



Discerning Hearts

Newsletter of The Episcopal Community

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

Volume: 2026 Issue 04

Music IS Praise!

Benedict, in Chapter 12 of the Rule, talks about Sunday worship and I am quite sure it was an entire day affair! Psalms were to be sung in succession from memory! Is it possible to memorize all 150 psalms? I would think if you had to speak them, no; but singing is joyous and activates our brain in a unique way. One of the earliest forms of communication with babies is music: lullabies, nursery rhymes, nonsense songs, they all allow language to develop. Listening to and performing music stimulates areas of the brain associated with memory, reasoning, speech, emotion, and reward. Two recent studies, one in the United States and the other in Japan, found that music does not just help us retrieve stored memories, it also helps us lay down new ones. No wonder Benedict had his followers sing the psalms!

Did you know that there are at least thirty hymns in our hymnal that are based on the psalms? Psalm 23 alone has four versions. Music has been an integral part of our worship since Miriam sang in the desert. Even Moses with his speech impediment sang his song of release. Judith, David, Hannah, Mary - they all sang to the Lord!

Today, we are not expected to memorize all the psalms, but we can choose a few and commit them to memory through song. Psalm 23 is set to simple melodies and since it is one of the most beloved psalms, it is an easy one to begin with. Hum the tune around the house, on the way to work, before falling asleep. I think you will find that the words will flow after a few tries.

After singing in choirs for over 50 years, so many of our hymns are etched into my brain. Sometimes it is only a line or two that repeats over and over, but each one is a comfort to me. Each takes me away from the problem and lets me focus on my God. When days are stressful or nights are sleepless, sing your hymn. It does not even have to be a psalm; our hymnal is rich in biblical verses and theological truths.

"Oh, but I do not or cannot sing!" you may say. Well, no one else is listening, sing anyway! Sing in your head, in the shower, in the car. Bring praise with you wherever you go and you will never be alone. For a resource of hymn tunes, check out [1982 Hymnal - 1982 Hymnal](#), the organist at St. Mark's in Mesa, Arizona has created midi files of many of our hymns and it is free to use.

Make a joyful noise to the Lord!



Responses to this year's Lenten Journey

Following are a few poems from our members reflecting on their Lenten journey. Thank you to those who submitted poems for this issue.

From Lorna MacDonald

How long will we reside I the ark tomb
How long till we hear his voice calling us?
The voice calling us forward to true life.
Will we see the light in the call?

Shall we remain in the shadow of death?
Real life kept at bay, forever in the dark.
Weeping for our pain, he calls out to us
Come out, come out, into the light

Unbind, unbind, now be set free.



From Martha Estes

I LOVE THE TIME

of SEARCHING
us TALKING
the REACHING
of FEELING
us SHARING
the TEACHING
of LENT

CHALLENGING US



From Patti Joy

" O mortal, what is good..."

Miahpat - do Justice and live in love
As God loves me, may I love others
Justice for everyone, everyday
Live into compassion
be there for one person,
one life
stand with them
as a mental health advocate.

Hesed - Love Kindness
kindness beyond everyday kindnesses
when our grandson stole our car
and went to jail,
we visited him each week
compassion grew
and we could say I forgive you.

Anavah - Walk Humbly

God has given me space in this world
and reminds me,
I will return to dust
Allow Her to lead me
for She is with me every moment
Listen, show gratitude,
stay in the moment
you are not the most important person

When I walk humbly with my God,
doing justice
and loving kindness
showing mercy
walk hand in hand with me.

Wouldn't that be some world?



Birthdays

Pete Overshiner Lorna MacDonald
Teddie Brewer Ida Cummings



Vespers/ Compline

5-Apr No Service, Easter
12-Apr Barbara Harris
19-Apr Becky Taylor
26-Apr Bishop Diane

We see Vespers/Compline as a time to check in and be together for a little while. It is a joyful time, and we hope you will join us! If you would like to lead compline, please contact: 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



Recipe of the Month

Ingredients

Cooking spray
6 Tbsp. all-purpose flour
1/4 cup granulated sugar
2 (20-oz.) cans pineapple chunks,

plus 1/2 c. juice
1 cup shredded cheddar
32 Ritz crackers (1 sleeve), crushed (about 1 1/3 c.)
4 Tbsp. (1/2 stick) butter, melted

Directions

Preheat oven to 350°. Coat an 8"-by-8" baking pan with cooking spray.
In a large bowl, whisk flour, sugar, and 1/2 c. pineapple juice until combined. Add drained pineapple chunks and toss to coat. Transfer pineapple mixture to prepared pan.
Sprinkle cheese evenly over pineapple mixture, then top with crackers. Drizzle butter over.
Bake until filling is bubbling and crumbs are golden brown, 30 to 35 minutes. Serve immediately.



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



PayPal makes it easy!

When paying by check, please designate which fund or annual dues in the memo line.

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

