

# Discerning Hearts

The Newsletter of The Episcopal Community

Volume: 2022 Issue 1

## Nancy Young, Circle of Leadership and National Advisor



Nancy Young, presently serving as National Advisor to The Circle of Leadership of The Episcopal Community is the immediate past president (2015-2021) and one of the ten founding (February 2010) members still active in The Episcopal Community. Nancy developed the Study Assignments for preparation for membership utilizing Jane To-maine's St. Benedict's Toolbox and served as chief mentor for The Episcopal Commu-nity's original three Circles (installed in January 2011 in the Diocese of the Central Gulf Coast). Nancy was also a contributor to Jane Tomaine's second edition of The Toolbox which included a chapter on the use of the book in group study and spiritual formation. Margaret Jackson, also a founding member, and Nancy developed the Monthly Prayer Calendar still used by The Community. In 2014 Nancy chaired the Governance Committee in rewriting The Community Bylaws to conform with Tennessee nonprofit statutes. A former Province president and member of the National Council of the Daughters of the King, Nancy has served as a frequent retreat and as-sembly presenter. At GC79, she and Patti Joy Posan represented The Community in presenting a workshop for the National ECW.

A National Board-Certified Teacher, Nancy retired in 2012 after 39 years of teaching and mentoring other teachers. She served as chief negotiator for her local teacher's union bargaining team and as a member of the state board of the Florida Teachers Profession. Also active in church leadership, some of Nancy's roles include EFM graduate, vestry member, Home Eucharist Visitor, healing team, chalice minister, and building committee.

Nancy now lives in the Buckhorn Valley in the foothills of northern Colorado next door to her grandchildren. She is an active member of St. Paul's Episcopal Church and recently had an article on The Rev. Malcom Boyd, first priest to serve St. Paul's, published in The Historiographer.

## Have You Made Your Resolutions Yet?

*So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings. Matthew 6:24*



It has been years since I made resolutions for the new year. Maybe because I am lazy, maybe because I thought it futile to think I could maintain something for 365 days. Maybe it was rebellion against the norm. But this year I am

consciously making a resolution not to make resolutions!

Why? Because after my cancer returned, I realized that making a commitment to the future is futile. It assumes a future. It assumes that whatever I think is important today will be important tomorrow, or a month from now. It assumes I can control what will happen. There is a good chance I cannot.

Nothing will be as important as what is happening right now, this moment, today. What is happening right now, at this moment, today, might be totally different tomorrow. There are no guarantees, no formula for success. There is only the now. So, I will not make resolutions. I will live in today, making sure that every moment of today is the best I can bring to it. That the shower that used to take me ten minutes, now takes an hour? I will savor the warm water and the bubbles. That the simple act of brushing my teeth that took two minutes, causes me to gag. Now I only do only one quadrant at a time and stretches into 10 minutes. All these things add up to the troubles each day. They might not be the troubles of tomorrow. But they are enough for today.

So, I commend to you Matthew 6:24, do not worry about tomorrow, it will have worries of its own. Happy New Year!

♦

## The Heart of Winter

Within the grip of winter, it is almost impossible to imagine the spring. The gray perished landscape is shorn of color. Only bleakness meets the eye; everything seems severe and edged. Winter is the oldest season; it has some quality of the absolute. Yet beneath the surface of winter, the miracle of spring is already in preparation; the cold is relenting; seeds are wakening up. Colors are beginning to imagine how they will return. Then, imperceptibly, somewhere one bud opens and the symphony of renewal is no longer reversible. From the black heart of winter a miraculous, breathing plenitude of color emerges."

~~ John O'Donohue,  
"Benedictus" ("To Bless The Space Between Us" in  
the US)

*"Like Spring secretly at work within the heart of  
Winter,*

*below the surface of our lives  
huge changes are in fermentation.  
We never suspect a thing.  
Then when the grip of some  
long-enduring winter mentality  
begins to loosen,  
we find ourselves  
vulnerable  
to a flourish  
of possibility*

*and we are suddenly negotiating  
the challenges  
of a threshold...*

*At any time you can ask yourself:*

*At which threshold am I now standing?  
At this time in my life, what am I leaving?*

*Where am I about to enter?*

*A threshold is not a simple boundary;  
it is a frontier  
that divides two different territories,  
rhythms, and atmospheres.*

*Indeed, it is a lovely testimony  
to the fullness and integrity  
of an experience or a stage of life  
that it intensifies toward the end  
into a real frontier  
that cannot be crossed  
without  
the heart being passionately  
engaged  
and  
woken up.*

*At this threshold  
a great complexity of emotion  
comes alive:  
confusion,  
fear,  
excitement,  
sadness,  
hope.*

*This is one of the reasons  
such vital crossings  
were always clothed in ritual.*

*It is wise in your own life  
to be able to recognize and acknowledge  
the key thresholds;  
to take your time;  
to feel all the varieties of presence  
that accrue there;  
to listen inward  
with complete attention  
until you hear  
the inner voice  
calling you  
forward:*

*The time has come  
to cross.”*

*John O'Donohue*

*Excerpts taken From: To Bless the Space Between Us  
and put into prose poem format...*

4:00PM Pacific;  
email [covenant@theepiscopalcommunity.org](mailto:covenant@theepiscopalcommunity.org) for  
Zoom information.

Compline Schedule of Leaders:

Jan 2	BB and Carol
Jan 9	Barbara Willis
Jan 16	Nancy Young
Jan 23	Merry Keyser
Jan 30	BB and Carol

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### **When the Song of the Angels Is Stilled**

When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and the princes are home,  
When the shepherds are back with their flocks,  
The work of Christmas begins:  
To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner,  
To rebuild the nations,  
To bring peace among people,  
To make music in the heart.

Howard Thurman

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During Advent and Christmas  
along the pilgrim way we share  
may the light from the manger guide you  
and illumine the holiness of all Creation

## Calendar

January 11, 2022 - Executive Committee Meeting  
January 25, 2022 - Circle of Leadership Meeting  
April 12, 2022 - Executive Committee Meeting  
April 26 2022 - Circle of Leadership Meeting  
July 5th- July 14<sup>th</sup> - The Episcopal Church 80th  
General Convention, Baltimore, MD  
July 7<sup>th</sup> Episcopal Community Annual Meeting,  
Baltimore. MD  
October 11, 2022 - Executive Committee Meeting  
October 25, 2022 - Circle of Leadership Meeting

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## Weekly Compline

Sundays on Zoom:  
7:00PM Eastern; 6:00PM Central; 5:00PM Mountain

*Blessings of the season  
from*

*Bishop John Harvey Taylor  
Canon Melissa McCarthy  
and everyone at St. Paul's Commons*

Artist: Alyana Harris, '16  
Graduate, St. Mark's Episcopal School, Upland  
Member, Trinity Episcopal Church, Redlands