



# Discerning Hearts

Newsletter of The Episcopal Community

*"We are marked as Christ's Own for ever."*

Volume 2024 Thanksgiving Issue

## Beatitudes of Life



Blessed are you as you feel burdened down with possessions, for you will find joy in giving them away.

Blessed are you who find your day long and your body weak, for you will rise and run and leap with the deer.

Blessed are you when you scowl at the labyrinth of wrinkles in your body carries, for following the labyrinth, you will know where you have been and who you are.

Blessed are you as you mourn those who have gone before, and tears fall as streams down your face. For you as the sun rises and the moon sets, you will know your beloveds are with you.

Blessed are you as your blood boils and pulses in your veins and the rot of anger consumes you, for hear me dear one, the Wisdom of the Divine Mother will fill you with new ways to love yourself and others

Blessed are you when creativity knocks at the door of your heart, for the creativity of the universe will guide the pen, the paintbrush, the words, and you will know compassion

Blessed are you when you raise your arms to the heavens and declare it is your time to leave Earth, for the trees will support you, the gentle breeze will calm you, and the birds will sing to you, for you are worthy

Blessed is the little child in you who screamed NO and you were ignored, for you will be blessed with Wise Ones who will guide you through your grief and walk with you as you remember.

Blessed are you who when you feel overwhelmed by the needs of others, for in receiving compassion and love, you will respond with compassion and love.

Blessed are you as you search for the Divine Light, Divine Wisdom, Divine Feminine ... for She never left and is holding out Her hand to you know

Blessed as you struggle with relationships that have tossed you about like an angry sea, for waters will calm and peace will prevail as you journey inward and touch the flame of knowing within

Blessed is the stuttering voice, grasping for words, a whirlwind inside, for your truth will be heard and YOU WILL BE WHOLE.

Patti Joy Posan



## Giving Thanks

I am thankful that our entire family got together in Copenhagen June/July 2022 for a week-long adventure. And I am so thankful for my eldest daughter who arranged the adventures! Here we are on a biking day:



And I am so thankful for The Episcopal Community as it came to me at a very difficult time in my life and helped me find peace (and new friends) 🙏

Thanks for this opportunity to express thanks! A great inspiration ...

Your sister in Christ,  
Denni



## *Thanksgiving Memories*

Thanksgiving was always an important holiday in our family. And my favorite tradition was the making of cranberry relish. (The recipe is still on the Ocean Spray Cranberry bag.)

The weekend before Thanksgiving dad would get out the old hand cranked meat grinder and fix it to the dining room table. He had spread newspapers underneath the table by the meat grinder because it leaked the juice all over the floor. My mom would cut up the oranges, rinse the cranberries, and measure the sugar.

We kids got to participate by taking turns dropping the cranberries and oranges into the grinder while my dad turned the handle and ground the cranberries. And this was a major product because we often had eight to 10 people for Thanksgiving dinner. And on top of that we made enough cranberry relish to last through Easter because cranberry relish was a mustard every holiday dinner in our house!

Sadly, Thanksgiving dinner now consists of maybe two to three people. But for me, it's just not a holiday meal unless I make the cranberry relish. So, every year I make the cranberry relish. It's a lot easier now because I use a food processor, but I miss the tactile experience of dropping in the cranberries and the oranges and sometimes even being allowed to crank the handle. I think the thing I miss the most is that wonderful smell that permeated our house from the cranberries and oranges as they were being ground by hand.

Lorna MacDonald



Every year my dad would flood an area behind our acre lot that he lined with plastic made by his employer 3M. It was big, the entire width of our yard. He strung a flood light from my favorite oak tree that had been there since he was a child on land that used to be the family farm. After mom's turkey dinner with all homemade dishes, we headed out in our coats, boots, scarves, mittens and hats to skate on the magic my dad created. A perfect rink, smooth as a mirror. We'd skate til our toes went numb as we glided and twirled in that one bright spot wrapped in a shawl of darkness studded with starlight. And until the promise of grandma's steamed plum pudding with hard and hot sauce drew us back into our cozy warm home filled with the big kids home from college, a family

of nine, including boyfriend or girlfriend too. There was always room at my parent's table. Always love. I give thanks for their wonderful models of creativity, generosity and a childhood full of wonderful memories.

Cynthia Sand



I come from a very large family with members scattered across the United States and the globe. It was very difficult to get everyone together for every holiday. As our family grew my mother decided to take the pressure off of everyone and choose one holiday for all of us to make a genuine effort to be home with our family. She chose Christmas Eve, freeing up Christmas Day for each of my siblings to be home with their children. Therefore, Thanksgiving wasn't a big blowout celebration, just my parents, one of my brothers who still lived at home, and I. I loved the crazy big family Christmas celebrations, but I must admit the quieter Thanksgiving ones were nice also.

Recently, Thanksgiving has taken on a whole new meaning for me. I have been researching my family's genealogy since I was a teenager. Over the years when I hit a brick wall, I would set it aside and eventually go back to it later. My grandfather told me years ago that we had ties to the Mayflower. I finally broke through that brick wall and found the link. Yes, I had ancestors on the Mayflower! So as my husband, son, and I enjoy our Thanksgiving together this year I will give thanks to my ancestors who weathered that difficult trip so that I can call America home.

Melodie Rowland



My favorite Thanksgiving memories are family and friends gathered around the dinner table, or tables sometimes, sharing one-by-one the thing for which we are most grateful. Because we range in ages from toddlers to centenarians, these are often poignant, unexpected, and humorous. The thing most often said, year after year, is being thankful that we can gather together to share a meal, thoughts, laughter - time together.

Kathleen Nyhuis



## How do you count your blessings?



One of my favorite Thanksgiving traditions is to prepare little packets of corn kernels for each guest who will be at our table. I use the very small candy cups (mini cupcake liners) and I place 5 kernels of corn in each one. They are placed on the table and as we sit down to eat, each guest takes a kernel and says what they are thankful for. We take turns going round and round so that each person can reflect and perhaps be reminded of their blessings when hearing of someone else's. When we are done, a short grace is shared and then it is time to eat!

Barbara Harris



## Advent Book Study



### Beginning Sunday December 8

6PM Eastern, 5PM  
Central, 4PM  
Mountain and 3PM  
Pacific

Spend the 40 days of Advent, Christmas, and Epiphany in the company of:

Mary the Mother of Jesus

Elizabeth the Mother of John the Baptist

Anna the Prophetess at the temple in Jerusalem.

Anticipate, celebrate, and marvel at Jesus' birth with *Three Wise Women*, a richly researched and faith-building new devotional by Dandi Daley Mackall.

### Please read days 1 through 8 for the first meeting.

We hope you will join us for this series. This will be a time to step away from the commercial and center on the spiritual season of Advent.

Click on the link below to join our Zoom meeting.

<https://us02web.zoom.us/j/89258940254?pwd=emU5V2x4UIRCM3dtRmJjajJ6V3B3Zz09>

Meeting ID: 892 5894 0254

Passcode: 184248



## Leftovers!

### White Turkey Chili

*This is great to make with your leftover turkey!*

#### Ingredients

2 tablespoons of olive oil  
1 medium onion, chopped  
3 cloves of garlic  
2 (10 oz.) cans of tomatoes with green chilies  
1 jalapeño, seeded and chopped  
2 cups of chicken stock  
1 (17 oz.) can chopped green chilies  
2 cups of leftover turkey, chopped  
½ teaspoon oregano  
1 teaspoon of cumin  
¼ cup (heaping) chopped cilantro  
2 cans of cannellini beans  
1 tablespoon lime juice

#### Method

Heat oil in large stockpot. Add onion. Sauté for 3-5 minutes until softened. Add garlic. Cook for 1-2 minutes longer. Add tomatoes and jalapeño. Cook, stirring occasionally. Add chicken broth, green chilies, turkey, oregano, cumin, cilantro, beans and lime juice.

Season with salt and pepper. Cook until heated through stirring frequently. If chili is too thick, add more chicken broth.

I love to have jalapeños, Monterrey Jack cheese, sour cream and cilantro to top the chili.

Rebecca Taylor



Psalm 107:1

*Give thanks to the Lord, who is good, whose mercy endures forever*