division and move our feet towards Paradise. When I would mess up as a teenager, which was often, part of my father's lecture was to ask me, "What's important?" I think of St. Teresa's words: "Remember that you have only one soul; that you have only one death to die; that you have only one life, which is short and must be lived by you alone; and that there is only one glory which is eternal. If you do this, there will be many things about which you care nothing." When we find ourselves, we remember who we are and recall the "one glory which is eternal." Then we can move our feet toward home even though it takes us into the Inferno and up the Mountain of Purgatory.

"We are in a dark wood." Jesus begins his ministry in the wilderness because it's not enough to know about people that have come before us; we must learn who we are and why we are here for ourselves. Lent is a time of introspection: a kind of internal garage sale. What should we let go of and what should we embrace? What indeed is food for the journey and what is simply baggage? The dark wood means the old ways are cut off and we must walk beyond the "straight road" to face our sins and embrace our image of God.

Thus, "the straight way was lost." Resurrection requires surrender. Lent is not some spiritual Olympics where we give up chocolate to deserve Easter. It's to enter the Cloud of Unknowing. It's to let go of our way of understanding the world so that we might be given a new vision of the world. As Cynthia Bourgeault says, we let go of our "operating system" which is our way of filtering reality into a meaning we can comprehend. Instead, we go the way of unknowing because losing ourselves is finding ourselves.

So practically, what does all that mean? Here are a few guesses but only guesses because we all must find our own way.

- Change your schedule. Our routines can put us on automatic while a change might increase our awareness.
- Carve out one part of the day for Holy Listening. The wise saying is, "Pray as you can, not as you can't." God doesn't care if you practice yoga or Centering Prayer or fast for forty days. What matters is our intention to open up to God and our actions based on that intention. We are to carve out a time for that openness.
- If it's "our journey" in life, then we pray for those we care for and those we don't. We must pray for our enemies or simply the people that drive us crazy, and we pray for our capacity to see them as children of God, just like us.
- Remember those who suffer and connect with them -- write, call, or pray. Again, it's "our journey."
- Admit what you don't know and don't feel. Place those before God and ask for your heart's desire. Once I had to pray for three months for the capacity to pray for someone because I was so angry at this person, I couldn't pray for him. Ninety days later I could.
- Embrace the truth that you are God's beloved and that it's God's love for you that will pull you through the Inferno and up the Seven Story Mountain into Paradise.
- Love. Love yourself; your neighbor; this fragile earth our island home; your enemies, and God.
- We walk step by step. We have the whole season of Lent on this path, and we get to the heavenly city one day, one step at a time. That means find the manna for this day and let it nourish you.

Finally, let us remember lines from the Ash Wednesday service: "that those things may please God which we do on this day, and that the rest of our life hereafter may be pure and holy, so that at the last we may come to God's eternal joy through Jesus Christ our Lord."

SHRINE MONT

Looking to escape . . . the mountains are calling!

NOW THROUGH MAY 2021



BOOK YOUR TIME ON THE MOUNTAIN WITHOUT WORRY!

Maybe your parish isn't ready to travel together, however, we are here and ready to host your family. Shrine Mont recognizes the need to think differently about retreats during the COVID-19 pandemic. We offer "A Place Apart" for meaningful and much needed re-connection.

- Comfortable housing makes it easy to relax
- Delicious food keeps everyone happy
(dining room opens starting April 9, 2021)
- Affordable prices brings a smile to everyone's face
 - 1,100 acres to hike and explore
 - Starry, Starry Nights



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FOR MORE INFORMATION CONTACT SHRINE MONT
RESERVATIONS@SHRINEMONT.COM / 540 856-2141 OR VISIT OUR WEBSITE
WWW.SHRINEMONT.COM



Shrine Mont 2021 PROGRAMS

February 26 - 28 [Winter Digital Photography](#)

April 30 - May 2 [Spring Yoga Retreat](#)

May 6 - 9 [Digital Photography Retreat](#) (3 days, Thursday - Sunday)

June 4 - 6 [Women's Retreat](#)

June 11 - 13 [Arranging for the Joy of It](#)

June 11 - 13 [Painting Creation](#)

July 17 - 20 [Summer Camp for Grown Ups](#)

July 23 - 25 [Writing Retreat](#)

September 3 - 6 [Summer's End Family Reunion](#)

September 12 - 13 [Tee with the Bishop Golf](#)

September 10 - 12 [Arranging for the Joy of It](#)

September 17 - 19 [Fall Yoga](#)

September 24 - 26 [Mindfulness Meditation](#)

October 3 - 6 [Summer Camp for Grown Ups - Fall Edition](#)

October 5 - 7 [The School of Earth and Soul Year 1](#)

October 8 - 11 [Digital Photography](#) (3 days, Friday - Monday)

October 12- 14 [The School of Earth and Soul Year 2](#)

October 15 - 17 [The Mountains Are Calling](#)

FOR MORE INFORMATION CONTACT SHRINE MONT RESERVATIONS@SHRINEMONT.COM / 540 856-2141
OR VISIT OUR WEBSITE WWW.SHRINEMONT.COM