



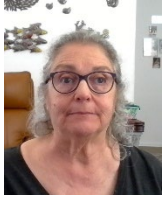
Discerning Hearts

Newsletter of The Episcopal Community

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

Volume: 2024 Issue 10

Meet Barbara Harris, Secretary



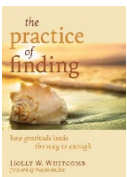
I was born and raised in New York, have lived in New Jersey, and since 1997, California. I was raised in the Roman Catholic church but became an Episcopalian after I was married. I graduated from SUNY Stonybrook with a degree in English Literature. I have been a salesperson, pension analyst, operations manager and a IT teacher and support person. I have four children (grown) and seven grandchildren. I live with my daughter and granddaughter, five chickens, four cats and a dog! I am an oblate of the Community of Divine Love, a Benedictine Monastery in Central California.

My journey with The Community began in 2012 and was admitted in 2013. I had been searching for a community that would allow me to develop my own rule of life and yet support me spiritually and socially. I have found that in our community. I love the order and balance I find in Benedictine Spirituality; it brings peace and order to my life. I enjoy our weekly Compline and when awake, Morning Prayer. I participate in the book studies and enjoy the perspectives of our members. I have had the privilege of editing and distributing our monthly newsletter. I also maintain our website. This year, I enjoyed my time evangelizing for the Community at GC81!

I am blessed to be a member of the Circle of Leadership, and I hope to follow in our elders’ footsteps, helping the Community grow and supporting our members



Book Recommendation



The Practice of Finding: how gratitude leads the way to enough
by Holly W. Whitcomb

A book from one of my favorite Christian authors. This book focuses on Seeking. “Many of us are continually, even obsessively, striving and seeking - for something or other. But are we ever satisfied? What is enough?” When we engage in finding we recognize with humility and wonder that the universe contains possibilities beyond our power to imagine.” I recommend this book highly for anyone seeking.

Chris Butterworth



Event Calendar 2024

Meetings are on Zoom . All times Central time.

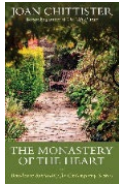
- Sunday Compline 6:00 PM
- **Tuesday** & Friday Morning Prayer 9:00 AM
- October 1 - Executive Committee 4:00PM
- October 6 – Book Study begins 5:00 PM
- October 17 - Circle of Leadership 4:00PM

TEC Fall Book Study

Beginning 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.



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!
October 06 – Cynthia Sand
October 13 – Lorna MacDonald
October 20 – Barbara Harris
October 27 – Becky Taylor

We would love for more women to lead compline, please contact Cynthia Sand at cynthiasand53@gmail.com



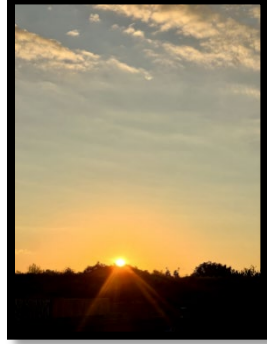
October Birthdays

Christina Butterworth	Sue Schlanbusch
Theresa Townsend	Celine Green
	Kathyleen Funk



The Blue Hour

I awaken to still silence
 The sun, just below the horizon,
 Casts a warming yellow/goldenglow,
 Gently coloring the sky a deep blue.
 Birds begin to sing,
 Beckoning the arrival of dawn
 As daybreak brightens the sky.
 And each day
 Opening the doors
 Stepping out
 A world of possibilities
 Awaits me.
 Breathe In - I awaken
 Breathe out – To Wonder



Poems & Photographs (c) 8/26/2024
PattiJoy Posan

*“Every door is another passage another boundary,
 we have to go beyond.”* -Rumi



A Prayer for the Election

Lord God, as the election approaches, we seek to better understand the issues and concerns that confront our country, and how the Gospel compels us to respond as faithful citizens in our community.

We ask for eyes that are free from blindness so that we might see each other as brothers and sisters, one and equal in dignity, especially those who are victims of abuse and violence, deceit and poverty.

We ask for ears that will hear the cries of children unborn and those abandoned, men and women oppressed because of race or creed, religion or gender.

We ask for minds and hearts that are open to hearing the voice of leaders who will bring us closer to your Kingdom.

We pray for discernment so that we may choose leaders who hear your Word, live your love, and keep in the ways of your truth as they follow in the steps of

Jesus and his Apostles and guide us to your Kingdom of justice and peace.

We ask this in the name of your Son Jesus Christ and through the power of the Holy Spirit.

- Author Unknown



Recipe of the Month

Ingredients

4 sheets of puff pastry
 1 cup pumpkin puree NOT pumpkin pie filling
 1 egg + 1 egg yolk
 1/3 cup brown sugar
 2 tablespoons granulated sugar
 2 teaspoons pumpkin pie spice
 1/2 teaspoon vanilla extract
 1/4 teaspoon salt
 1 tablespoon half and half



Instructions

If frozen, set out puff pastry sheets to slightly thaw, up to 40 minutes. They should remain cold but be pliable enough to roll out.

Preheat oven to 400°F degrees.

Mix the 2 tablespoons of granulated and 1 teaspoon of the pumpkin pie spice together and set aside. Mix together the pumpkin puree, 1 whole egg, brown sugar, 1 teaspoon of pumpkin pie spice, the vanilla, salt and half and half. Whisk until well combined, set aside.

Roll out the puff pastry sheets so they are about 13 inches long (big enough to do 3 rows of pumpkins). Use a pumpkin shaped cookie cutter to cut the puff pastry into pumpkin shapes. Place 12 of the puff pastry pumpkins on two baking sheets lined with parchment paper. Use a small, sharp knife to cut out Jack O' Lantern faces in the remaining 12 pumpkins. Use a rolling pin and roll over each Jack O' Lantern once or twice to make it just slightly larger than the bottom pumpkin.

Spoon about 1 tablespoon of the pumpkin pie mixture onto the center of each pumpkin bottom. Use your finger to brush the edge of the puff pastry with water. Carefully set the Jack O' Lantern Pumpkin on top, lining it up with the pumpkin on the bottom. Use your finger to gently press together the edges of the pumpkins.

Whisk the egg yolk with one tablespoon of water. Brush the egg wash over the top of the pastries. Sprinkle with the sugar and spice mixture.

Bake for 15 minutes, until the pumpkins are puffed and golden.

Notes

*It is easier to cut the shapes out of the puff pastry when it is colder, so keep the ones you aren't working on in the freezer, so they don't get to warm.

recipe from Meghan, Fox and Briar website.



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.

