



Discerning Hearts: The Newsletter of The Episcopal Community

Marked as Christ's Own For Ever

Volume: 2022 Issue 7

Dear Sisters,

St Benedict taught us that everything take place in the context of community. We are reminded we are each a part of a community. We are truly a part of community and are united in the vows we take. Sr. Hilda Frost wrote, "Christ is present in each person we encounter. Everyone is to be loved, respected, honored, listened to and welcomed as Christ. Yes, everyone is welcome without exception.

In Tennessee, a group of six members of The Episcopal Community have been gathering monthly on a Saturday to share a meal, prayer, talk about their journey in the community. We have welcomed others on Zoom from Alabama, North Carolina, and Florida. We are meeting again on August 20th at my home in Sewanee. Starting in August *Luncheon and Conversation with The Episcopal Community* invites all members, either in person or on Zoom, to *come to lunch at the 20th at 11:30 AM*. "Let all guests who arrive be received like Christ, for He is going to say, 'I came as a guest, and you received Me' (Matt. 25:35)."

On September 28th The Episcopal Community National Gathering will meet on Zoom at 6:00pm CST. Our bylaws state: "A National Gathering of The Episcopal Community shall be held annually in a place and at a time chosen by the Circle of Leadership. Its purpose shall be to gather The Episcopal Community together where The Circle of Leadership reports to the membership on activities and financial matters, and to conduct such business as needed. The Community has an active Circle of Leadership and many members serving as chairwomen of committees. Please join us as we share what we have been doing this past year.



To close, I am grateful for all the love and support this community has shared with me over the past year and a half I sat vigil with my husband, Dick. Often many of you came and sat vigil with me in my home, shared lunches with me,

sent beautiful notes, and healing gifts, and held me in your prayers. There was no greater gift for me than knowing you were present. Dick's journey to his death was sacred and holy and his dying peaceful.

I am sure that right now Dick is "swirling and dancing in the eddies" in the celestial heavens. The quote below is one we shared often with one another.

"We are travelers on a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of Infinity. Life is Eternal. But the expressions of life are ephemeral, momentary, transient."

Gautama Buddha, the founder of Buddhism once said, *'This existence of ours is as transient as autumn clouds. To watch the birth and death of beings is like looking at the movements of a dance. A lifetime is like a flash of lightning in the sky, rushing by like a torrent down a steep mountain.'*

We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment, but it is transient. It is a little parenthesis in eternity. If we share with caring, lightheartedness, and love, we will create abundance and joy for each other. And then this moment will have been worthwhile." — Deepak Chopra, *The Seven Spiritual Laws of Success*

Marked as Christ's Own For Ever (MACOFE)

PattiJoy Posan

National President



Unexpected Healing

Carol Putnam



I arrived home on June 23rd from a 13-day trip that included 3,100 miles of driving and visiting 27 people in 6 states. This was my first trip away from home in 2 1/2 years except for 2 trips to the hospital in the summer of 2021, when I learned I had lung cancer in June and returned to the hospital a month later to have one lobe of lung removed. I learned over the past 2 1/2 years that isolation, even if it is for a good reason such as public health, and cancer is so much more than a physical event. It is a mental and emotional challenge too.

Traveling and spending time with people has always been central in my life. The anxiety growing in me as I started my 3,100-mile journey was a shock to me. How will I



handle the traffic, will I get sick, where will I eat, how will strangers interact and how will all the visits with friends really happen? Two things that helped me most were my faith and a friend agreed to go with me and help drive. Thank goodness for her company! At one point I was lost driving in New York City, and I would not call the GPS helpful at that moment.

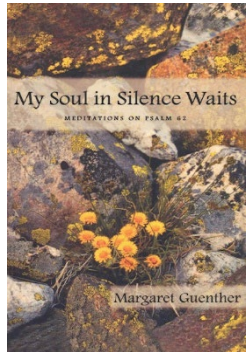


The trip was healing for me because of so much kindness at every stop. Even at the Interstate rest stops people were happy as we all try to get back to some kind of “normal”. Each of my friends had thought about our visit. They scheduled meals at a local restaurant with sidewalk tables or a quiet visit alone in their apartments or homes. Each visit was filled with joy, laughter, and stories. It was like we saw each other yesterday. One friend invited her daughter and four granddaughters, ages 8 to 17, to dinner. I was reminded how much I need my friends and family.

It was a long trip, lots of driving, no time for being a tourist, but rich with love, kindness, and friendship. The healing that I didn’t even know I needed, was so powerful.



Spiritual Growth



August Book Study
Becky Scott
With August approaching we are planning a book study, to begin Sunday, August 14th beginning at 5:00 pm. We will be using the book, **My Soul in Silence Waits** *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; 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. Order the book [here](#).

Eco Poetry Retreat
Eco-poetry is more than a poem about nature. It’s a powerful way for us to feel the realities of our ecological crisis, and it urges us toward transformation.

Presented by the Jesuits, this four-part retreat will bring *Laudato Si’* into conversation with verse in a way that sustains us for this journey of ecological transformation. Read more and join in [here](#).

Monastic Letter-Writing and Spiritual Friendship
Register now for the second session of the Webinar Series, next week, on Wednesday, July 20th, at 6-7:30PM ET, hosted by Judith Valente and Brother Paul Quenon.

In this session, they will offer reflections on the monastic practices of letter-writing and spiritual friendship, based on their book *How to Be: A Monk and a Journalist Reflect on Living & Dying, Purpose & Prayer, Forgiveness & Friendship*.



Healing Mission
Cynthia Sands



The St. Boniface Healing Mission on the campus of Saint Boniface Episcopal Church Siesta Keys, is a very unique, consecrated sanctuary of prayer. Built in 1963, it has been in continuous use as a place a deep healing and peace.

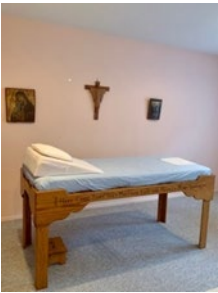
Originally started by Fr. John Large and Celia Conkey, it has passed through generations of hands and committed hearts. We have retired priests from all parts of the country who retire and attend St. Boniface. They know of no other place like it.

It is a quiet place for the healing of mind, body and spirit which is open to the community at no charge. Staffed by trained volunteers, overseen by a Chaplain, and sanctioned by the Rector, our goal is to stand with visitors in the presence of God. No claims are made but we believe all things are possible with God.



Everyone who enters the Healing Mission doors receives God’s peace and we believe healing begins with Laying on of Hands prayer. Two healing ministers meet with a visitor in a private room. The visitor may lie or sit. The minister asks if the visitor would like to share the reason

for the visit however it is not necessary. One minister gently lays hands on the head, shoulders, arms and feet while the other minister sits nearby and prays. To begin, we pray aloud the Lord's Prayer, followed by silent prayer while laying on hands. At the conclusion, we anoint the forehead with holy oil and offer a blessing.



I have been volunteering at the Mission since 2007 and have been director for the past ten years. It has deepened my spirituality immeasurably; we ministers are acutely aware of the blessings we also receive. I have witnessed visitors receive all types of healing. We've had visitors who have come regularly for decades, driving many miles to do so. We've stood with many in their grief, physical distress, anxiety, their deep need for peace. It is a rare person who does not walk away with a profound experience of God. When asked what they should do as a first-time visitor, I always say to just let go and open their hearts. It has been my great privilege to serve at the Mission, to offer and receive the healing power of prayer.

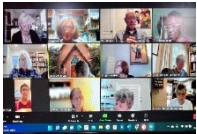
The Healing Mission is located on the Saint Boniface campus and is open Tuesday & Friday mornings from 10:00 a.m. - 12:00 p.m., Wednesday afternoons from 3:00 - 5:00 p.m. and by appointment. Call 941-349-5616 x335. (Closed August & September)



Calendar

- July 1- Circle of Leadership
- July 11 - Cynthia Sand Installation
- July 2022 General Convention
- Save the Date! Annual Meeting September!**
- October 11 - Executive Committee Meeting
- October 25 - Circle of Leadership Meeting

Compline Schedule



- July 03 - Kathleen Nyhuis
- July 17 – Barbara Willis
- July 24 - Denni Connor
- July 31 – Lorna McDonald/
Kathleen Nyhuis



Donate to Support the Community and its Work



This month we highlight the Mary Magdalene fund. The Mary Magdalene Fund supports the operations, work, and mission of The Episcopal Community. The name of the Fund was chosen because Mary Magdalene (July 14) was the first to spread the news of the Risen Christ. Funds may be used to provide services, materials, and communications that exceed the regular budget; to help with expenses of providing retreats, workshops, and annual meetings; to defray costs of providing services at General Convention of The Episcopal Church, and to help provide operational needs. Donations may be made in honor of or in remembrance of a person important to the donor. Names of those so honored are listed on the website of The Episcopal Community.

