

# Time Together

## While We are Apart

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

Wednesday,  
October 7, 2020

Good day, dear church communities,

Today we feature a set of "Pictures from the Past!" We finally have a man who has offered his picture, though it might not count, as his wife sent it in! These two adorable children are married now, but they had no chance of meeting as children, as they grew up in different southern states. They each had a kind, welcoming smile as little ones, and still do, which served them well in their chosen professions. Do you have a guess? Check the first Announcement to find out if you are right!

I am excited to introduce a new feature to the Newsletter, courtesy of Richard Gill, Senior Warden at SMWC. The SMWC Vestry has been talking about ways to keep folks connected, especially with winter coming on. I'm going to let Richard introduce the new idea, in his usual humorous way! So, join Richard now as he stands in the Pantry at the house he and his wife Sharon share in the Yankee Point area:

*My goodness but does my Pantry look familiar! Perhaps this has been a thought that you have had six months into the COVID experience. One of the areas that we have not talked about during the pandemic is how our once tried and true, go-to recipes have become less appealing, less fresh. They are good recipes, it is just that we are preparing them much more often than we used to and frankly we are growing tired of them. But I will bet that your favorite recipes would be just the ticket for someone else in our congregations. I know this to be true because I've thoroughly enjoyed many coffee hours.*

*So, the question is this; do you have a favorite recipe that you would like to share and/or would you be interested in trying someone else's favorite? It could be a favorite guilty pleasure, snack or full on entrée, whatever you would like to share. If so, we already have the means to publish them with our every other week newsletters. And, if there is widespread support, we might even decide to put together a cookbook that could be used for fundraising. But it all starts with your interest, so please let us know.*



Please do let us know! If you have a recipe you love and would like to share, please send it to Richard along with a bit about the recipe and why you love it, who gave it to you, etc. We will start a new feature in the Newsletter in a few weeks sharing these recipes and stories. Richard can be reached at [watersign2016@gmail.com](mailto:watersign2016@gmail.com)

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.

Jack Blaine was in Memorial Regional Hospital for four days last week, having developed “severe respiratory distress” related to his asthma. He is now very happy to be home and healing, on several medications and resting up. Please keep Jack, and his wife Rita, in your hearts and prayers.

Chuck McGrath is now in hospice care. He is home and comfortable and sleeping much of the time. Alexa and Malena are taking such good care of him, but this is a tender time for them all. Please keep Chuck and Alexa and all their family in your hearts and prayers.

**St. Mary’s Whitechapel:** Agnes Robbie, Chuck McGrath, Don DeFilippo, George Clouser, 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.

**Trinity:** Faye Wright, Janice Shanks, Sherri Carter, Terri, Fran Davis, R. W. Courtney, Frances Bush, Delford Walthall, Glenn Courtney, Walter and Barbara Nunnery, 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.

## **October and November Birthdays and Anniversaries**

**SMWC Birthdays:** Lydia Brittle, October 6; Mary Sue Courtney, October 10; Don DeFilippo, October 12; Anne Stanley, October 22; Tim Limburg, November 1; Lin Greene, November 3; Pete Ranson, November 4; Leroy Ransone, November 4; Carol Schroeder, November 6; Rick Johnson, November 12; Richard Gill, November 20; Alexa McGrath, November 30; Anne Muse, November 30

**Trinity Birthdays:** Cheryl Christopher, October 3rd; Jay Davenport, October 4th; Helen Towles Palmer, October 6th; Dallas Walker, October 9th; Thomas Hyde, October 11th; Lewis Walker, October 14th; Ben Heltzel, October 15th; Fillmore McNeal, October 15th; Dukie Smith, October 15th; Christina Slavin Cammarata, October 17th; Jessica Morgan, October 20th; J. R. Roscher, October 21st; Sydney Gray, October 27th; Savannah Locke, October 27th; Helen Pinkerton, October 29th; Pam Brent, October 30th; 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

**Trinity Anniversaries:** Dave and Susan Whitlow, October 5th; Anne and Milton Kingsbury, October 13th; Jane and Stuart Jane Dunaway, November 27th; Lorraine and Malcolm Jett, November 27th

## Announcements:

Our “Pictures from the Past” are of Bill Arnold and Margaret Anne Fohl of SMWC! Margaret Anne grew up in Richmond, Virginia while Bill grew up in Greenwood, Mississippi. They both served as Presbyterian ministers, thus those comforting smiles! Many thanks, Margaret Anne and Bill, for these wonderful Pictures from your Past!

Our Zoom worship service meets 5pm Saturdays with Prayers for the Evening. Paula will send the bulletin and the Zoom invitation to all that day. This service is a lovely, quiet way to enter into the evening, and we have gathered a wonderful community of folks who enjoy worship at this time and by Zoom. Join us!

Our outdoor worship service for both churches meets on Sundays at 10am at the Trinity Pavilion and includes both a sermon and the communion service. We are running close to our maximum number of 50 seats, so please be sure to text or email Megan so we can save a seat for you. Masks are required and we maintain six feet of distance.

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*

### ***Make Me a Channel of Your Peace***

Make me a channel of Your peace  
Where there is hatred, let me bring Your love  
Where there is injury, Your pardon Lord  
And where there's doubt, true faith in You.

Make me a channel of Your peace  
Where there's despair in life, let me bring hope  
Where there is darkness, only light  
And where there's sadness, ever joy.

Oh Master, grant that I may never seek  
So much to be consoled as to console  
To be understood as to understand  
To be loved as to love with all my soul.

Make me a channel of Your peace  
It is pardoning that we are pardoned  
In giving to all men that we receive  
And in dying that we're born to eternal life.

*Make Me a Channel of Your Peace* by Sebastian Temple (1928-1997) is a musical setting of the well-known Prayer of Saint Francis. The prayer is widely attributed to Saint Francis of Assisi, but these words never appear in any of his writings. This prayer was widely publicized during World War I and World War II and has frequently been used during times of war to encourage peace throughout the world.

The first appearance of the prayer occurred in France in 1912 in a small spiritual magazine called *La Clochette* (The Little Bell), published in Paris by a Catholic association known as La Ligue de la Sainte-Messe, "The Holy Mass League," founded by a French priest, Father Esther Bouquerel (1855-1923). The prayer bore the title of *A Beautiful Prayer to Say During the Mass* and was published anonymously. The author could possibly have been Father Bouquerel himself, but the identity of the author remains a mystery. The prayer was sent in French to Pope Benedict XV in 1915. This was soon followed by its 1916 appearance, in Italian, in the *Osservatore Romano*. Around 1920, the prayer was printed by a French Franciscan priest on the back of an image of St. Francis with the title *Priere pour la paix* ("Prayer for Peace"), but without attribution to the saint. Between the two world wars, the prayer circulated in Europe and was translated into English. One such

translation appeared in 1936 in *Living Courageously*, a book by Kirby Page (1890-1957), a Disciples of Christ minister. Page attributed the text to St. Francis of Assisi. During the Second World War and immediately after, this prayer for peace began circulating widely as the Prayer of St. Francis; and over the years, it has gained a worldwide popularity with people of all faiths.

The text of this prayer is about transformation—the movement away from darkness to light, from despair to hope. The words of this prayer also have similarities to the writings of the prophet Isaiah in Chapter 61, where negatives become positives through the transformative work of God. Because of its use of broadly inclusive language, the words of this “peace prayer” have been adopted by many religions throughout the world.

Sebastian Temple is considered one of the most influential folk mass composers in the Catholic Church. Temple, who was born in South Africa, later moved to London, where he worked for the BBC News Service. In 1958, he moved to America, converted to Catholicism, and joined the Franciscan Third Order. *Make Me a Channel of Your Peace* has become one of Temple’s most loved compositions. It was included as part of his first collection of liturgical music, *Happy the Man*, songs about St. Francis of Assisi. This hymn is very well known in England, as evidenced by its use in several national events. It was used in the funeral service of Princess Diana in 1997 and as part of the religious wedding ceremony of Prince Albert II of Monaco to South African Charlene Wittstock in 2011. It is also the anthem of the Royal British Legion and is included in the Legion’s Annual Festival of Remembrance. Sinéad O’Connor included it on her Princess Diana tribute album, and Susan Boyle of *Britain’s Got Talent* fame included it as part of her performances. Temple died in 1997, shortly after this hymn first gained worldwide recognition after its inclusion in the funeral service of Princess Diana.

*Make Me a Channel of Your Peace*, written in 1967, has appeared in 26 hymnals, including *The Faith We Sing*. This hymn was composed in the ballad and guitar style typical of 1960s folk music. After Vatican II permitted the use of languages other than Latin in worship, a number of Roman Catholic composers adopted this style, sometimes fusing it with a chant style. The accompaniment suggests the use of guitars, but accompaniment on piano or organ is also possible. It can be sung by a solo voice, a full choir, or by a congregation.

This hymn would be appropriate for use in worship when the theme of the day centers on world peace or service to others. Its use in popular music circles makes it appropriate for both contemporary and traditional worship settings. The familiarity of the text and the folk-like feel of the melody make it a great and long-lasting contribution to the hymnody of the church.

Here is an arrangement of the hymn by The Queen’s Lower School, and another by Susan Boyle.

<https://www.youtube.com/watch?v=xASiZTiWmts>

<https://www.youtube.com/watch?v=p8Jr2o7oewU>

Source: <https://www.umcdiscipleship.org/resources/history-of-hymns-make-me-a-channel-of-your-peace>



## Reflection

*The Bishops of our Diocese write reflections periodically for our larger diocesan community. This week Bishop Susan Goff wrote this reflection about her recent journey through cancer treatment.*

### The Power of Prayer in the Wilderness of Cancer

The meditation I offer today in this time of division, uncertainty and daily change in our national life is personal. As I complete active cancer treatment, I reflect on the journey and offer my thanks to you for accompanying me in prayer. I pray that this reflection might be a support to you as you journey through every wilderness of this time.

As the Israelites spent forty years in the wilderness on their way to another land, I would willingly enter the wilderness of illness on my way to healing. As the Israelites spent much of the forty years camped in the desert, I would pitch my tent in a forbidding place, there to discover not only stinging scorpions and biting snakes, not only burning sun and howling wind, but manna and quails and water from the rock. I would enter the wilderness of cancer treatment as I'd previously hiked and camped in wild places of nature -- with careful planning, with humility and with deep respect for the journey. I'd also go with more than a little fear and trembling, even though I knew beyond a shadow of a doubt that God was already there and I would never be alone.

As I camped out and wandered through the wilderness of illness, I was blessed with messages of hope. Again and again passages from the book of the prophet Isaiah, which were sent in cards and songs, or which I stumbled upon when I wasn't looking, came alive for me. "Do not remember the former things, or consider the things of old," I heard one Tuesday morning. "I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert." (Isaiah 43:18-19). That promise moved me to tears. "The wilderness and the dry land shall be glad," I heard the evening before one chemo infusion. "The desert shall rejoice and blossom; . . . Strengthen the weak hands and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God.'" (Isaiah 35:1, 4) These promises went with me into the wilderness and they made it bearable, even beautiful at times, though it was still a place of terror.

Throughout the entire journey, from diagnosis to surgery, through chemo and radiation, I felt absolutely buoyed by the prayers of others. When I was too tired or worried to pray, I was lifted by the prayers of the community. When I didn't know how to pray for myself, I was strengthened by praying for others. Time and time again I felt, literally felt, hope flowing through my soul in the midst of fear, light pouring into my mind in moments of darkness, strength surging in my body in hours of weakness. Prayer carried me through the wilderness and guided me to recognize and rejoice in the presence of God there. I thank you for your prayers which were such a huge part of sustaining me.

I have now completed active treatment and begin the next five years of follow up care. My hair is coming back. My fingernails are beginning to grow normally. My full stamina is returning. I'm ready to leave this particular wilderness and enter whatever is next. Thanks be to God who is with us always, in every wilderness. Thanks be God for the wonder and power of prayer.

May God bless you in every wilderness journey you take.

