



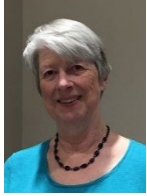
Discerning Hearts

Newsletter of The Episcopal Community

"We are marked as Christ's own for ever."

Volume: 2024 Issue 11

Meet Merry Keyser, Treasurer



I became interested in Benedictine Spirituality while taking the EFM course. My interest in Benedictine spirituality was fostered by my EFM mentor back in 1995 and we were both founding members of the East

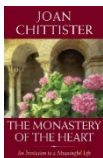
Tennessee Benedictine Study Group. Sadly, we no longer meet. When I heard about The Episcopal Community, I knew I had found a spiritual home.

I retired from my federal government career in 2004 and, together with my husband, have embarked on an intentional "giving back" career as a volunteer for our professional society – the Institute of Electrical and Electronics Engineers (IEEE). Our IEEE volunteer work takes us around the world organizing .finance and management, both as a volunteer in my church and in my community.

My husband and I live in Franklin, Tennessee where I attend The Church of the Resurrection. I really enjoy serving my parish as a Worship Leader, enthusiastic member of the Altar Guild, and facilitator for many small groups. I have traveled extensively, mentoring international students. I now use my varied experiences in my work with The Episcopal Community as Treasurer.



Fall Book Study Continues Sundays 5:00pm Central



Monastery of the Heart By Joan Chittister, OSB

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.

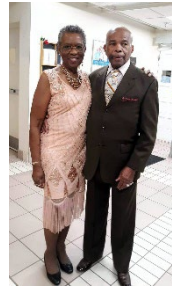
There are two publications for this title, either will be acceptable, so if you have a copy, there is no need to purchase another. Zoom discussions will precede Compline on Sunday evenings. We hope you will join us for this discussion on bringing more Benedict into our lives.



Do you need a snail mail copy of Discerning Hearts? Contact Barbara Harris at communication@theepiscopalcommunity.org



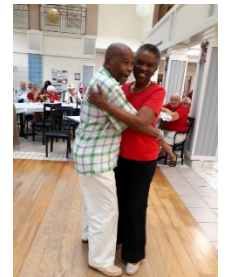
My Journey of Loss and Recovery Barbara Willis



As you know, after losing a loved one, a person has many great emotional feelings to overcome. For many weeks after my husband passed, I felt restless and confused, I could not focus or even read a book, for a while I thought I was losing my mind. As I faced the reality of losing my loved one of over 60 years, I thought, "I've lost a part of me." Yes, a part of me was gone (No returns here!) I'm on my own, single, and with a new title, widow.

These feelings led me to attend a Grief Group. (I also chair this group now.) We meet every Tuesday at the Senior Friendship Center here in Venice, Florida.

Attending the group meeting helps me not to hold on to my sad feeling as this can affect my health. I've learned to embrace the fear and giving thanks for having my loved one all these years. There will always be tears and memories and various challenges as I grieve. I chose to focus on gratitude for our life together and that helps me to cope.



Thanks to my faith, family and friends, who help me to navigate this highway of heart break but mostly all I hope for is that I can be helpful to others.



Event Calendar 2024

Meetings are on Zoom. All times Central time.

2024

- Sunday Compline 6:00 PM
- Book Study Sundays 5:00 PM
- Tuesday & Friday Morning Prayer 9:00 AM
- Zoom Social Wednesday, November 13, 4:00PM

2025

- Tuesday, January 7, 2025-Executive Committee
- Tuesday, January 21, Circle of Leadership
- Tuesday, April 1, 2025-Executive Committee
- Tuesday, April 15, 2025-Circle of Leadership
- Tuesday, August 5, 2025-Executive Committee
- Tuesday, August 19, 2025-Circle of Leadership
- Tuesday, October 7, 2025-Executive Committee
- Tuesday, October 21, 2025-Circle of Leadership



Birthdays

Rose Ann Evans
Mary Karen Roberts
Joanne MacPhee



Open My Eyes

Lancelot Andrewes 1555-1626

Open my eyes and I shall see,
incline my heart and I shall desire,
order my steps and I shall walk
in the path of your commandments.

O Lord God, be my God,
and beside you let there be no other,
none else, nothing else with you.

Let me adore and worship you
and serve you in truth of spirit,
in reverence of body,
in blessing of lips,
in private and in public.



“The vote is precious. It is the most powerful non-violent tool we have in a democratic society, and we must use it.”

— John Lewis, late civil rights activist and member of the US House of Representatives for Georgia

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.



Morning Prayer with Washington National Cathedral

When you are not with Cynthia for Morning Prayer, you can join the WNC for daily morning prayer. Recorded daily it is a lovely way to start the day, no matter what time zone you are in!

<https://cathedral.org/worship/weekly-services/morning-prayer/>



Recipe of the Month

Cauliflower Soup

Total Time: 30 min.

Ingredients

1 medium head cauliflower, broken into florets
1 medium carrot, shredded
1/4 cup chopped celery
2-1/2 cups water
2 teaspoons chicken bouillon
or
1 vegetable bouillon cube (see note)
3 tablespoons butter
3 tablespoons all-purpose flour
3/4 teaspoon salt
1/8 teaspoon pepper
2 cups 2% milk
1 cup shredded cheddar cheese
1/2 to 1 teaspoon hot pepper sauce, optional

Directions

In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain). At this point, you can *partially blend* the vegetables in a blender or with a stick blender, to make a creamier soup. This is optional.

In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.

Notes:

I prefer *Better than Bullion* because I can purchase it in a low sodium variety.

This recipe is adaptable to a vegetarian or vegan diet. Use vegetable bullion and vegan cheese. I like Daiya brand.



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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.

