



# Discerning Hearts

Newsletter of The Episcopal Community

“We are marked as Christ’s own for ever.”

Volume: 2024 Issue 09

## Meet Kathleen Nyhuis, Vice President



This month we welcome autumn or fall. I fully understand our connection with earth and its seasonal waning, foreshadowing death and regeneration. In summer we all enjoy the fullness of life’s activity and

celebrate sharing the joy of activities and abilities. There is little doubt that I am in the autumn of my life. I’ve had years of spring growth, physical and spiritual, and exceptional celebrations of life’s many opportunities and challenges. Autumn signals a slowing down, an acceptance of limitations, without becoming depressed, but reveling in the colorful cooling down. It is a time to look forward to the wintertime rest and to plan for the next cycle of growth and celebration.

I am pleased to serve as your Vice President for the next few years. The Episcopal Community offers the best of Christian life outside our families of worship. We worship, study, pray, and share fellowship and support, despite the distances between us ... we have a common life we honor, in our Lord Jesus.

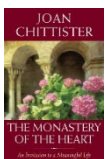
My life has been infused with service to and through the Church. My children accepted my office as our extra home, and my husband and I shared ministries while developing his own. Our life took on change as we moved to Seattle in 2006 and my main concern became caring for my beloved in his last months. When he died in 2008, I extended my caregiving to my grandchildren six months during each year while they were very young. Then, when I returned to more normal life back in Seattle, I became a full-time home health care giver, specializing in hospice. In the past few years, I’ve done medical escort services, meeting clients at the hospital or office for appointments and procedures, and then ensuring they are safely ensconced in their return transportation. In all my life, I have been blessed with exceptional connections.

Duplicate bridge is a major hobby: I play or direct games several days each week. I also walk, read, write, listen to music, enjoy live theater, play Wordle, Connections and trivia, both online and in person.

A few words that I believe describe me: faithful child of God, friend forever, lover of life ... optimist!



## TEC Fall Book Study



Beginning Sunday, October 6, 2024  
@ 5:00pm Central

**Monastery of the Heart**  
By Joan Chittister, OSB



Every century, every culture has sought the spiritual dimensions of life in particular ways, through teachings and lifestyles it could embrace. Across the ages, for some women and men the longing to unite with the Divine took the form of an existence in

solitude and prayer. For others, it lay in communal life and worship. For many, it was an attempt to withdraw from the secular world in order to be better attuned to the sacred.

But for one seeker in sixth-century Italy, for Benedict of Nursia, the spiritual life lay in simply living this life, our daily life, well. All of it. Every simple, single action of it. Benedict turned the ordinary into an experience of the extraordinary, a union with the sacred in the here and now. Benedict’s Rule—his guide for communal living—and Benedictine spirituality are his enduring legacy.

The Monastery of the Heart is Joan Chittister’s beautiful, practical guide for those who are looking for the rhythm of a better life in this time of social upheavals and global transformations. Anchored in Benedict’s ancient Rule, rooted in its values, The Monastery of the Heart offers a fresh approach to spiritual living in the very center of our own world—without ever withdrawing from it. Written for seekers of any faith or none—for individuals, couples, families, and small groups—it is a gentle invitation to embrace the sacred in the everyday.

There are two publications for this title, either will be acceptable, so if you have a copy, there is no need to purchase another. Zoom discussions will precede Compline on Sunday evenings. We hope you will join us for this discussion on bringing more Benedict into our lives.



## News from Our Treasurer



It was difficult not to notice the impact of yet another increase in postage!! In my little town we have a Goin' Postal store and they have been running a special this month selling rolls of Forever stamps at the rate they originally paid. This was quite a bargain, and I took the opportunity of scooping up several rolls for the Episcopal Community which will hopefully keep us going for a little while.

However, the crunch is coming, and I am really grateful that at our Annual Meeting during the General Convention a majority of our membership voted to increase the Annual Dues beginning in 2025. **When you receive your dues letter this year you will see that the dues are now \$60 a year.** This is the first increase since the beginning, and it is really necessary.

We recognize that for some of our membership this could present a challenge and so we suggest that you consider using PayPal to make a monthly payment of \$5 (starting in January) to ease this transition. As always, we also continue to have scholarships available from our Naomi Fund and I will be happy to discuss this with anyone who has a need.

It was a delight to meet so many new friends in Louisville!  
Merry



## Podcast Recommendation

Join Glenstal Abbey as they share on the Rule of Saint Benedict. A series of short episodes explore various chapters and themes of the Rule of Saint Benedict to discover the wisdom and relevance this sixth-century document has for the twenty-first century today and not just for those who live in a monastery. Episodes include reflections on the Abbot, humility, hospitality, prayer, zeal, food and drink, work, caring for others and stewardship.

There are additional podcasts on Celtic Advent, journaling, major feast days and prayer.

[The Cloister – Our Podcast – Monastic Retreats](#)



## Prayers for the New School Year

Almighty God We give you our school. We give you all the teachers and staff who work here, we give you all the children who study here. We pray our school will be place of great discovery, adventure and creativity. May it be a place where we love to learn and where we learn to love, A place where everyone is respected, and all are deeply valued. We ask all this through Jesus Christ our Lord. Amen.

## For our Children

Father, we thank you for the gift of friendships. We thank you that You've wired each of our children uniquely different to satisfy your purpose for them. Let that beauty shine as they head back to school and engage with others. Help others to see the good in them and help them to see the good in others. Father steer them to the relationships you want them to be in and protect them from the ones that could hurt them. Help us to guide them and teach them what it means to be a friend. Lord, we pray that they are placed with the right teachers who will walk in understanding with them, but also challenge them to be their best. In Jesus' name, Amen!



## Compline

The office of Compline is the final office of the day. When Covid limited our ability to connect, the community began Compline online on Sunday evenings. We continue as it is a time to check in and be together for just a little while. It is a joyful time and we hope you will join us!

01 September – Lorna MacDonald  
08 September – Chris Butterworth  
15 September - Barbara Harris  
22 Sept 22 - Kathleen Nyhuis  
29 September – Barbara Willis

If you would like to lead compline, please contact Cynthia Sand at [cynthiasand53@gmail.com](mailto:cynthiasand53@gmail.com)



## Event Calendar 2024

Meetings are on Zoom unless otherwise noted, all times Central time.

- Sunday Compline, weekly at 6:00 PM
- Friday Morning Prayer, weekly at 9:00 AM
- October 1 - Executive Committee 4:00PM
- October 6 – Book Study begins 5:00 PM
- October 17 - Circle of Leadership 4:00PM



## September Birthdays

Judith Waskes	Phyllis Hunt
Paula Mund	Cheryl Duffy
Donna Jangula	Susan McKee
Vicki Hightower	



## Recipe of the Month

### Shaker Apple Butter

5 pounds of apples  
1 gallon boiled apple cider\*  
1 tablespoon allspice

Method:

\*Place 1 gallon of apple cider into pan, boil down until it reaches 1/2 gallon. While cider is reducing, core and cut the apples. Do not peel.

When cider has reduced, add the apples and the allspice.

Cook on low, stirring occasionally, until apples are soft, and butter is thick and dark.

Remove from heat, cool slightly and strain.

Store in refrigerator, freezer or can in water bath.



## Your contributions make a difference!

The Episcopal Community  
P.O. Box 242



Sewanee, TN 37375.

When paying by check, please designate which fund or annual dues in the memo line.

