

Time Together

While We are Apart

Trinity and St. Mary's Whitechapel Episcopal Churches

Wednesday,
November 11, 2020

Good day, dear church communities,

Today we begin our new feature, "Recipe Roundtable". You may recall a few weeks ago Richard Gill, Sr. Warden at SMWC, introduced this idea of sharing favorite recipes here in the Newsletter. I'm calling the feature Recipe Roundtable as we will not only be sharing a favorite recipe, but "talking" to one another about the featured recipe, offering comments and even sharing any attempts at cooking the recipe! So, if you have a recipe to submit, or a comment about today's story and recipe, please email them to Megan so we can include in the future Time Together Newsletters. rectorstmtrin@gmail.com

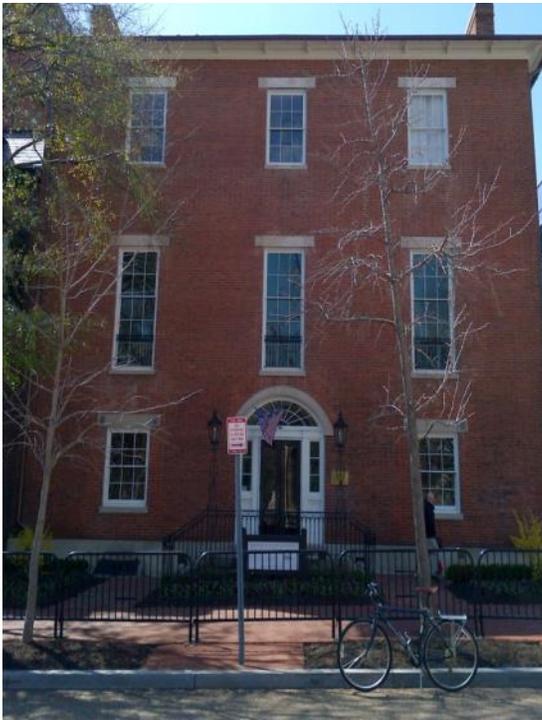
Our first recipe comes from Ann Kingsbury, Trinity. Ann offers us one of her favorite dishes, Decatur House Baked Crab. The recipe comes from a cookbook called Maryland Way, published in 1963, but the recipe dates to 1903, when the then resident of historic Decatur House, Mrs. Truxton Beale, created the recipe. Historic Decatur House is located close to the White House on Lafayette Square and is now under the care of the National Trust for Historic Preservation. The house, now open for tours, was known throughout its history, for lavish entertaining, and hospitality, including delicious food.

For Ann's family, Decatur House Baked Crab was saved for special occasions like Christmas Eve and birthdays. Ann writes of the recipe: "It is simple but so very very good, and best with jumbo lump crabmeat."

Decatur House Baked Crab

4 tablespoons butter, 2 tablespoons flour. Put in pan and brown, then add $\frac{1}{2}$ cup cream. Stir until thick. Add $\frac{1}{2}$ teaspoon ground black pepper, $\frac{1}{2}$ teaspoon dry mustard, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sherry, 2 tablespoons bourbon whiskey, dash of Worcestershire sauce, dash red pepper.

Put in picked crab (1 pound backfin). Pour into buttered baking dish; cover with small bread cubes that have been stirred with butter in a pan, but not browned. Bake until nicely browned.



Many thanks Ann, for sharing this wonderful recipe! 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.

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SMWC grieves the recent death of Wiley Wright, a beloved former member. The obituary for Wiley Wright in the Richmond Times-Dispatch is available to view here:

<https://www.legacy.com/us/obituaries/timesdispatch/name/wiley-r-wright-obituary?n=wiley-r-wright&pid=197041417>

Trinity: Katie Valanotti, Janice Shanks, Sherri Carter, Terri, Fran Davis, R. W. Courtney, Frances Bush, Delford Walthall, Glenn Courtney, Steve, Rick Bateman, Earline Tomlin Kelley, Ed Borer, Dean Haine, Donna Alexander, Mary and Karen Jackson, Berkeley Kellum, Preston Bryant, Michael, Mel and Frances Ercelino, Hilda Courtney, Robert, Karen Woodruff, Joey Coker, Michael Dunaway, J.W. Boone, Brad Quillen, Ian Larmore, Brandon Dunaway.

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

St. Mary's Whitechapel: 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, Donna Alexander, Mimi Chace, Donna Brayton, Hilda Courtney, Robert, Howard Hanchey, Jennifer Cassell Cole, Karen Woodruff, Roger Fortin, 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.

October and November Birthdays and Anniversaries

Trinity Birthdays: Tim Limburg, November 1st; Charlie Spencer, November 1st; Joseph Berkeley Kellum, November 13th; Matthew Brent, November 21st; Janice Shanks, November 23rd; Peter Cammarata, November 24th; Lorraine Jett, November 26th Catherine James, December 2nd; Stuart Dunaway, December 3rd; Malcolm Jett, December 6th; Aaron Rowland, December 8th; Susan Whitlow, December 10th; Dorothy Keyser, December 16th; Chase Christopher, December 17th; Elizabeth Berube, December 24th; Taryn Brice-Rowland, December 24th; Audrey Catherine Christopher, December 24th; Lella Lee Edwards, December 26th; Charlotte Self, December 26th; Michael Christopher, December 30th

Trinity Anniversaries: Jane and Stuart Jane Dunaway, November 27th; Lorraine and Malcolm Jett, November 27th; Chris and Peter Cammarata, December 18th

SMWC Birthdays: Tim Limburg, November 1; Lin Greene, November 3; Pete Ransone, November 4; Leroy Ransone, November 4; Carol Schroeder, November 6; Rick Johnson, November 12; Richard Gill, November 20; Alexa McGrath, November 30; Ann Muse, November 30; William Pennell III, December 4; Blanchette Jones, December 5; Paulette Payne, December 5; Pat Dennis, December 13; Mary Ann Olsen, December 13; Connie Horne, December 15; Torrence Harman, December 16; Jean Jones, December 19; Marsha Sitnik, December 23



Announcements:

We will NOT meet for worship this Saturday or Sunday, November 14 and 15.

Saturday, November 14th is the Annual Convention for the Diocese and your two delegates Jane Fortin, SMWC, and Frances Callahan, Trinity, and I will spend 8:30am-5pm in the parish hall of SMWC attending the Convention by Zoom. We will also be joined by The Reverend Kaki Swann. We will have a Diocesan worship service as part of the Convention. As our Sunday worship the Convention worship will be available to all in the Diocese via a link we will provide.

Would you like to help make wreathes? Sue Ramsey will be making wreathes for the SMWC doors on Monday, November 23rd at 10am. Please bring boxwood for the wreathes, or come a little early and pick it from the church's bushes. Please email Sue to offer your help: sramsey22548@yahoo.com

Welcome to our new co-Parish Administrators, Deb Lockhart and Nancy O'Shaughnessy. Deb and Nancy both bring excellent computer and organizational skills to their new work and ministry at our churches. They both also have extensive experience as volunteers in the Episcopal Church and are members of Grace Church. Deb is currently in the Diocesan process to become a permanent Deacon, an ordained position in the church that focuses on offering care to the larger community beyond the church. Nancy taught Art for many years at Chesapeake Academy and brings creative and artistic skills to our work together. As the church office is still closed due to COVID-19, Nancy, Deb and I will be working both in the office and at home. If you need to contact them or just want to say hi and welcome, they can be reached at the same email address for the office: stmarys.whitechapel@gmail.com

Trinity serves as Meals on Wheels drivers during the month of November. Arranging volunteers during the COVID pandemic has been a bit more challenging, as only folks who live in the same household can safely ride together to make the deliveries. Many thanks to Jane Dunaway for recruiting and scheduling these volunteers from both churches, serving this month:

Allen and Sally Cornwell

Fred and Judy Ripley

Connie Horne and Troy Kelsey

Bill and Becky Romaine

For the holidays, Trinity will be accepting orders for poinsettias, in honor of and in memory of loved ones. These poinsettias are available to folks in both churches. See the flier in this newsletter.

For the holidays, SMWC will be accepting orders for wreaths. Made of mixed greens by Sue Ramsey or her helpers, these wreathes will work well for home decorating or for use in the cemetery. These wreathes are available to folks in both churches. See the flier in this newsletter.

Theresa Kanuck, SMWC, moved to Florida this week to be closer to her daughters. Her new address is:

2190 SE Ashley Ct
Ocala, FL 34471

JR and Carol Roscher, Trinity, move to Pawley's Island, SC later this month. Their new address and phone as of November 20th will be:

77 Grace Bay Court
Pawleys Island SC 29585
843-979-0177

Walter and Barbara Nunnery, Trinity, have moved to Mechanicsville to be closer to family. Their new address is:

4376 Sandy Valley Road
Mechanicsville, VA 23111

Trinity Yard Sale Committee is continuing to search for donations! After the success of the Spring Yard Sale, in which Yard Sale Committee Chair Judy Ripley, and her dedicated husband Fred, sold most of the collected items one at a time on the curb, the Yard Sale Committee (Fillmore McNeal, Jill Donaldson, Jane Dunaway) continues their search for items. They need our help in two ways:

First, if you have an empty shed or garage available, the committee is looking for storage space.

Second, if you have items to donate, especially larger items that can stay at the curb, like boats, cars, and trailers (please, with titles) call Chair Judy Ripley at: 804-761-5007

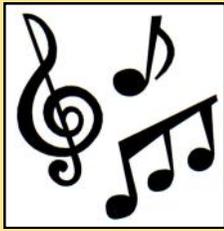
Do you need help getting trash to the dump or picking up prescriptions or an occasional grocery item? Please know that we have folks ready to help in our joint churches community. Contact Megan for connection to a volunteer.

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

O Judge of the nations, we remember before you with grateful hearts the men and women of our country who in the day of decision ventured much for the liberties we now enjoy. Grant that we may not rest until all the people of this land share the benefits of true freedom and gladly accept its disciplines. This we ask in the Name of Jesus Christ our Lord. Amen. BCP 1979

On this Veterans Day, November 11, 2020, my topic is the British patriotic hymn "I Vow to Thee, My Country" which is sung in the UK and commonwealth countries on their "Remembrance Day" and at other special occasions and events. Remembrance Day is a similar holiday to our Veterans Day here in the USA, which in the UK occurs on the second Sunday of November. The hymn was created in 1921, when a poem by Sir Cecil Spring Rice was set to music by Gustav Holst.



Sir Cecil Spring Rice



Gustav Holst

Diplomat Sir Cecil Spring Rice wrote the poem in 1908 or 1912, entitled "Urbs Dei" ("The City of God") or "The Two Fatherlands." The poem described how a Christian owes his loyalties to both his homeland and the heavenly kingdom.

In 1908, Sir Cecil Spring Rice was posted to the British Embassy in Stockholm. In 1912, he was appointed as Ambassador to the United States of America, where he influenced the administration of Woodrow Wilson to abandon neutrality and join Britain in the war against Germany. After the United States entered the war, he was recalled to Britain. Shortly before his departure from the U.S. in January 1918, he re-wrote and renamed "Urbs Dei", significantly altering the first verse to concentrate on the themes of love and sacrifice rather than "the noise of bat-

tle" and "the thunder of her guns", creating a more sombre tone in view of the dreadful loss of life suffered in the Great War. The first verse in both versions invoke Britain (in the 1912 version, anthropomorphised as Britannia with sword and shield; in the second version, simply called "my country"); the second verse, the Kingdom of Heaven.

The poem circulated privately for a few years until it was set to music by Gustav Holst. It was performed as a unison song with orchestra in the early 1920s. In 1921, Gustav Holst adapted the music from a section of Jupiter from his symphonic suite, *The Planets*, to create a setting for the poem. The music was extended slightly to fit the final two lines of the first verse. At the request of the publisher Curwen, Holst made a version as a unison song with orchestra (Curwen also published Sir Hubert Parry's unison song with orchestra, "Jerusalem"). This was probably first performed in 1921 and became a common element at Armistice memorial ceremonies, especially after it was published as a hymn in 1926.

In 1926, Holst harmonised the tune to make it usable as a hymn, which was included in the hymnal *Songs of Praise*, and later included in others, including *Songs of Praise for America* and *Hymns Ancient and Modern*.

In that version, the lyrics were unchanged, but the tune was then called "Thaxted" (named after the village where Holst lived for many years). The editor of the new (1926) edition of *Songs of Praise* was Holst's close friend Ralph Vaughan Williams, which may have provided the stimulus for Holst's co-operation in producing the hymn.

The hymn as printed in *Songs of Praise* (1925) consisted only of the two verses of the 1918 version of the poem, credited "Words: Cecil Spring-Rice, 1918; Music: Thaxted", as follows:

I vow to thee, my country, all earthly things above,
Entire and whole and perfect, the service of my love;
The love that asks no questions, the love that stands the test,
That lays upon the altar the dearest and the best;
The love that never falters, the love that pays the price,
The love that makes undaunted the final sacrifice.

And there's another country, I've heard of long ago,
Most dear to them that love her, most great to them that know;
We may not count her armies, we may not see her King;
Her fortress is a faithful heart, her pride is suffering;
And soul by soul and silently her shining bounds increase,
And her ways are ways of gentleness, and all her paths are peace.

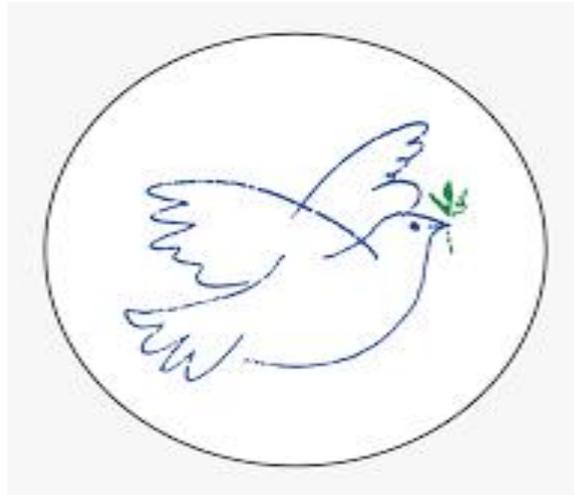
The final line of the second verse is based on Proverbs 3:17, "Her ways are ways of pleasantness, and all her paths are peace" (KJV), in the context of which the feminine pronoun refers to "Wisdom."

13 Happy is the man that findeth wisdom, and the man that getteth understanding. 14 For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. 15 She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. 16 Length of days is in her right hand; and in her left hand riches and honour. 17 Her ways are ways of pleasantness, and all her paths are peace. (Proverbs 3:13-17)
The hymn was used at the funeral of Sir Winston Churchill in 1965, at Prince Charles's and Lady Diana's wedding in 1981, at the funeral of Baroness Thatcher in 2013 and at Senator John McCain's funeral at the Washington National Cathedral in 2018.

Please enjoy I Vow to Thee, My Country - Westminster Abbey RAF Centenary Service, March 2020:

https://www.youtube.com/watch?v=8mFO_sjmYFk

Sources: biblegateway.com and Wikipedia.com



Our Reflection comes this week from Bishop Porter Taylor:

No Future Without Forgiveness

With the announcement that Joe Biden has enough electoral votes to be the President-Elect, some are joyous, and some are dejected. Some are laughing and some are weeping. All the emotions and reactions we feel are to be honored. Here's the thing: our work as followers of Jesus hasn't changed. Remember the promises in our Baptismal Covenant?

Will you proclaim by word and example the Good News of God in Christ?

Will you seek and serve Christ in all persons loving your neighbor as yourself?

Yes, the configuration of our government matters because it has enormous ramifications. However, when we are baptized, we gain agency. We become Christ bearers and our task is to align ourselves with God so that we are available to be God's instruments to bring God's realm of justice, peace, and mercy near. I realized that since Election Day, I have not been present to the actual world around me. My focus is on what might happen instead of what actually is happening.

In Walden, Thoreau writes, "I have never met [a person] who was fully alive. How could I look [that person] in the face?" My hope is that I and all faithful people will wake from our preoccupation and distraction of the election and attend to the hopes, and joys, and hurts of the world right around us. "Today is the day the Lord has made.

Let us rejoice and be glad in it." In other words, this is the only day we have, so let us be fully incarnated here and now and do the work God gives us to do wherever we are.

If we are to "seek and serve Christ in all persons," then we must let go of our preoccupation with what happened or didn't happen and embrace the world around us. A spiritual teacher when listening to one of his/her students go on and on about mystical theology would finally ask the person, "Yes, but where are your feet?" In other words, "Are you grounded in the here and now?" It's not enough to be wise about the universe if you are unkind or simply a jerk to your neighbors.

Perhaps it's time for us to attend to the events and people in front of us. Perhaps it's time to focus on this moment which is the only moment we have instead of what people should have done in the past or ought to do in the future. The present moment is the only place reconciliation happens.

There's a reason Desmond Tutu entitled his book about the struggle over South Africa's apartheid *No Future Without Forgiveness*. Until we find a way to reconcile, we will simply transfer the current division and acrimony to another subject. The doorway to forgiveness is to let go of a desired future and stop defining others by one act or one aspect of their lives.

Some time ago, I read an account of the 50th Anniversary of Gettysburg in 1913. The surviving soldiers from both sides dressed in their uniforms for a re-enactment of Pickett's Charge. The Union soldiers took their places on Seminary Ridge, and the Confederate soldiers stood on the farmland below. Instead of rifles and bayonets, they had canes and crutches. When the two armies approached one another, the Confederate army let out a rebel yell. However, instead of shooting or stabbing, they embraced. They put the past to rest -- they forgave -- and they stepped into new life.

Let us not wait fifty years or fifty days for the healing to start. Reconciliation is our calling; it's what we promised in baptism and it's time for us to embrace our calling.



Trinity Episcopal Church

Christmas Flowers 2020
Available for both churches!

Poinsettias—Pink, Red or White \$15.00 each

Your name _____

In Memory/Honor (please circle one) of:

Pink _____ (number desired) x \$15 = _____

Red _____ (number desired) x \$15 = _____

White _____ (number desired) x \$15 = _____

Orders due by November 23, 2020

Make checks payable to Trinity Episcopal Church

Questions? Please contact Chris Cammarata: csrnfnp@hotmail.com



SMWC Christmas Wreathes

Wreathes are made with mixed greens and are excellent for decorating outside your home or placing on graves in the cemetery.



Cost: \$16

All proceeds from the sale will go to the SMWC Rector's Discretionary Fund.

Wreathes will be available for pickup after December 1st, at either SMWC or Trinity.

To purchase you may sign up on the sheet at Pavilion worship, or email Sue Ramsey: sramsey22548@yahoo.com