



# The Dragon Scoop

## May 2020

St. George Episcopal Church  
1024 SE Cass Avenue Roseburg, OR 97470  
541-673-4048

**Mission Statement:**  
“Loving God, Loving Our  
Neighbors”

The Episcopal Church Welcomes You



### Let my prayer be counted as incense before you

This issue of the Dragon Scoop includes an article on making a home altar. The Rev. Carol Westpfahl writes, “Wise mentors told me if I used the prayer space regularly, eventually, just walking by or looking at it would call me to prayer and remind me of God’s presence in my life, and that has turned out to be true. At times it seems to reach out to me and invite me to pray.”

May the following ancient Celtic prayer encourage you to build and use your own home altar. It was collected by Alexander Carmichael and originally published in 1900 in *Carmina Gadelica*, a book of prayers, hymns, and incantations collected in the Highlands and Islands of Scotland in the 19th century.

See pages 3-4 for information on making your own home altar. This photo is one family’s Maundy Thursday altar.



### RUNE BEFORE PRAYER

**I am** bending my knee

In the eye of the Father who created me,  
In the eye of the Son who purchased me,  
In the eye of the Spirit who cleansed me,  
In friendship and affection.

Through Thine own Anointed One, O God,  
Bestow upon us fullness in our need,

Love towards God,  
The affection of God,  
The smile of God,  
The wisdom of God,  
The grace of God,  
The fear of God,  
And the will of God

To do on the world of the Three,  
As angels and saints  
Do in heaven;

Each shade and light,  
Each day and night,  
Each time in kindness,  
Give Thou us Thy Spirit.

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# Pastor Gail's Ponderings . . . .

Hello, to all of you at St. George's! If all goes well, David and I will be making the drive to Roseburg on May 1! It seems an auspicious day. When I Googled May 1, I found that it is National Chocolate Parfait Day. This scrumptious dessert dates back to 1894 and seems to have originated in France. So perhaps we can all have a Chocolate Parfait on May 1! (*Note: Arrival date is now May 4.*)

I consider it an honor and a privilege to serve as your Interim Rector. What began as a casual drop-in to St. George's last October has led us to this time and this place. We stopped by the church to meet the secretary, which that day was Jean Bowen, and to see what she had to say about Roseburg. When she found out that I was a recently retired pastor and had done an interim in two churches south of Spokane, she wondered if I might be interested in becoming your next Interim Rector. After meeting Pete and Steve and talking with them for almost 2 hours, I knew I was interested. It doesn't hurt that we've owned a home in Roseburg for 27 years. The fact that I am an ELCA Lutheran pastor was discussed. We all felt like the small differences in our denominations were not a deal breaker. So we came back in February to meet the Vestry and for Ash Wednesday Service. Then the coronavirus hit our world and we all had to hit the "PAUSE" button for 1 ½ months. Now that we are living in Roseburg, I will be able to help with various activities and will be here and ready to go when we can meet in church!

There are some things you will come to know as we get to know each other over the next six months to 2-3 years. The first is that I love and believe in God, I love my family, and I will come to love each one of you. I also love God's creation and believe that the actions of each of us individually can make a huge difference to our beautiful Earth. I was a science teacher for two years in Cripple Creek, CO. After that I went to CSU to pursue a Master's Degree in

Forestry. So my approach to creation is similar to one I've heard, "Caring for the Land and Serving People."

"In the beginning when God created the heavens and the earth," tells us the story of the beauty of the God-created earth and our place in it. Everything that follows in the Genesis story is set in the context of the goodness of creation and our role as Earth's caretakers. As most of you know Earth Day, April 22, was put together 50 years ago to draw attention to the challenges we face as human beings on this planet. I remember the 1st Earth Day well. I was an idealistic senior in high school. A group of my friends got together to decide what we could do to "help the planet." The idea came to me that we could have a "Hike for the Hungry." So we planned a 10-mile route around Canon City and each walker was to obtain pledges for so much per mile. I remember my parents and most of the people I asked pledged either \$1/mile or maybe \$20. We recruited volunteers to stay at tables at every mile to stamp our Mileage Chart. We even made the newspaper with the headlines, "CCHS students make a difference." Fifty years later we still have many of the same issues, but my optimism for making a difference is still present.

As your new Interim Rector, I am here to be your spiritual guide, your biggest supporter, and your constant companion. I will need your help and your input to continue the ministries you've already begun. I will endeavor to help you in them as much as I am able. And I ask for your constant prayers, laughter, and yes, even tears as we walk this pathway of faith together.

In the strong name of Jesus,  
Pastor Gail



# Making a Home Altar

## by Leigh Van Sickle

I have long been interested in home altars, and when the COVID-19 pandemic took hold and we could no longer meet together to worship, I decided it was time to make my own dedicated worship space. There are lots of Internet sites with information. My reading showed me that their articles share many ideas, so I'm going to list the most common ones and then tell you what I did with my own space.

Decide where you want your altar. You can always change it later if you find a better place. It can be on a window sill, a bookshelf, a table, a portable tray or tray table, a mantle, a desk, or the top of a piano. Or maybe on a coffee table, a dresser top, or a bedside table. Put it where you will be sure to see it every day.

Look around the house to see what you may already have to place on your altar. Here are some examples:

- ♦ A cloth as a base—a piece of fabric or a placemat, for example. Maybe you'd like to match the color to the liturgical season.
- ♦ Candles—if you don't want the real thing, there are inexpensive battery-operated ones.
- ♦ A cross
- ♦ An icon or statue
- ♦ Objects from nature—stones, shells, flowers, leaves, or plants, for instance.
- ♦ Bible
- ♦ Book of Common Prayer
- ♦ Index cards with written-out prayers

One author (Ethan Lowery at Episcopal Café) says, "You may ask: What makes sense to put on my altar? The answer is anything you want. Books that matter to you, family heirlooms,

your most faithful utensil (cooking, writing, eating, or otherwise), a nice postcard from a person you miss, crosses, crucifixes, icons, rosaries, a craft someone made for you, a soft stuffed animal, candles, incense, soaps, a trophy/medal/achievement you're proud of, something that reminds you of your favorite sport or hobby or craft, something that reminds you of your parish, etc., etc., etc. Really it can be anything that puts a warm feeling in your heart, a sweet memory in your head, or heightens your awareness of God."

He goes on to say, "You may ask: How should I pray with my altar? The answer is anyway you like! You can stir your gratitude over each object or you can meditate on just one, you can sit next to it and listen for God, you can explain the elements of it to someone you love, you can journal or read in the same room as it, you can just walk past it and notice occasionally, you can just leave it alone and let it billow prayer vibes into the space—whatever you want to do will be great. However you normally like to pray, try figuring out a way to include the altar, passively or directly."

The Rev. Bill Queen of Richmond, VA, has ideas to involve the senses: "Set aside a place for silence and quiet listening; make your own music; listen prayerfully to recorded music, or have it in the background as you go about other activities; audio books of the Bible, spiritual works, or podcasts; wind chimes as a reminder of the Holy Spirit-like movement of wind."

*(Continued on next page)*



# Home Altars, continued

Rev. Bill continues, “Or your sense of smell? Flowers, incense, a scented candle, or dried spices to perfume a home altar as a reminder to pray; spiced oil to sniff or touch on your skin can serve as a reminder of your baptismal anointing; a bowl of spices to sniff or rub between your fingers can be used as ‘spiritual smelling salts’ to keep you alert if you get drowsy while praying or reading.”

After all this reading, I was eager to get started on my own altar. But I did try to take to heart these words from Lacy, who has a blog called Catholic Icing: “Setting up a home altar can certainly be as simple or as complicated as you want it to be, so remember to choose something that is ‘doable’ for you at your current stage of life. Sometimes we get so excited about something that we over-complicate it, and then it doesn’t end up happening. It’s okay to start small.”

I chose a space in my music room, since I worship most naturally singing and playing. I printed out a picture of the Good Shepherd to remind me of God’s tender care. The Celtic cross honors my Irish heritage. The hymnal was my grandmother’s, and I spent many happy hours in her back bedroom singing to myself from it. I added an Anglican rosary. The Kliban cartoon shows a cat holding onto the back of a wild goose, symbolizing me being swept away by the Holy Spirit on an unpredictable spiritual adventure.

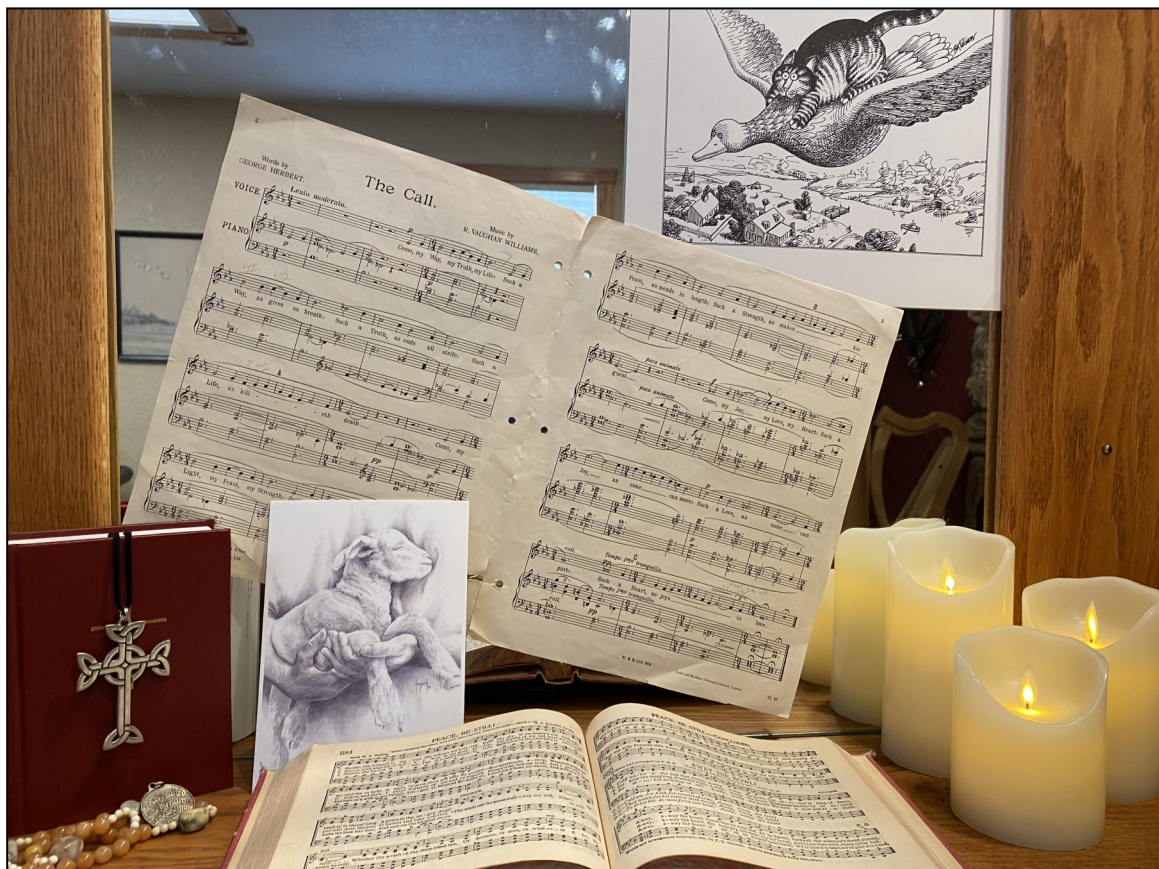
There is a wealth of information online. Here are a few excellent sources:

<https://rowsofsharon.com/2020/03/24/making-an-altar-for-home/>

<https://www.stpaulsrva.org/rectors-blog-13/>

<https://www.catholicicing.com/catholic-home-altar-resources/>

<https://www.episcopalcafe.com/diy-tabernacling-holy-objects-holy-space-at-home/>



# FISH

From <https://fishofroseburg.org>

Thanks to all of you who have inquired about how the FISH food pantry is doing. We know you have heard the horror stories about food pantries in other states. At this point we are doing fine. We have not yet experienced a large surge of clients and due to the generosity of the Roseburg community, especially the wonderful food donors from the Roseburg Food Project, we feel that we are ready to meet that surge if and when it develops.

While we have temporarily lost most of our incredible original volunteer crew, we have been so blessed that students and adults alike continue to reach out to us wanting to help! We have such an amazing community who are willing to step up during this time of need. Because of the large number of individuals who have reached out, we are having to put them on a list. We believe that when the surge of clients does come, we will need to call on everyone....so be ready! And thank you, from the bottom of our hearts.

The Roseburg Food Project April Green Bag collection was a success thanks to the generosity of our regular donors. They were asked to donate cash instead of food. The donated funds will allow the FISH Food Pantry to be able to purchase food through its normal wholesale source and other local sources. We hope to resume the green bag collection of donated food on June 13.

If you would like to send a check directly to FISH, it can be made out to "The FISH of Roseburg and mailed to:

The FISH of Roseburg  
P O Box 1162  
Roseburg, OR 97470



# Encouragement

Kathy Glockner found this in a past *Dragon Scoop* and suggested that the word "coronavirus" could be substituted for influenza/flu. She noted that it's very apropos for this day and age.

## Epidemics

God bless everyone impacted by influenza this year. I wish kindness were as easy to catch as the flu. I have been part of one epidemic this year; I would like to be part of another.

The first symptoms would be a sense of calm, spreading through your entire body, followed by a persistent patience. Then a deep empathy would set in, manifesting in sustained compassion and a head full of open-mindedness. This wave of kindness would spread all across this country and beyond. It would be caught by people of every culture and condition and be easily passed on to others. Unlike the flu, once you had it, it would not go away.

~ Bishop Steven Charleston, from a Facebook post Jan. 29, 2018

# Care Packages Project

## by Juliana Marez

*Parishioner Juliana Marez is Roseburg Public Schools' Indian Education and Homeless Student Liaison.*

Seven weeks ago we began school closures. I was talking to Pastor Vicky Brown at the Presbyterian church and we were planning our quarterly food security bag assembling for homeless youth. Suddenly all the children would need food. Our model was used to provide for the entire school district with busses delivering breakfast and lunch at each bus stop and school site daily. I began contacting families on the three caseloads I have plus others who were referred. So homeless, foster, and tribal families all responded.

- ♦ Altrusa International Club of Roseburg donated 1000 books.
- ♦ First United Methodist Church donated several \$25 grocery gift cards.
- ♦ Faith Lutheran Church donated 100 birthday bags.
- ♦ A tribe donated school supplies as well as dream catchers children can put by their beds.
- ♦ A local restaurant, Loggers Pizza, donated 100 pizzas.

All of this was used to assemble care packages. Each week care packages are assembled and distributed to students and their families. The packages were all specially prepared with Covid-19 guidelines to be safe, keeping the child's interests and reading level in mind. My nieces, Selena and Shauna Jackson from Redeemer's Fellowship, have helped. The high-interest reading books are great for family time. Each organization that came together will be recognized by the school district as being a contributor to our children's well being.

One day my grandson asked me if we were in "lock down" and why. I wanted to empower not to be afraid. I asked him to show me all the safety drills they did at school. Then I told him that this was the same thing. We are practicing to be safe. Being creative, making memories, learning new things and building relationships are the gifts of this unprecedented time. I told him one day he can tell his grandchildren, "I remember back in 2020 when we had to stay inside and wash our hands (in three feet of snow, uphill both ways). I told him just remember, God is in control. Kindness, faith and courage are the most important things right now. Together we will see this through.

Many of the school site phones are down right now so I'm glad to furnish a line of communication for our students. Thanks to our school staff, bus company, and faith community for coming together for kids. The smiles make it all worth while.

~ Juliana

*As of March 30, 2020, the Roseburg School District will be adding meal delivery along newly created bus routes within the school district boundaries (boundaries were revised March 24). A free breakfast and a lunch will be provided as a "grab and go" meal for all youth ages 0-18. Adults may visit the stops and pick up a bag with meals for their children without their child being present. Children at the stop may also take an extra meal for other youth in the home. The district will also continue meal service at the schools and times listed here:*

*[www.roseburg.k12.or.us/community/covid-19/meals-for-students](http://www.roseburg.k12.or.us/community/covid-19/meals-for-students)*



# Letter from Anita Blair

4/8/20

Dear Father Jim and Pam (and a copy to St. George as well):

I doubt this will get to you prior to Easter Sunday, but know when you do receive it, you were both in my heart at this time. I have been so thankful to continue receiving the *Dragon Scoop*, regardless of its “mini size.” (Often Nancy will include a little sticky note of kindness.) Knowing you are finishing your time at St. George was the final push to send the “thank you” I’ve been meaning to share for months.

Thank you both for your faithfulness to the congregation. I will not have memories of St. George without you both there. Your humility, willingness, and honesty in sharing your heart with us made such an impression on me. Father Jim, your candid sharing was so delightful, so funny, because it was so honest. So pure. Thoughts we all have, suddenly put into a context of faith. Perhaps you feel the Alzheimer’s disease has impinged on how you would have like to be present with us, but I believe a lifetime of God’s refinement shone all around you both. You have given us the best, the deepest, the most true and meaningful distillation of yourself. That is what Alzheimer’s does. We find the thread of our most sincere self and it is visible to all.

As I’ve told you before, being with you all in Roseburg gave me the deepest meaning of what church is intended to be. I’ve been in SO MANY churches. I did not expect to find the jewel of my whole life in the tiny rural community of Roseburg, Oregon. My St. James Church here in Wichita and the family within are special, but not the same. There is more preoccupation with appearance and performance, posture and position that often seems to blossom out in a larger congregation. Roseburg will always be the standard I compare my church experience to, and you are largely to credit for that.

There is a sense of rightness having returned to Wichita. Unfortunately, my new position is about to end. The large non-profit Mennonite Mental Health facility who hired me is making huge cuts in staff salary to offset operating expenses, given the “stay at home” order state wide. There are no face-to-face services, which means as a neuropsychologist, I am currently dead weight in their budget. I am looking for options and need a plan firmly in place by July 1. It could be a position with the Department of Defense; McConnell AFB has an opening and they have sent folks to me both when I was with the VA and since I’ve been at Prairie View. It could be retirement a wee bit earlier than I planned. Of course, it could be I will contract the virus and have all my worries resolved. I just don’t know. But God and I do have some sense of peace about it.

Father Sam, a good friend and retired priest here, gave the homily on the Sunday immediately after my return. He told us a story, which had sustained him for over 70 years, originating during his youth spent in tiny Chanute, Kansas (by the way, Chanute’s population is STILL only 9,000!). His Presbyterian minister described to the congregation a visit from a fellow minister, who was an older man. As they walked in the garden, the visitor raised his arms to God and said, over and over with joy, “O thank you, I am so rich, I am so rich, I am so rich!” At age 13, it fueled Father Sam’s desire for a similar joy. Such simple words have infected me as well. When I think of St. George, I think how rich you all made me. Bless you.

(Continued on next page)

## Anita Blair, continued

In therapy, when closing a long term, particularly close therapeutic relationship, we sometimes offer a “transitional object,” of no intrinsic value, to help that person individuate as well as hold on to the gift of the experience. Last weekend as I searched at my desk for a pencil, I extracted a beautiful silver specimen. The ONLY pencil in my tool box as it happens, although I am usually well stocked in Ticonderoga #2’s. On examination, it said, “Welcome to St. George’s” and I smiled, thinking of you all at my first (and only) birthday Sunday in your midst.

I wish you both, and so many of my Roseburg congregation family members, health and peace in this frightening time. You are the salt of the earth. You are its jewels, all different, complex, and beautiful. Thank you for such generous warmth and friendship. I don’t know how I would have survived 2019 without you.

With great love for you,  
Anita Blair



## Letter from Trish Holt

March 22, 2020

My dear friends at St. George,

I miss you so very much. I am very happy to get the news about Rev. Duba, finally. I am delighted and pray she will bring many blessings to you. If a picture says a thousand words, she will.

I wish I could report how I fit right in with St. Anne in Jacksonville but I haven’t given it a fair chance yet. I spent most weekends out of town in June through December either working on a rental property or visiting with my daughter. I did find a great Lutheran Church in Wilmington that I connected with. It’s just too far to drive every week.

I’ve had some health challenges—two bouts of bronchitis and a broken arm. Last summer I also got the leaky faucet fixed on my bladder. All well now and I am grateful.

I am concerned, like everyone, that you all try to avoid this awful Covid virus. We are looking to purchase new instruments so we can perform testing in our Camp Lejeune laboratory. There were only 100 known cases in North Carolina as of Friday but the numbers seem to double daily. I will be continuing prayers for you as the weeks go by. Fortunately my family is being very cautious and so far healthy.

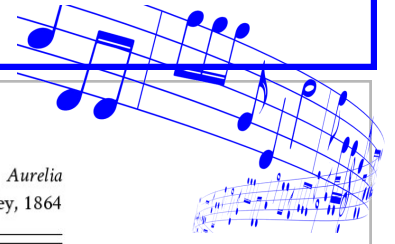
I still love you and rejoice seeing the *Dragon Scoop* monthly. Please note a change of address – a smaller house close to work.

In Him,

Trish Holt  
119 King Street  
Jacksonville NC 28540



# Sing Along



## This Easter Celebration

Carolyn Winfrey Gillette, 2020

Aurelia

Samuel Sebastian Wesley, 1864

1. This Eas - ter ce - le - bra - tion is not like ones we've known.  
 2. No gath-ered choirs are sing - ing; no ban-ners lead the way.  
 3. Our joy won't come from wor - ship that's in a crowd-ed room  
 4. In all the grief and suf-fering, may we re-mem-ber well:  
 5. We thank you that on Eas - ter, your church is blessed to be

We pray in i - so - la - tion, we sing the hymns a - lone.  
 O God of love and prom - ise, where's joy this Eas - ter Day?  
 but from the news of wom - en who saw the emp - ty tomb.  
 Christ suf - fered cru - ci - fix - ion and faced the powers of hell.  
 a scat - tered, faith - ful bo - dy that's do - ing mi - ni - stry.

We're dis - tant from our neigh - bors— from wor - ship lead - ers, too.  
 With sanc - tu - a - ries emp - ty, may homes be - come the place  
 Our joy comes from di - sci - ples who ran with haste to see—  
 Each Eas - ter bears the pro - mise: Christ rose that glo - rious day!  
 In homes and in the pla - ces of help and heal - ing, too,

No flo - wers grace the chan - cel to set a fes - tive mood.  
 we pon - der re - sur - rec - tion and ce - le - brate your grace.  
 who heard that Christ is ris - en, and then, by grace, be - lieved.  
 Now no - thing in cre - a - tion can keep your love a - way.  
 we live the Eas - ter mes - sage by glad - ly serv - ing you.

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Email: carolynshymns@gmail.com | New Hymns: www.carolynshymns.com

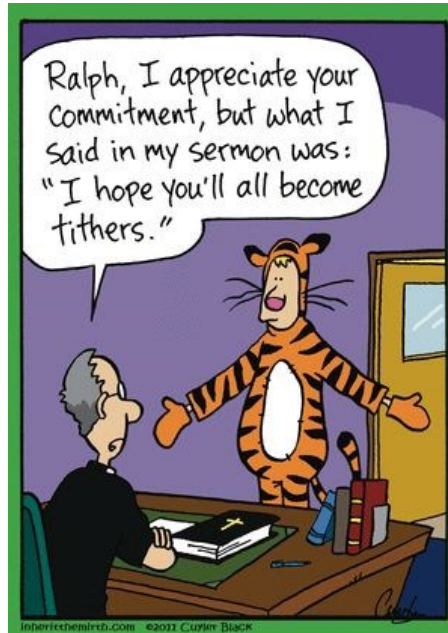
Sung to the tune of “The Church’s One Foundation,” “This Easter Celebration” is a prayer to be used in Easter 2020 worship services, while most churches are closed and people are remaining in their homes because of the pandemic. Used here with permission of Carolyn Winfrey Gillette.



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*Speaking of tithing,  
don't forget to mail  
in your May pledge!*

St. George Episcopal Church publishes THE DRAGON SCOOP monthly. If you would like something to be considered for the newsletter please talk to Leigh Van Sickle. E-mailed articles and photographs can be sent to [saintgeorgepix@gmail.com](mailto:saintgeorgepix@gmail.com).

Leigh Van Sickle, Editor  
541-391-0814

**Interim Rector: The Rev. Gail Duba**  
**Senior Warden: Pete Benham**  
**Junior Warden: Sue Phelps**  
**Treasurer: Kathy Glockner**

**OFFICE HOURS**  
**10:00 am—2:00 pm**  
**Monday through Friday**

**ST. GEORGE WORSHIP**  
**Sundays**  
**10 am—Holy Eucharist**  
  
**Wednesdays**  
**10 am—Morning Prayer**

