Discerning Hearts

Newsletter of The Episcopal Community

"We are marked as Christ's own for ever." ***Volume: 2025 Issue 09***

Annual Meeting
Thursday, September 18, 6PM Eastern

A live link will be sent out approximately one week before the meeting. We encourage all our members to attend and meet our new Chaplain!

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A Message from Kathleen Nyhuis

Dear Sisters,

The UN Commission on the Status of Women does much to help our sisters throughout the world. I have followed and supported this work for years. It is a lot to read, but if you would like to add your name to those of us who encourage this work, please consider signing the bottom of the letter, to support their work. When complete, send it along to the source.

https://tinyurl.com/UNConWomen

Kathleen

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Compline

07 - September	Lorna MacDonald
14 - September	Barbara Willis
21 - September	Cynthia Sand
28 - September	Merry Keyser

If you would like to lead compline, please contact Cynthia Sand at cynthiasand53@gmail.com

God Amongst the Pots and Pans

My kitchen is a sacred place for me,
and I know there us a presence there
watching over me.
The two of us move in harmony,
expressing silent gratitude to
the well-worn kitchen sink
that cradles dishes and pots and pans
As she washes, I stand drying
our movements synchronized
as we move in a choreographed dance.
My hands, once adept at handling
slippery dishes,
now take pride in being the
reliable dryer
an essential part of our daily ritual.
Together, we softly hum sacred tunes
and offer breath prayers to the world,
While sharing gentle laughter
proclaiming, "This is holy time."

"God walks among the pots and pans" – Saint Teresa of Avila.

These words are such a succinct and simple reminder that God is found in all things and in all places. PJP © 2024

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Birthdays

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

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Community Calendar

Meetings on Zoom are listed as ***Central time****.*

- Compline — Sunday's 6PM
- Prayer Circle – Wednesday's 1PM
- Morning Prayer - Friday's 9AM
- September 18 – Annual Meeting 5PM
- October 7 - Executive Board 4PM
- October 21 - Circle of Leadership 4PM

2027

- July 3-8 - 82nd General Convention
  Phoenix, AZ

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Did you know?

The History of the Emblem

The contemporary design of the emblem combines three parts: the cross, the shell in the center, and the circle inscribed with our motto “Marked as Christ’s own for ever.”

The Latin Cross is a unique variation of both the Canterbury and Celtic crosses; both these ancient crosses remind us of our Episcopal heritage and traditions.

There are actually three crosses in the emblem. First is the larger outline cross, next the interior cross formed by the shaded areas, and thirdly the diagonal cross formed by the open spaces. Each open space between the arms and leg of the cross also suggests the shape of a Bishop’s miter in profile.

The edges of the cross, along with the borders of the circle, can be walked mentally, or with a stylus, as a mini labyrinth. The paths lead us always to our center in God. The emblem can be used as a prayer tool.

The center shell symbolizes our vows to live into the Baptismal Covenant more fully and deeply and to live intentionally. The center shell reminds us of whose we are and that we are being held in the center of God’s transforming love.

The circle completes the symbolism of living our Baptismal Covenant vows. The unbroken outer circle represents eternity and being surrounded by Christ’s love as we wear the indelible cross and is a variation of the Celtic cross design which ties heaven and earth together. Both circles remind us of the gift of the Holy Spirit which empowers us to keep that covenant.

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Listening with the Ear of Your Heart

When a group of graduates of St. Benedict’s Toolbox gathered to form a Circle, we decided on the name “Listening Hearts” from the title of this article because these words emphasize to us how we need to live our lives. We are a Zoom Circle, which works perfectly for us! Our members are Carol Putnam from Chattanooga TN, Ida Cummings from Charlottesville VA, Denni Connors from Crozet VA, and BB Vaughn from Waynesboro, VA.

We meet each Tuesday evening from 7:00 to 8:00 Eastern time. The leadership rotates weekly. Our study is based on Stephen Isaacson’s book “Praying with Saint Benedict”, and how we live our lives according to the “Toolbox” readings. If anyone would like to visit, please let BB Vaughn know, and she will send you the link.

Recipe of the Month

Marry Me Butterbeans

A quick and flavorful dish combines creamy butter beans with tangy sun-dried tomatoes, creating a comforting meal reminiscent of Tuscan cuisine. Ready in just 30 minutes, it's perfect for busy weeknights, offering a rich and satisfying taste with a touch of chili oil for heat. Fresh baby spinach adds a vibrant, nutritious element, making this skillet an ideal choice for a wholesome and delicious dinner.

Ingredients

2 tablespoons olive oil
1 large onion diced
4 garlic cloves minced
1 teaspoon tomato paste
1 tablespoon Italian seasoning
Salt and pepper to taste
1 cup heavy cream or full-fat coconut milk
7 ounces sun-dried tomatoes chopped
17.6 ounces butter beans drained and rinsed
A handful of baby spinach
Chili oil for topping
Sourdough bread for serving

Instructions

In a large pan, heat the olive oil over medium heat.

Add the diced onion and minced garlic together. Sauté for about 5-7 minutes, until the onion is translucent and the garlic is fragrant.

Stir in the tomato paste and cook for about 1 minute, until well combined.

Add the Italian seasoning, salt, and pepper to taste. Stir to mix.

Pour in the heavy cream or full-fat coconut milk, stirring continuously until well mixed.

Add the chopped sun-dried tomatoes and stir to combine. Cook for about 5 minutes, stirring occasionally.

Add the drained and rinsed butter beans, and stir to combine. Cook for another 5 minutes, stirring occasionally.

Continue to cook, stirring occasionally, for about 10 minutes, or until the sauce has thickened to your desired consistency.

Once the sauce is thickened, stirring the baby spinach. Stir for about 2-3 minutes, until the spinach is wilted.

Top with chili oil and serve with slices of sourdough bread.

From <https://drveganblog.com/wprm_print/marry-me-butter-beans-with-creamy-tuscan-sauce>

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