



Discerning Hearts: The Newsletter of The Episcopal Community

Marked as Christ's Own For Ever

Volume: 2022 Issue 8



Welcome to August!

Dear Ones,

Patti Joy asked me to handle the newsletter this month; I am happy and excited to do so!

Did you know that Barbara Harris works with Patti each month on the newsletter? I knew she put it together (being the newsletter wizard she is) but did not realize that she added articles and things surrounding what's in the newsletter. Thank you Barbara and Patti!

August for me it conjures up the last month of summer before school starts after Labor Day. I know that now school starts earlier. I was shopping in Target™ twice recently and it couldn't have been more different. The first time I saw the end of summer items (slim pickings') in the back where they have the seasonal stuff and the next trip they were gone totally; in its place were backpacks, lunch boxes, paper, pens and all the "things" that are needed for school. I was struck at how different it was in a matter of a few days. That got me thinking about how our lives can change on a dime. Sometimes for good and other times for bad; which, as a Spiritual Director, caused me to think about my own spiritual "state"? Was I as prepared for a 'valley' as I could be? I think it could use refreshing!!

In this issue we are hopefully giving you some tools for you to use in our 'back to school' issue. I've included Becky Taylor's article on the upcoming Book Study she is leading, an article about Spiritual Direction that I wrote for this issue, and list of links to different offerings online.

I hope something appeals to you and we can all refresh together even though we are far apart!

Blessings,

Chris Butterworth

List of Online Spiritual Classes

Washington National Cathedral
<https://cathedral.org/outreach-programs/public-programs/>

ECW Newsletter
<https://ecwnational.org/communique/>

Benedictine Based
<https://www.monasteriesoftheheart.org/courses>

<https://cep.anglican.ca/courses/benedictine-spirituality-for-contemporary-christians-online/>

Association of Benedictine Retreat Centers

<https://www.theabrc.org/find-a-retreat-center/>
<https://www.benedictinecenter.org/>

Trappist Monk on-line classes

<https://www.trappist.net/>

Icon Classes

<https://www.sophiaiconstudio.com/>

Spirituality and Practice

<https://www.spiritualityandpractice.com/>

There are all sorts of classes, yoga, meditation, etc. A lot on-line. I just took a one-month Ayurveda Class and a healthy eating class. Note: this is not Christian based, but it blends with some of our spiritual practices.

<https://kripalu.org/?gclid=Cj0KCQjw viWBhD8ARIsAH1mCd7SerFC9GaXyp3XHe75Spr-UsRXLrLQbFzrNWnhJbx4RsGglgNDolAqoIEALw wcB>

Shift Network



Mystics Summit August 8-12. This free online event features an amazing slate of presenters. This timely event features more than 30 scholars, teachers, and contemporary mystics — including Reverend Dr. Heiwa no Bushi, Mirabai Starr, Banafsheh Sayyad, Father Greg Boyle, Alexander John Shaia, Taya Mâ Shere, James Finley, Rabbi Rami Shapiro, Rev. Robyn Henderson-Espinoza, Matthew Fox, and many other demonstrating ways to embody this sacred knowledge so you can receive soul-nourishing solace from quintessential mystical teachings across time. Click on the picture above to register.



August Birthdays

August 18 - Becky Taylor
August 24 - Sylvia James
August 25 - Donna Harrison

Event Calendar

September 25 - Annual Meeting
October 11 - Executive Committee Meeting
October 25 - Circle of Leadership Meeting

Annual Meeting

The Annual Meeting of The Episcopal Community will be held via Zoom on September 25 at 4:00 pm Central Time. Further information will be provided. We are asking as many members as possible to attend. This is your group, and we want you all to be a part of it. Please join in!



Compline Schedule

Every Sunday evening The Episcopal Community meets for Compline at 6:00pm CST. The service of Compline dates back to the forth century, and referenced by St. Benedict, St. Basil and St John Chrysostom. Compline has been prayed for century after century and forms part of Daily Office (Liturgy of the Hours.) Compline was the last service of the day, to be said by the monks and sisters. All members of The Community are invited to join Compline.

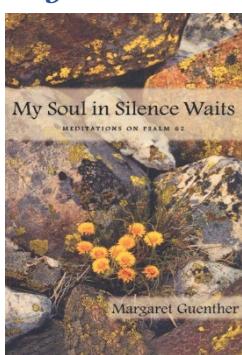
At this time we are asking for volunteers to lead Compline for the months of August, September and October. Please contact Rebecca Taylor at bekatay@me.com with your preferred date to lead.



Aug 07 – Barbara Harris
Aug 14 - Rebecca Taylor
Aug 21 - volunteer needed
Aug 28 - Merry Keyser



August Book Study



We are excited that Sunday, August 14th beginning at 5:00 pm. we will start our book study using the book, *My Soul Awaits in Silence, Meditations on Psalm 62* by Margaret Guenther.

In these reflections on Psalm 62 Margaret provides the foundation for a time of reflection and retreat without ever leaving home. The book's first chapter introduces us to ways of making a retreat wherever we are, at a place apart or in the midst of our daily lives. Guenther then offers eight meditations on Psalm 62, with its themes of waiting on God's presence with patience, trust, and expectation. She explores the images the psalm evokes of longing, silence, waiting, safety, enemies, and God as a rock and refuge. As in all her books, Guenther finds new ways to explore these ancient themes with the wit and practicality of an accomplished storyteller.

This is a fabulous book and hope you will prayerfully consider joining the community for this time of study, retreat and reflection. To order the book, please click on picture above or [here](#).

Becky Scott



Donate to Support the Community and its Work



This month we highlight the St. Clare of Assisi Fund. The fund supports women and children in the United States experiencing major financial need with the collection date set on or near her Feast Day (August 11th). The name was chosen because not only was

Clare a woman of prayer, but she also dedicated herself to helping the poor. Since 2011 the Saint Clare Fund has gifted the following organizations:

Magdelene House/Thistle Farms, Nashville, TN
The Blue Monarch, TN
Send A Child to Camp, Beckwith Camp & Conference Center, Fairhope, AL
Volunteers in America – Homeless Teens in Salt Lake City, UT
St Athanasius Feed My Sheep, Brunswick, GA
Casa Esperanza, Austin, TX

You may donate to any of the funds, pay your dues, or make a donation for the health of the community. Donations may be made in honor of or in memory of a loved one and will be listed on the Community website.



A New Summer Favorite



Recently, my granddaughter, who is vegan, brought me a slice of cauliflower cake from the book *Plenty More* by Yottam Ottolenghi. Her version substituted vegan cheese and eggs

substitute. I made the recipe as written below. If you cannot find nigella seeds (black cumin seeds), substitute black sesame. The cake is rich and savory and perfect for a summer evening with a side salad. Both versions were delicious, we hope you enjoy. -Barbara Harris

Cauliflower Cake

Ingredients

4–6 servings

1 small cauliflower, outer leaves removed, broken into 1¼ inch/3-cm florets (1 pound/450 g)

1 medium red onion, peeled (6 ounce/170 g)

5 tablespoons/75 ml olive oil

½ teaspoon finely chopped rosemary

7 eggs (scant 1 pound/440 g)

½ cup/15 g basil leaves, chopped

1 cup/120 g all-purpose flour, sifted

1½ teaspoons baking powder

⅓ teaspoon ground turmeric

5 ounces/150 g coarsely grated Parmesan or

another mature cheese

Salt and black pepper

Melted unsalted butter, for brushing

1 tablespoon white sesame seeds

1 teaspoon nigella seeds (or black sesame)

Instructions

Preheat the oven to 400°F/200°C.

Place the cauliflower florets in a saucepan and add 1 teaspoon salt. Cover with water and simmer for 15 minutes, until the florets are quite soft. They should break when pressed with a spoon. Drain and set aside in a colander to dry.

Cut 4 round slices off one end of the onion (each ¼ inch/5 mm thick) and set aside. Coarsely chop the rest of the onion and place in a small pan with the oil and rosemary. Cook for 10 minutes over medium heat, stirring from time to time, until soft. Remove from the heat and set aside to cool. Transfer the onion to a large bowl, add the eggs and basil, whisk well, and then add the flour, baking powder, turmeric, Parmesan, 1 teaspoon salt, and plenty of pepper. Whisk until smooth before adding the cauliflower and stirring gently, trying not to break up the florets.

Line the base and sides of a 9½ inch/24-cm spring-form cake pan with parchment paper. Brush the sides with melted butter, then mix the sesame and nigella seeds together and toss them around the inside of the pan so that they stick to the sides. Pour the cauliflower mixture into the pan, spreading it evenly, and arrange the reserved onion rings on top. Place in the center of the oven and bake for 45 minutes, until golden brown and set; a knife inserted into the center of the cake should come out clean. Remove from the oven and leave for at least 20 minutes before serving. It needs to be served just warm, rather than hot, or at room temperature