



Discerning Hearts

Newsletter of The Episcopal Community

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

Volume: 2026 Issue 06

Shavuot / Pentecost

PattiJoy Posan



Someone once asked me, "How do I not let my expectations and cynicism close my heart to the new voice rising like a fierce wind?"

For me when I feel filled with Spirit that embodies the life force in all things I think of Conversion, and each morning I make the commitment to always be surprised by God.

Conversion calls me to recognize I am on a journey and always changing.

God is always offering me something new. May I be open to my transformation and open to the ways

God is calling me and sharing himself with me.

Pentecost calls us to listen with the ear of our heart and open ourselves and to go into the world, as the apostles did and share our gifts.

Benedict speaks to us in his Rule to welcome your "beginners mind" knowing you can always begin again.

As I reflect on the word Spirit:

Giver of life

Creative breath of God

Spirit of Truth and Wisdom

Counsellor

Indwelling of God

Empowering our lives

Breathe Your Life into our lives.

And let us remember:

"All guests who present themselves are to be welcomed as Christ" (St. Benedict)



Event Calendar

Meetings are on Zoom. All times Central time.

2026

- Sunday Compline 6:00 PM
- Social Connect 4:00 PM
- Friday Morning Prayer 9:00 AM

Community News

Welcome to our Novitiates!



(From left to right): Julie Cook, Tiffany Thrush, & Nathalia Baum, Episcopal Parish of Alton in Alton, IL.

Nathalie writes:

We found The Episcopal Community around last December when a few of us were seeking a community of women with whom we could deepen our prayer life, have connection and accountability for living out our Baptismal Vows, and support others and be supported in our faith journey. We especially liked the idea of following a rule of life, as we were seeking structure for this journey.

Nathalia's husband worked for Patti Joy Posan in Sewanee during his time in seminary and so he was familiar with The Episcopal Community. When he heard what we were seeking, he suggested this community and it seemed like just what we were looking for.

After a few months of gauging interest in the congregation, we moved forward with sending in our applications. We have just started reading Jane Tomaine's book and we plan on meeting once a month to discuss with each other what we are learning during our individual study as well as insights from our mentors. We are very excited to begin the discernment period and start engaging with this wonderful community of women!

Listening Hearts, a group of members from Tennessee, Virginia, Michigan, and California are studying **Praying with Benedict**, by Stephen Isaacson. They meet over Zoom on Monday evenings. Convener is BB Vaughn from Virginia.

Holy Spirit Circle, Pahrump, NV., has had member Marty Larcom resign. Phyllis Neuber has moved to Washington State. The remaining six members are currently reading Richard Rhor's book, **Falling Upward**. Although the group takes a hiatus in the summer, they reconvene in the fall. The circle is asking for prayers for the Rev. Lola Cuthbert as she undergoes nuclear treatments for her cancer. -Jayne Holmes.

West Coast Sisters are also studying Stephen Isaacson's book and meet regularly for Compline on Saturday evenings.

Does your group or circle have news to share?
Please send an email to
communications@theepiscopalcommunity.org



A Song of Pilgrimage

Before I ventured forth,
even while I was very young, *
I sought wisdom openly in my prayer.
In the forecourts of the temple I asked for her, *
and I will seek her to the end.
From first blossom to early fruit, *
she has been the delight of my heart.
My foot has kept firmly to the true path, *
diligently from my youth have I pursued her.
I inclined my ear a little and received her; *
I found for myself much wisdom and became
adept in her.
To the one who gives me wisdom will I give glory, *
for I have resolved to live according to her way.
From the beginning I gained courage from her, *
therefore I will not be forsaken.
In my inmost being I have been stirred to seek her,
*
therefore have I gained a good possession.
As my reward the Almighty has given me the gift of
language, *
and with it will I offer praise to God.

Ecclesiasticus 51:13-16, 20b-22



Vespers/Compline

07 – Jun Barbara Harris
14 – Jun Barbara Willis
21 – Jun Becky Taylor
28 – Jun Bishop Diane

*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. It is a joyful time and we
hope you will join us! If you would like to lead
compline, please contact Lorna MacDonald at
worship@theepiscopalcommunity.org*



June Birthdays

Nathalia Baum Nancy Young
Lola Culbreath Melodie Rowland
Diane Jardine Bruce Beverly (Bev) Temple

Father, thank You for bringing me into June.
I place this month in Your hands -- my family,
my work, my rest, my plans, and the things I
cannot yet see.
Lead me with wisdom, protect me with peace,
and help me walk closely with You in every step
of this month. In Jesus' name. Amen.

*"Let the favor of the Lord our God be upon us and
establish the work of our hands for us." -- Psalm 90:17*

Recipe of the Month

Grilled Chicken Breasts w/ Spicy Peach Glaze – Bobby Flay



Ingredients

- 2 cups peach preserves or jam
- 3 tablespoons olive oil, plus more for brushing
- 2 tablespoons soy sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon finely chopped garlic
- 1 small jalapeno, finely chopped
- Kosher salt and freshly ground pepper
- 8 chicken breasts skin and bones intact
- 4 ripe peaches, cut in half and pitted

Directions:

Combine the peach preserves, olive oil, soy sauce, mustard, garlic and jalapeno in a medium bowl and season with salt and pepper. Reserve 1/2 cup.

Preheat the grill. Brush the chicken with olive oil and season with salt and pepper. Place the chicken skin-side down and cook until golden brown, 6 to 7 minutes. Turn the chicken over and continue cooking for 5 to 6 minutes.

Brush both sides with the peach glaze and continue cooking until done, an additional 4 to 5 minutes.

Place the peach halves cut side down on the grill and grill for 2 minutes. Turn over, brush with the reserved 1/2 cup of peach glaze and grill until the peaches are soft, 3 to 4 more minutes.



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



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