

# Time Together

## While We are Apart

Wednesday, June 3, 2020



Good day, dear church communities,

Our animals today are Bella and Scotch, beloved dogs of Peter, Chris, Ryan and Spencer Cammarata (Trinity). Bella is four years old and is a Weimaraner; Scotch is a dachshund and is seven years old. Bella is obviously named Bella because she is so beautiful. Scotch was not named for the beverage; his butterscotch color earned him his wonderful name! Chris reports that Bella and Scotch are the best of friends, as is evident in this picture. However, Chris notes, Scotch likes to hog all of the bed, quite an accomplishment for a dachshund! But Bella evens the score by hogging all of the attention! Many thanks to the Cammaratas for sharing their wonderful dogs!

This past Sunday morning sixty-three folks from SMWC and Trinity, and from our larger community, gathered on Zoom to worship together! We opened the connection at 9:30am to allow folks time to work out any technological kinks before the service began at 10am. So, at 9:30am people started popping in on my computer screen. We greeted one another and introduced visitors (including my stepmother, Mary Louise from Charlottesville, and Ellen Tracey's sister Deb, from Omaha, Nebraska!) Something we have taken for granted so long, seeing each other's faces, became a new experience of blessing, and exclamations of joy and hardy hellos rang out as more and more faces appeared. My heart sang as we began worship!

Three months ago, I would have said I was as likely to conduct virtual worship as I was to fly to the moon! But God works with everything, everything in our lives, and here we are heading to our second Sunday welcoming folks to our Zoom worship. I'd like to make three suggestions or nudges to all as we walk this new path. First, if you were not there this past Sunday, consider zooming into church! If you are nervous about the technology, our dear technology gurus, Ellen Tracey (804-436-2371) and Richard Gill (804-462-9939) are very patient and helpful in getting folks connected. And know that if you do not have internet, but you do have a smart phone, you can get the Zoom app and attend the service! Call Ellen and Richard for details.

Second, if you "attended" the service last Sunday, please take a few minutes to contact someone who was not there and invite them to join us this Sunday. This might be a fellow

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parishioner, a friend in the county that is looking for connection, or your relatives in Omaha! All are welcome and feel free to share the joy. Third, please keep this new ministry of our churches in your prayers. God has invited us into a new mode to meet and to welcome newcomers and to care for others, through electronic means. May we all listen for God's voice in the storms of our world today, shaping us all together into an electronic vessel of God's love.

And now onward to a little more "Time Together,"

Megan

### **Prayer Notes:**

We will include our prayer lists in each Sunday Newsletter. Please continue to let us know of folks you would like to have on our prayer lists. Notes for this week:

- Roger Fortin (SMWC) had foot surgery this week and is healing and home after this day surgery. Please keep Roger, and Jane, in your prayers.
- Our weekly list of folks in the Armed Forces includes, Giovanny Elhordoy, son-in-law to Donna and Pete Ransone. Donna wrote this week that Gio, as his family calls him, has tested positive for COVID-19, and been transferred to Kandahar AF base in Afghanistan, along with 70 percent of his team, who have also tested positive. The soldiers are doing well, beyond the exhaustion they feel with the virus. Donna's daughter, Rachel reminded her husband that when he is well, he can donate his plasma, which cheered him up! Please keep this giving young man and all his team mates in your prayers and hearts.
- Chuck McGrath Please continue your prayers for Chuck and his family.
- Our healthcare workers are on all our hearts. Please keep them, and their families, in your prayers. We used this prayer from the Book of Common Prayer at the Sunday Zoom worship:

#### *For Medical Personnel*

Sanctify, O Lord, those whom you have called to the study and practice of the arts of healing, and to the prevention of disease and pain. Strengthen them by your life-giving Spirit **as they continue to offer their skills and gifts of healing and compassion in the midst of this pandemic**, that by their ministries the health of the community may be promoted and your creation glorified; through Jesus Christ our Lord. Amen.

## **June and July Birthdays and Anniversaries**

**SMWC Birthdays:** Rita Theisen, June 3; Ursula O'Bryhim, June 16; Ed Ramsey, June 16; Jane Henley, June 17; Jane Fortin, June 22; Warren Hottle, June 29; Barbara Wheeler, July 16; Alison Towles, July 28



**Anniversaries:** Ed and Sue Ramsey, June 15; Megan and Tim Limburg, July 20

**Trinity Birthdays:** Jamie Hayden, June 12th; Jodie Hayden, June 12th; Alexis Hayden, June 15th; Cole Hayden, June 15th; Dinny Jackson, June 23rd; Julian Cornwell, June 24th; Curtis Walker, June 30th; Stan James, July 2nd; Mariah Mears, July 2nd; Josie Spencer, July 2nd; Kenneth Jett, July 5th; Sydney Price, July 5th; Janet Worsham, July 8th; Janet Christopher, July 11th; Mark Dunaway, July 11th; Shelva Jean Gaskins, July 13th; Ryan Cammarata, July 19th; Carol Roscher, July 23rd; Justin Cammarata, July 25th; Frances Callaghan, July 26th; Brandon Dunaway, July 30th

**Anniversaries:** Gwen & Stan James, June 16th; Diane & Dukie Smith, June 18th

### **Announcements:**

Zoom worship service will be held this Sunday, June 7th at 10am, and we will celebrate Trinity Sunday. The invitation to join the service will be sent out to our entire Newsletter list by Paula on Saturday, and will show the address "Parish Administrator." The service bulletin will also be sent on Saturday. The site will open at 9:30am to allow for greeting time, and time to work out any technological bumps in the road. If you would like to join us but need technology help, feel free to contact Ellen Tracey (804-436-2371) and Richard Gill (804-462-9939).

"Zooming Coffee Hour" meets every Sunday afternoon at 3pm. All are welcome at this comfortable gathering of folks to visit and laugh together and conclude with prayers for the concerns on our hearts. Text, call or email Megan if you want to join us, and I'll put you on the list to receive the Zoom invitation each week. Once you sign up you are on the list and can come any Sunday that suits you. (My cell number is 804-477-5515).

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## **Announcements (continued):**

The Reverend Margaret Anne Fohl, a retired Presbyterian minister and active at SMWC, offers us a source of contemplation and thought during the COVID-19 pandemic. Margaret Anne sits on the Board of Heartbeat, the organization that Celtic scholar John Philip Newell founded, focused on “expanding sacred vision, deepening spiritual practice, nurturing reflective community, and enabling action for change.” Heartbeat is offering weekly videos focused on “Wisdom in the Pandemic,” drawing on wisdom from teachers of the past and asking, “if these teachers were with us during this time, what might they say to us?” The videos can be found at [Heartbeatjourney.org](http://Heartbeatjourney.org)

On June 23rd, Virginia will hold primary elections for both Republican and Democratic candidates. If you want to vote but are concerned about COVID-19, absentee ballots are available and the reason for requesting can be COVID-19. Sharon Gill, a member of SMWC, is glad to help anyone who seeks help in signing up for an absentee ballot. Sharon can be reached at 804-462-9939.

Washington National Cathedral continues to offer beautiful and moving worship daily. They can be found at [cathedral.org](http://cathedral.org).

Please let me know if you are in need of help with getting groceries or other necessities. Call, text, or email and I'll connect you with a volunteer.

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*

One of my favorite melodies is associated with the Scottish folk tune "**O Waly, Waly,**" or "**The Water is Wide.**" The song's lyrics partly date to the 1600's. The melody is still very popular today. Cecil Sharp published the song in *Folk Songs From Somerset* (1906). "O Waly Waly" is the setting for a folk ballad about Jamie Douglas, 2<sup>nd</sup> Marquis of Douglas and his marriage to Lady Barbara Erskine. It is also well known in the Appalachian region of the United States.

Many artists have recorded "**The Water is Wide**" and the lyrics vary from artist to artist. Here is one variation:

The water is wide I can not get o'er  
And neither have I wings to fly  
Give me a boat that will carry two  
And both shall row my love and I  
O love is handsome and love is fine  
And love's a jewel when it's first new  
But love grows old then waxes gold  
And fades away like morning dew  
There is a ship it's sailing the sea  
It's loaded deep as deep can be  
But not so deep as the love I'm in  
I know not if I sink or swim  
The water is wide I can not get o'er  
And neither have I wings to fly  
Give me a boat that will carry two  
And both shall row my love and I  
And both shall row my love and I

The song has also been used extensively in TV and film. This tune has been paired in numerous ways with other lyrics and song titles. For example, Hal H. Hopson (b. White Mound, TX, 1933) adapted and arranged "**O Waly Waly**" as an anthem in 1971 for his setting of 1 Corinthians 13, and it became known as "**The Gift of Love.**"

Hopson was educated at Baylor University, Waco, TX, and Southern Baptist Seminary, Louisville, KY. He served various churches in the Nashville area as organist and choir director. He has also taught at Westminster Choir College, Princeton, NJ, and Scarritt Graduate School, Nashville, TN. Over 800 of Hopson's hymn tunes and keyboard and choral compositions have been published. He takes an active role in many conferences and music clinics and was a major contributor to the Presbyterian *Psalter* (1994).

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These are his lyrics:

1 Though I may speak with bravest fire,  
and have the gift of all inspire,  
and have not love, my words are vain,  
as sounding brass, and hopeless gain.

2 Though I may give all I possess,  
and striving so my love profess,  
but not be given by love within,  
the profit soon turns strangely thin.

3 Come, Spirit, come, our hearts control,  
our spirits long to be made whole.  
Let inward love guide every deed;  
by this we worship, and are freed.

**"O Waly, Waly"** has also been a popular choice for arrangements by classical composers, in particular Benjamin Britten, whose arrangement for voice and piano was published in 1948. John Rutter uses it for the Third Movement in his **"Suite for Strings"** (1973). There is also a popular wedding song that uses this tune, called **"When Love is Found."**

The tune is often used for the hymn **"When I Survey the Wondrous Cross"** by Isaac Watts. It is also the tune for John Bell's **"When God Almighty came to Earth"** (1987) and F. Pratt Green's **"An Upper Room did our Lord Prepare"** (1974). It's also been used with an arrangement of **"O Come, O Come, Emmanuel."**

Mack Wilberg has arranged the tune to **"Thou Gracious God"** by Oliver Wendell Holmes, Sr., which the Mormon Tabernacle Choir and the King's Singers perform (see link below). Here are those lyrics:

1 Thou gracious Power, whose mercy lends  
The light of home, the smile of friends,  
Our households in Thy care enfold  
As Thou didst keep Thy folk of old.

2 Wilt Thou not hear us while we raise,  
In sweet accord of solemn praise,  
The voices that have mingled long  
In joyous flow of mirth and song?

3 For all the blessings life has brought,  
For all its sorrowing hours have taught,  
For all we mourn, for all we keep,  
The hands we clasp, the loved that sleep.

4 We thank Thee, Father! let Thy grace  
Our loving circle still embrace,  
Thy mercy shed its heavenly store,  
Thy peace be with us evermore.

Amen.

Please enjoy these two arrangements: <https://www.youtube.com/watch?v=K0I9KhBqbBE>  
<https://www.youtube.com/watch?v=gfJQCzvdVWM>

Sources: Hymnary.org, Wikipedia.com

## **River Road Food Pantry June/July 2020**

The COVID-19 pandemic caused us to look at the River Road Food Pantry in a whole new way. We started hearing about this virus in late February and the question became, how do we continue to provide food to people in need while keeping our volunteers and clients safe? The simple precaution we took for the March pantry of allowing groups of eight clients in at a time was quickly found to be ineffective for the long term. This proved true when after that pantry we learned that one of our client/volunteers had the Coronavirus. He was hospitalized for a few weeks and thank heavens, has fully recovered. So the thinking caps went on and protective gear ordered - gloves, masks, safety goggles, hand sanitizer and stronger cleaning disinfectant.

In April, we had our first ever "Drive Thru" pantry. The number of volunteers was restricted to 15 (we usually have up to 55 volunteers each month), the volunteer luncheon was eliminated, and after assembling the food inside, the pantry was conducted completely outdoors. Clients drove up in their cars and food was placed inside by our protected volunteers. Clients never had to leave their vehicles to receive their food. At this pantry, we served 118 families/324 clients. Of these families, 23 were new - some that never had to use a food pantry before and others that re-activated accounts that had been dormant for a year or more.

The "Drive Thru" process was so successful and well-received that we did the same for the May pantry. While many of our regular clients showed up, we only had three new families and two re-activated accounts. We served a total of 85 families/235 individuals. I can only assume that the lower number was due to folks receiving stimulus checks which helped them purchase food on their own.

One thing that the COVID-19 pandemic makes apparent is how concerns differ between those who are financially secure and those who are not. It's an interesting contrast to hear some folks complain about not being able to go on vacations, cruises, to the gym, or play golf or bridge, versus those who are worried about not being able to work and feed their family. Sometimes we forget the varying socio-economic status of folks in our communities. Now before you think I'm criticizing, let me assure you that I'm not. Many people have been very generous

with donations to the River Road Food Pantry and I am extremely grateful. Some people donated stimulus money, money intended for vacation or retirement money to the pantry. They said that during this difficult time, they became aware that others needed food and wanted to do their part to help. Others donated food to the pantry that they collected from friends and families who also wanted to do something to help. This pandemic awakened a need for many to reach out to help others through the pantry. When all is said and done, I can't help but wonder if maybe this was God's plan all along. Maybe it is His way of asking us to slow down, look around, and take care of each other. As Jesus said to his disciples at the last supper....***"I give you a new commandment, that you love one another. Just as I have loved you, so you should love one another. By this everyone will know that you are my disciples, that you have love for one another."*** ~ *John 13:34, 35*

While anxious for this pandemic to be over, in many ways I hope that we never return to **all** of our pre-pandemic ways. If nothing else, it's taught me that life is not always comfortable and predicable. We need to be ready to accept new challenges and to find new solutions. We should always show that we love and care for one another. Is there any greater purpose to life? I hope we continue to embrace this practice long after the pandemic is over.

If you have any questions or would like more information on the River Road Food Pantry, please contact Jannine Pennell, Coordinator, on 804-462-5803, or [jpennell766@aol.com](mailto:jpennell766@aol.com).

## Reflection

What a week... an immense understatement, I know, but I do not know what else to say... We have been living through, and struggling with, not just an epidemic, not just a plague, but a pandemic... And now these days include, too, anguished protests, riots, fires, looting, heartbreak, racial pain and tension... overwhelming for all, no matter where one falls on the political spectrum.

In our weekly Diocesan Zoom call with the Bishops and staff, Bishop Susan reminded us that prayer is our starting place. These days prayer can be swept aside as “not enough,” and prayer can be recommended in trite and trivializing ways, helping us avoid other actions. But prayer IS action and we need to begin there. We need to pray for all involved in these tumultuous times; we need to pray, by name, for those we agree with, and for those with whom we can find no common ground. Praying by name is a powerful, emotional and challenging prayer practice. We so yearn to dismiss those we disagree with, to turn away, to ignore, to lessen their humanity and their similarity to us, as we yet believe that all humans are made in the image of God. And so, we must pray... and so we are called to pray.

Below I'll offer a number of prayers from a variety of sources... This list is by no means a definitive collection, only a starting place. Our world needs our prayers. Let us pray...

### *For the Human Family (Book of Common Prayer)*

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; **especially remembering the people of Minneapolis, especially remembering the family of George Floyd as they grieve so deeply, and especially remembering the mayor and the police chief of Minneapolis, and all who serve there with courage and care.** Take away the arrogance and hatred which infect all our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. *Amen.*

*For our Enemies (Book of Common Prayer)*

O God, the Father of all, whose Son commanded us to love our enemies: Lead them and us from prejudice to truth: deliver them and us from hatred, cruelty, and revenge; and in your good time enable us all to stand reconciled before you, through Jesus Christ our Lord. *Amen.*

*Prayer for Hope (Grace Episcopal Cathedral, by John D. Rayner)*

When evil darkens our world, give us light. When despair numbs our souls, give us hope. When we stumble and fall, lift us up. When doubts assail us, give us faith. When nothing seems sure, give us trust. When ideals fade, give us vision. When we lose our way, be our guide! That we may find serenity in Your presence, and purpose in doing Your will. *Amen.*

*In the Evening (Book of Common Prayer; to pray as evening falls and curfews begin in so many cities)*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love' sake. *Amen.*

Finally, I will end with a photo from Grand Rapids Michigan, where protests occurred this past weekend. Pictured is Veronika Ross, a pre-school teacher, praying in front of police officers in riot gear. The protest began peacefully, but Ms. Ross noted that she began to feel a shift in the crowd as anger grew. She had seen many of the parents of the children she teaches in the crowd, and she grew worried and began to pray. Ms. Ross told a television reporter later, "I was just like praying to God, like God, please let everyone get home safely," said Ross. "It was a little nerve wracking to know if something were to happen, like some of these kids wouldn't have their dads anymore or like some of these people wouldn't have family members.

It was just, it was just terrifying." Another officer came up to Ross and asked if she was praying, and then asked her to pray for the officers too. Ross said, "He was like, 'can you pray for us too?' And I was like, 'definitely.' And that made me cry even harder." *Amen.*

