



Discerning Hearts

Newsletter of The Episcopal Community

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

Volume: 2026 Issue 03

Thoughts on our Worship

Kathleen Nyhuis

Over the past months, our worship listed as Compline, has expanded to include any other offerings such as New Zealand Prayer Book Night Prayers, Evening Prayer from the BCP, services created and shared from the Green Mountain Abbey (an online community of the Diocese of Vermont) and other Episcopal/Anglican liturgies. We have had a variety of chosen and lead services by our members. I would always want to encourage this wonderful sharing of worship.

I love compline but I also delight in a variety of offerings. Considering our across-the-country time zones, compline is considered prayers "before bed," so even at 7 PM is the easternmost time zone of members, not many of our members are heading off to bed. Perhaps it would be best to list the services as Vespers, and more accurately name our beautiful evening worship. What do you think?

I would also like to encourage all members to take an opportunity to lead one of our times of worship, or perhaps your Circle could lead us. If you want to use one of the previously used liturgies, several are available to be shared and a straight BCP Compline is always a lovely option. Contact worship@theepiscopalcommunity.org to offer a time ... two or three or even six months down the road. Pick a date. Bless us with you!

On Wednesday we join for Prayer Circle at 2PM Eastern. Our Wednesday meetings vary between healing of illness and healing of our Nation. Special healing prayers may be offered for particular needs, contact prayer@theepiscopalcommunity.org. We hope you can join us for these offerings.

The Community also offers Morning Prayer on Fridays at 10AM Eastern. We have been using the Green Mountain Abbey form of Morning Prayer.

Considering we are in Lent, and things are done more intentionally, I might offer a few suggestions for our worship time:

Slow the pace and pause

be intentional, relax,

pause as we move from one section of worship to another

pause between verses of the psalms,

pause between prayers

Leave quiet space for listening.

Try to be present as often as possible.
May we all experience a deeply holy Lent.



Birthdays

Jayne Holmes

Barbara Watkins-Frey-Beeman

Denni Conner

Lenten Book Study Continues

We continue our book study of **Ashes and the Phoenix** on Tuesday evenings, at 7:00 pm EST.

If you haven't purchased the book and want to, please come to the study anyway! We are happy to have you show up!

If you have any questions, or concerns, please let me know.

Chris Butterworth

Christina.s.butterworth@gmail.com

To purchase "**Ashes and the Phoenix: Meditations for the Season of Lent**" by Teresa Mateus. [Click here.](#)

Link to our meetings:

<https://us02web.zoom.us/j/82364356820?pwd=OPaMVAfNRJcjcRybd9SbVcFipkd7H.1>



Lenten Morning Prayer

Heavenly Father, As I rise this day, I offer You my heart, my thoughts, and my steps. Help me walk this Lenten journey with a spirit of humility and devotion. Keep me mindful of Christ's sacrifice and teach me to deny myself so that I may draw closer to You.

Lord, strengthen me to fast from what separates me from You and feast on Your presence. May my words be kind, my actions be pure, and my heart be set on things above. Guide me in love and repentance, shaping me into the image of Your Son. In Jesus' name, I pray, Amen.



Compline

01-Mar	Bishop Diane
08-Mar	Merry Keyser
15-Mar	Lorna MacDonald
22-Mar	BB Vaughn & Carol Putnam
29-Mar	Barbara Willis

The office of Compline is the final office of the day. We see this as a time to check in and be together for just a little while. If you would like to lead compline, please contact us at prayer@theepiscopalcommunity.org



Event Calendar

Meetings are on Zoom. All times Central time.

- Sunday Compline 6:00 PM
- Tuesday Lenten Book Study: 6:00PM
- Wednesday Prayer Circle 1:00PM

- Friday Morning Prayer 9:00 AM
- Saturday Compline 10PM

Scheduled Meetings

- April 09 - Executive Committee 6:00 PM
- April 23 - Circle of Leadership 6:00 PM



Saint Augustine (354-430) created this poetic prayer to the Holy Spirit:

Breathe in me, O Holy Spirit,
That my thoughts may all be holy.
Act in me, O Holy Spirit,
That my work, too, may be holy.
Draw my heart, O Holy Spirit,
That I love but what is holy.
Strengthen me, O Holy Spirit,
To defend all that is holy.
Guard me, then, O Holy Spirit,
That I always may be holy.



Lenten Poem Patti Joy Posen



I am fasting from:

*NO and being open to the YES all
around me
Not-Doing and going forth TO DO*

*Feeling EMPTY and welcoming
FULLNESS into my life*

*HOLDING IT ALL IN and giving
myself the GIFT OF TEARS.*

*The fullness of FEAR and opening to
AWE*

*Breathe in - I am dust
Breathe out - To dust I shall return*



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The Episcopal Community
P.O. Box 242
Sewanee, TN 37375.

Blueberry Banana Bread

*Martha Estes "My mother, Jean, felt it was very
important when baking to have music on and have love
in your heart with prayer. I have learned and followed
this practice to have love in my heart for baking.
Baking with love brings success!"*

*Makes One Loaf, but the recipe is easily doubled
Note: This recipe is made for high altitude baking*

Ingredients

- 1 cup All Purpose Flour
- 2/3 cup Whole Wheat Pastry Flour
- 3/4 Baking Soda
- 1/2 Ground Cinnamon
- 1/4 Salt
- 3/4 Granulated Sugar
- 1/2 Cup Vegetable Oil
- 2 Large Eggs
- 1 Tsp Vanilla
- 3-4 Very ripe bananas mashed
- 3 Tbsp Greek Plain Yogurt (may substitute Sour
Cream or Cottage Cheese)



Optional Additions:

- 1 Cup of Blueberries (dusted with White Flour)
- 2/3 Cup of Mini Chocolate Chips
- 1 Cup of Chopped Nuts of your Choice
- 1 Cup of Raisins (boiled to soften up)

Instructions:

Preheat the oven to 350°
Grease and flour a 9" loaf pan.
Sift the dry ingredients together in a small bowl.
In another bowl, beat together the sugar, oil, eggs
and vanilla.
Add the dry ingredients and mix well.
Mash the banana well, and yogurt to combine.
Add to the egg and flour mixture.
Pour into the pan ABOUT 3/4 full and decorate with
a line of whatever additions you have made to the
batter, sliced banana nuts, berries. Sprinkle with
cinnamon sugar.
Bake at 350° for about 45 minutes on the center
rack until a tester comes out clean.
Do not overbake, it will become dry. Cool for 0-60
minutes in pan on a wire rack. When it pulls away
from the pan, carefully remove from loaf pan and
continue to cool on rack.



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

