



# Discerning Hearts: Newsletter of The Episcopal Community

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

Volume: 2023 Issue 02

## *Think About Loving Yourself this Valentine's Day!*

*Christina Butterworth*



Most of us don't tend to lavish attention on ourselves. After all, we were brought up to "do for others." But this Valentine's Day why don't we take a look at some things we can and might want to be doing for ourselves. After all, what is the most important relationship you will have (besides

God) – with yourself. Self-love/care can also help to reduce stress – and who can't use that?

Say no.....Say no when you are too busy or really do not want to do what is asked of you. You do not have to give an excuse. Just say, I'm sorry I can't this time. I always said yes if it had to do with church; I do not anymore.

Spend some time doing something you love to do. Whether that is reading, walking, taking a long bath, crafting, playing with your animal or go for a hike. The list is as endless as your ideas. Do something you love to do and normally don't have the time to do. My favorite thing is to go to a bookstore. Treat yourself!

Stop what you are doing and focus on your breath. You are alive and created by our God, who loves us completely. Bring your breath to a calm place. Try box breathing (Google it!).

Be more forgiving towards yourself. I know that surveys have been done about all the negative thoughts we have about ourselves or something we said or did. Let's break the cycle for ourselves and for our daughters. Do not say anything to yourself (silently or aloud) that you wouldn't say to a person you truly care about. Pay attention to those words you tell yourself.



## *Cooking for One ... A time of prayer*

*PattiJoy Posan*



With the death of my husband a year ago, my eating habits changed. Getting into the swing of cooking just wasn't happening. About two months ago I began "waking up" to me and seeing this life of mine was here to be embraced, nourished, loved and cherished. I remembered a quote

from "Practice the Presence of God" by Brother Lawrence ... He wrote, "the time of work does not with me differ from the time of prayer; and in the noise and clatter of my kitchen...I commune with God in as great tranquility as if I were upon my knees in prayer in the holiest cathedral of worship." At first, I said to Self, "oh please, not this!" And then here came St Teresa of Avila who wrote, "Know that when you

are in the kitchen, Our Lord is moving among the pots and pans."

I have spent the last month searching out recipes and learning how to "cook for one." My stove is my altar and the kitchen my cathedral. As I begin to prepare my meal, I pause, light my candles, and offer up a silent prayer, "may all I do be done in love." The only sounds are my singing along with Carrie Newcomer or a sacred hymn uniting heaven and earth, food becomes an art project prepared with prayer and loving hands as I chop and stir, washing dishes and cleaning I dance and sway continuing the prayer as all is encompassed in an aura of divine love.

Cooking for one brings me to the present moment. I believe as Rumi writes, "There are many ways to the Divine. I have chosen the ways of song, dance, and laughter (and cooking).

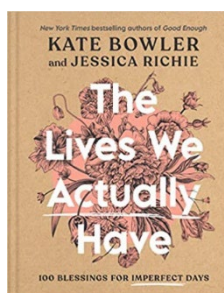
(If you want to know more about Cooking for One, email or message me.)

### Brother Lawrence – The Kitchen Prayer



## *Lenten Program*

*Christina Butterworth, Formation Chair*



This year the Executive Committee chosen the Lenten study and book by Kate Bowler entitled "The Lives We Actually Have." She has written a free [Study Guide](#) that is available by clicking on the highlighted text above. The book and Kindle version are not available until

February 14. Purchasing the book is not required, but may be obtained [here](#) or by clicking on the image. I've looked through the guide and it looks great. I love that she uses the term "the lives we actually have".

We will be meeting on Sunday evenings in Lent, beginning on February 26. I will facilitate the discussion that evening. We will start at 6:00 pm Eastern and continue until Palm Sunday, April 2. We are asking for members to help lead the discussion. She has a group guide that helps facilitate this. If you are interested in helping with this, please reach out to me at [christina.s.butterworth@gmail.com](mailto:christina.s.butterworth@gmail.com). You are welcome to lead with another person. We want to include as many members as possible to make this a joint journey in Lent.

Thank you and Blessings for a Holy Lent.

Our Postulant Denni Conner

Denni lives in Virginia and is studying with mentor Carol Putnam.



The question we ask in America is ... ‘What do you do for a living?’. Some folks say ‘retired’ (I count the years down to the day for that to be my answer!). I have been trying to answer this question in a way that folks can understand. My job title is ‘Solutions Architect’ and I currently work for Hitachi Solutions America (a division of the big Hitachi). This is not a path I chose on purpose, though my grandfather told me as a teenager that being a Systems Analyst would be a good career for me, which is close to what I do now.

What I do is after the salespeople sell business software (‘Dynamics CE’ by Microsoft currently), I take over the customer and lead the charge, along with the Project Manager, to implement the software. This includes software that helps businesses with marketing, sales, field service, customer support and some other applications. What I love about what I do (and dread at the same time), is learning all I can about how their business works in a week or two. Then I make sure I understand what they want to software to accomplish for their business. For example, they might want to consolidate three systems into one system. I work with all types of businesses and industries, so I say often that it is like being in Mr. Roger’s Neighborhood ... I visit the crayon factory and see how it all works before I implement it.

Most of the customers I work with are in the United States, though my work has taken me to Canada, England, and West Australia. Sometimes my work would require 75% or up to 100% travel, but always based out of my home. With the pandemic, though, I did not travel for almost 3 years. This month, I did go to Macon, GA, for my current customer, Georgia Farm Bureau Insurance Agency.

And like many in this computer consulting industry, I change employers every 3 to 5 years on average. Hopefully my current employer will be my last employer until I retire (2 years, 3 months, and 2 days as of this writing). This week between Christmas and New Year’s, we get the whole week off paid, which is quite unusual for employers. God has blessed me with each employer and those teammates and customers I meet along the way. I learn so many lessons with each implementation and employer and try to follow His lead.

What is your ministry?

Do you have a talent, or gift you share with others? Do you feed or collect clothing for those in need? Do you knit for the merchant Marines or for children’s hospitals? Do you read to the elderly? What is it that helps you to fulfill your baptismal vows? We want to hear from you! Send a brief article with a picture or two to [communications@theepiscopalcommunity.org](mailto:communications@theepiscopalcommunity.org) and we will feature it in an upcoming issue. Don’t forget a picture of you or your group!

February Birthdays

- 02-Feb - Monica Phillips
- 26-Feb - Sandra Pisani
- 26-Feb - Edyth Brown

Compline Schedule

- February 05 – Becky Taylor
- February 12 – Chris Butterworth
- February 19 – Chris Butterworth
- February 26 – Barbara Willis

Compline is the practice of evening prayer. The community offers compline over Zoom each Sunday Evening at 5PM CST. Please join us! If you would like to lead compline, please contact Please contact Becky Taylor at [bekatay@me.com](mailto:bekatay@me.com)

Event Calendar

- 2023
  - Sunday evening Compline, weekly at 6:00 PM CST
  - April 13, 4:00PM CST - Executive Committee
  - April 27, 4:00PM CST - Circle of Leadership
  - July 13, 4:00 PM - Executive Committee
  - July 27, 4:00 PM - Circle of Leadership
  - Sept 28, 4:00PM CST - Annual Meeting 2023
- 2024
  - June 30-July 09 - GC 81, Louisville, KY

Your contributions make a difference!

Membership Update  
We have 45 members and 37 have paid their 2023 dues or 82.22% have paid their dues. The few remaining members will receive a gentle reminder and a reminder that if you need assistance with paying your dues it is available through the Naomi Fund. Thank you to everyone.  
Carol Putnam, Membership Chair

Fund Updates

Mary Magdalene (study scholarships)	\$3,565.00
Naomi (dues assistance)	583.38
St. Clare (outreach)	553.12
GC81 Fund	2,895.66
Emblem Fund	193.00

At the Fall Circle of Leadership Meeting in 2022 it was voted that a donation of \$250 from the St. Clare Fund be sent to the Episcopal Diocese of Eastern Kentucky for flood relief.  
Merry Keyser, Treasurer

Click on the link below to get started. Donations to individual funds may be made through PayPal or by check mailed directly to The Episcopal Community, P.O. Box 242, Sewanee, TN 37375



*Recipe of the Month*

Strawberry Cake

*Becky Taylor*

- 1 box cherry or strawberry cake mix
- 13 oz. box strawberry Jell-O
- 3 tablespoons flour
- 1/2 cup water
- 1 cup cooking oil
- 4 eggs
- 1 6–8 oz pkg. frozen strawberries

Directions

Preheat oven to 350°, prepare cake pans (2 heart shaped or one 9 x 13 pan) buttered and floured.

Combine cake mix, Jell-O, flour and mix well. Add water and oil. Add eggs 1 at a time and beat well after each addition. Add Strawberries. Bake according to the box directions testing for doneness. This cake can be iced, (see recipe below) or topped with whipped cream and fresh Strawberries.

Cream Cheese Strawberry Frosting

- 1 cup chopped strawberries
- 1 tablespoon of granulated sugar
- 8 tablespoons softened butter
- 8 ounces cream cheese
- 1 teaspoon vanilla extract
- 2 1/2 cups powdered sugar

Directions

Combine the fresh strawberries, sugar, and a splash of water in a small saucepan. Turn the heat to medium low and cook while stirring every few minutes until the strawberries reduce to 1/4 cup. Stir frequently, and lower temperature to prevent burning. You can add a splash of water if needed. It should take 20-30 minutes, and it will turn into a thick jam that looks like preserves. Scrape the strawberry mixture into a separate bowl and let it cool. Meanwhile, beat the butter and cream cheese mixture until creamy. Add the strawberry mixture and vanilla until combined. Add the powdered sugar and beat until everything is smooth and creamy. Spread on the cooled cake and decorate with additional strawberries.