

# Time Together

## While We are Apart

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

Wednesday,  
July 29, 2020

Good day, dear church communities,

We have used up all of our coffee cup photos and have been introduced to all of the beloved animals in our lives, so it is time for a new invitation to send in a picture! I'd love to receive a photo of you from the past; that might mean a baby picture, a school picture, a wedding photo, or a pic from some long-ago holiday! We will display the photo on the front page of the Time Together Newsletter, with a few hints, and then reveal the photo identity on a later page in the newsletter. You can take a picture of a photo and then text or email it to me. (804-477-5515 [rectorstmtrin@gmail.com](mailto:rectorstmtrin@gmail.com)) If technology is not your thing, you can mail your photo to me (253 Navajo Rd, Kilmarnock 22482) or we can make arrangements for me to come by and take a picture of it. Start digging through those boxes in your closet and send those mystery photos in! Our photo today, the rare dog WITH a coffee cup, is not the pet of any Trinity or SMWC parishioner!

We gathered for Zoom worship at 10am this past Sunday. We were MUCH more comfortable than we had been at the last in-person service, when the "feels like temperature" was 111 degrees! As the summer heat and humidity continue, we will stay with Zoom worship only for August 2nd and 9th. After that the in-person worship committee (Frances Callahan, Jane Dunaway, Connie Horne and Theresa Kanuck) will



meet with me, and together we will evaluate how both the temperature and our local COVID numbers are trending, and come to a decision for the remaining Sundays in August. As we enter the dog days of summer, prayers for everyone to stay cool, and safe!

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.

### A Prayer for Healthcare workers in this time of COVID-19:

Loving God, we pray today for all doctors, nurses, and healthcare workers. Give them courage of heart, and strength of mind and body. Keep them safe from harm. May they know our deep gratitude for all they are doing to heal and help those affected by the corona virus. God of all consolation, may they know your protection and peace. Bless them in these challenging days, and bless their families. In Christ's name we pray, Amen.

**St. Mary's Whitechapel:** Cynthia Mercado, Agnes Robbie, Chuck McGrath, Don DeFilippo, George Clowser, Susan Goff, Jori Keckman, Nancy Brandon, Ron Okrasinski, Sally Flanigan, Alexa Frisbee, R. W. Courtney, Tammy, Dorsey Ficklin, Glenn Courtney, Terry Thompson, Wendy Burnett, Nora Pennell, Lin Greene, Jake Cobb, Dave Petersen, Dan Ficklin, Marie Beringer, Donna Alexander, Rose, Cecil Courtney, Mimi Chace, Donna Brayton, Hilda Courtney, Robert, Howard Hanchey, Jennifer Cassell Cole, Karen Woodruff, Roger Fortin, Wier Harman, Gina Adams, Brad Quillen, Jessica, Joanne and Michael.

Nursing Home Resident: Lancashire - Mary Sue Courtney

Armed Forces: Joshua Green, Aimee Budzinski, Mark Medina, Kathryn McCormack Akacem, Mehdi Akacem, Thomas Mackie, Pia Mackie, Tate Young, Spencer Fortin.

**Trinity:** Nancy Clark, Susan Goff, Janice Shanks, Sherri Carter, Terri, Fran and Dick Davis, Sally Flanigan, R. W. Courtney, Frances Bush, Delford Walthall, Glenn Courtney, Barbara Nunnery, Keith Elswick, Steve, Rick Bateman, Jenny Dunaway, Earline Tomlin Kelley, Ed Borer, Dean Haine, Donna Alexander, Mary and Karen Jackson, Cecil Courtney, Berkeley Kellum, Wendy Boswell, 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.

## July and August Birthdays and Anniversaries

**Trinity Birthdays:** 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; Cara Christopher, August 6th; Sally Cornwell, August 7th; Judy Ripley, August 7th; Julie H. Barrack, August 9th; Barbara Nunnery, August 13th; Janet Davenport, August 16th; Elizabeth Calder, August 17th; Keegan Kellum, August 21st; Henry Christopher, August 29th; Michelle Giese, August 31st



**Anniversaries:** Jenny and Michael Dunaway, July 20; Megan and Tim Limburg, July 20

**SMWC Birthdays:** Barbara Wheeler, July 16; Alison Towles, July 28; Susan Dameron, August 1; Bill Pennell, August 6; Pat Ficklin, August 13; Betsy Woods, August 21; Anne Hanchey, August 22; Walter Mauro, August 26; Lucy Hottle, August 28; Sherry Mann, August 29; Nancy Brandon, August 31; Raymond Gaddy, August 31

**Anniversaries:** Ben and Cay Weimer, July 17; Megan and Tim Limburg, July 20; Jane and Page Henley, August 6; Richard and Sharon Gill, August 8; Gloria and Randy Romaine, August 12; Ernie and Lin Greene, August 22; Betsy and Bob Woods, August 24; Fred and Mary Ann Fred Olsen, August 28; Dorsey and Pat Ficklin, August 30

## **Announcements:**

Jenny Landry, our amazing Chair Yoga teacher, is offering a FREE Zoom workshop: “Improving Breath Awareness and Control”: Wednesday, August 12th, 10:00 am.

Below is Jenny’s description of the workshop:

*“We all know breathing is necessary for survival and happens automatically. What we may not be aware of are our own unhealthy breathing patterns that have developed over the years. Examples include short, shallow or irregular breathing patterns that have the potential to negatively affect our overall health. Fortunately, we also have the ability to bring the breath under our conscious control and improve respiratory function. The benefits include improved overall health, posture and muscle function, increased energy and endurance, decreased anxiety, depression and stress. You will learn how to identify unhealthy breathing patterns and techniques for correcting them. There will also be a Q&A at the end.”*

If you would like to attend this workshop, email or text Megan to be included in the Zoom invitation and to receive the handouts for the workshop. ([rectorstmtrin@gmail.com](mailto:rectorstmtrin@gmail.com) 804-477-5515) All are welcome! Feel free to share this notice with friends.

Reminder: Our Zoom worship currently meets on Sunday at 10am. Paula will send the bulletin and the Zoom invitation the day before. Invite your family and friends, near and far, to join us!

If you would like to meet in-person for a visit/pastoral care time with me, we can wear masks and meet outdoors, either at the Pavilion at Trinity, or the Labyrinth at SMWC, or at your home. Feel free to reach out and I’ll look forward to connecting! I will, of course, also be continuing phone and Zoom pastoral visits.

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*

**Great Is Thy Faithfulness** is a popular Christian hymn written by Thomas Chisholm (1866–1960) with music composed by William M. Runyan (1870–1957) in Baldwin City, Kansas.

Of the many gospel hymns written in recent times on the theme of God's goodness and faithfulness, this hymn stands out as a beacon light, and was simply the result of the author's "morning by morning realization of God's personal faithfulness." The phrase "great is thy faithfulness" comes from the Old Testament Book of Lamentations 3:22-23. "It is of the Lord's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

Thomas O. Chisholm was born in a humble log cabin in Franklin, Kentucky in 1866. Without the benefit of high school or advanced training, he began his career as a school teacher at the age of sixteen in the same country school house where he had received his elementary training. At age 21, he became the associate editor of his home town weekly, *The Franklin Favorite*. Six years later he accepted Christ as his Savior during a revival meeting conducted by Dr. C. H. Morrison. Dr. Morrison invited him to move to Louisville as the office manager and editor of *The Pentecostal Herald*.

Chisholm was ordained into the Methodist ministry but soon after had to resign due to poor health. He later became an insurance agent. Mr. Chisholm wrote more than 1200 poems. In 1923 he sent several, including **Great is Thy Faithfulness**, to Rev. W. M. Runyan, a musician associated with the Moody Bible Institute and Hope Publishing Company. Runyan set the poem to music, and it was published that same year by Hope Publishing Company and became popular among church groups.

The song was exposed to wide audiences after becoming popular with Dr. William Henry Houghton of the Moody Bible Institute and Billy Graham, who used the song frequently on his international crusades. Bev. Shea said this hymn was first introduced to audiences in Great Britain in 1954. Since the middle 20th century, this hymn has been the university hymn of Cairn University, which was formerly Philadelphia Biblical University, and prior to that Philadelphia College of Bible, founded in 1913.

This hymn was simply the result of the author's "morning by morning realization of God's personal faithfulness." He once wrote in a letter "My income has not been large at any time due to impaired health in the earlier years which has followed me on until now. Although I must not fail to record here the unfailing faithfulness of a covenant-keeping God and that He has given me many wonderful displays of His providing care, of which I am filled with astonishing gratefulness."  
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**Great is Thy faithfulness, O God my Father;  
There is no shadow of turning with Thee,  
Thou changest not, Thy compassions they fail not,  
As Thou hast been, Thou forever wilt be.  
*Great is Thy faithfulness!*  
*Great is Thy faithfulness!*  
*Morning by morning new mercies I see  
All I have needed Thy hand hath provided  
Great is Thy faithfulness, Lord unto me!*  
Summer and winter and springtime and harvest,  
Sun, moon, and stars in their courses above;  
Join with all nature in manifold witness,  
To Thy great faithfulness, mercy, and love.  
Pardon for sin and a peace that endureth,  
Thine own dear presence to cheer and to guide;  
Strength for today, and bright hope for tomorrow  
Blessings all mine, with ten thousand beside.**

Please enjoy three performances of **Great Is Thy Faithfulness**:

<https://www.youtube.com/watch?v=U8tQSPMgKrs>

<https://www.youtube.com/watch?v=q2auMlipoLq>

<https://www.youtube.com/watch?v=6Wcvog-aLc8>

Sources:

Wikipedia.com

Osbeck, Kenneth W., 101 Hymn Stories. Kregal Publications, Grand Rapids, Michigan. 1982.

## Reflection

I subscribe to a daily devotional offered by the United Church of Christ (UCC) called *Still Speaking*, referring to God still speaking in our lives today. The authors are a wide variety of clergy and laity in the UCC.

Our reflection today comes from The Reverend Chris Mereschuk, a pastor in the United Church of Christ and a writer. His reflection is entitled “*Test Everything*,” and appears in the book *Hard and Holy: Devotions for Parenting*, a collection of devotionals for the spiritual practice of raising, teaching, learning from, delighting in, and cleaning up after children

*“But test everything; hold fast to what is good.”* 1st Thessalonians 5:21 (NRSV)

My daughter is the Total Skeptic variety of PK (Pastor’s Kid): not interested in church, not inclined to simply accept what she is being taught or what her father is preaching about.

Once she asked me about the Holy Spirit, and I brought her to the window to point out the swaying trees, attempting some poetic apologetics: “Ah! The Holy Spirit is like the wind. We can feel the wind, we can observe how it moves the trees, but we can’t see the wind itself.” Yadda yadda.

I was greatly impressed with my object lesson. She was unconvinced. Same with the bedtime Bible lessons.

While her skepticism sometimes makes me question if I’m really any good at my job as a pastor, I am encouraged by her instinct to test everything she reads, hears, and experiences because it seems to be leading her to find deeper meaning.

She doesn’t enjoy coming to worship – but she knows church is a place where many different people love each other.

She doesn’t believe in healing miracles – but she knows we must help people who are sick and hurting.

*(continued next page)*

She doesn't believe in the feeding miracles – but she knows we need to help people who are hungry, and she knows it's wrong that there is hunger.

She doesn't believe that God literally created humans in God's image – but she knows every person is worthy of dignity and love.

Yes, there are times that I kind of wish she'd simply accept my lessons without question. But that's about me and not her. She is testing everything, and she is holding fast to what is good. And that sounds a lot like the faith and discipleship that I pray for.

### **Prayer**

Holy One, guide us in our questions and doubts, and help us to hold fast to what is good and true. Amen.