



# Discerning Hearts: Newsletter of The Episcopal Community

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

Volume: 2023 Issue 03

## *Lent is a time for 'looking inside ourselves'.*

Dear Sisters in Christ,

Years ago, a friend of mine from another denomination was visiting one of the churches in my Diocese during Lent. At the end of the mornings activities—which included adult education, worship, and community fellowship—he said to me, "You Episcopalians really know how to do Lent!"

I think he was right. When asked what he really meant by that comment, he explained that the worship focused on the interior spirituality and that the time was meaningful. Episcopalians do Lent with a sense of authenticity. We know how to look inside ourselves so we can "re-focus" or "re-tune" our lives. Looking "inside" so we can allow God's grace to mold us to live "outside", is one of the ancient aspects of Lent.

While in the desert, Jesus encounters the devil/evil, confronts pride, power, and authority in his life. He turns away from seeking a life of self-importance and turns to a life directed towards God and becoming the person God had called him to be. It is the same for us.



artwork: Stanley Spencer

There have been times in my life that I have been more concerned in becoming the person that I wanted to be, rather than the person that God was calling me to be. I understand the temptations that are both spiritual and physical.

"What can I get out of life and living? How much or how little do I need to do? What will the neighbors think? Who can help me look good? Where can I go from here? How much can I get?"

Lent helps us to see beyond the temptations in life. Lent calls us to be realistic with who we are and to seek God in Christ within our lives. Lent leads us from the place "inside" to the world "outside".

Lent brings us through Holy Week with its sorrows and pain. Lent ends with the joys of Easter. Lent is an opportunity to embrace our demons, so that Christ may enfold us in the arms of His love and mercy. Lent is before us as a challenge and an adventure.

May this Lent bring you the presence of the transforming Christ.

I am, Faithfully Yours,

+Bishop Duncan



## *New! Morning Prayer*

Beginning Friday, February 24<sup>th</sup>, Cynthia Sand will be offering Morning Prayer via Zoom (same link as Compline) at 10AM Eastern, 9AM Central, 8AM Mountain and 7AM Pacific. We hope you will join us as we gather to begin our weekends with the Spirit.

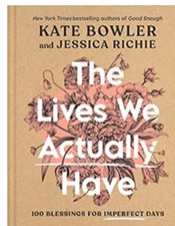
## *Member Spotlight*



*We love it when our Saw Queen Gayle Ahrens goes out on site to show the guys how it's done! We love having girl power on the construction site. Gayle works with Habitat for Humanity in Florida. She was featured in our [September 2022 issue](#).*



## *Lenten Study*



Lenten study and book by Kate Bowler entitled "The Lives We Actually Have." She has written a free [Study Guide](#) "The Lent we Actually Have" that is available by clicking on the highlighted text above.

Purchasing the book is not required, the study guide is sufficient, but may be obtained [here](#) or by clicking on the image.

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. Each week a member of the community will facilitate the discussion.

26-Feb - Chris Butterworth  
05-Mar – Barbara Harris  
12-Mar – PattiJoy Posan  
19-Mar – Becky Scott  
26-Mar – Lorna McDonald  
02-Apr (Palm Sunday) – Merry Keyser



## *News from St. Mary's Convent*

St. Mary's was founded in 1865 and was the first Episcopal monastic community for women in the United States. St. Mary's is four miles away from the campus of Sewanee, the University of the South, also known as "The Mountain." Near campus but not on campus, the convent is a sacred space of retreat and peace for seminarians and their families, as well as undergraduates, faculty, retired clergy, and other local residents.

Click on the link below to read more about the new prioress, Sister Hannah in Earth and Altar Magazine.  
[A New Prioress on the Mountain](#)



*Sisters of St. Mary to offer virtual event on St. Patrick*



Join the Sisters of St. Mary on Zoom to discover that the life of St. Patrick is so much more than just snakes and shamrocks! Patrick went through exile in England and his life and faith provide us with a challenging spirituality. The event will be led - by scholar, poet, author, minister, and retreat leader Bonnie Thurston - through two meditations, with time for Q&A. Bonnie Thurston is a New Testament scholar and poet, an ordained Disciples of Christ minister, a licensed Episcopal preacher and lay reader, and an experienced retreat leader. She is the author or editor of twenty-three theological books, including *Hidden in God: Discovering the Desert Vision of Charles de Foucauld*, and seven collections of poetry. Thurston taught at the university level for thirty years and served as a pastor of five churches and twice in overseas ministries. She is also a founding member and past president of the International Thomas Merton Society. This event will take place on **Saturday, March 18 from 9:00 AM - Noon CST entirely online via Zoom. The cost is \$20.** To learn more, and to register online, click [here](#).



*What We are Reading*

*Barbara Harris*

*The Island of Missing Trees* by Elif Shafak.



It's 1974 on the island of Cyprus, and two teenagers from opposite sides of a divided land meet at a taverna in the city they call home.

Hidden in a back room amongst garlands of garlic, chili peppers, and fragrant fresh herbs, Kostas and Defne fall deeply in love with each other, even though this is completely forbidden by their feuding families, neighbors, and cultures.

In the center of the taverna, growing towards the light in a cavity in the roof, is a fig tree that witnesses everything. First, the couple's hushed, happy meetings and eventually, their silent, surreptitious departures.

The tree is there when war breaks out, when the capital is reduced to ashes and rubble, and when the teenagers vanish.

Decades later in north London, sixteen-year-old Ada Kazantzakis has never visited the island where her parents were born. But as she seeks to detangle years of secrets, she does have one connection to the land of her ancestors: a Fig Tree which is lovingly tended to in the back garden of their home. Beautifully written and compelling, it is a story of love, war and generational trauma written with compassion and a deep love for the characters, the planet and a country torn apart by politics. It was a Reese's Book Club selection. Click on the photo above to order.



*Event Calendar*

**2023**

Sunday evening Compline, weekly at 6:00 PM CST  
Friday Morning Prayer, weekly at 9:00 AM CST  
13-Apr 4:00PM CST - Executive Committee  
27-Apr 4:00PM CST - Circle of Leadership  
13-Jul 4:00 PM - Executive Committee  
27-Jul 4:00 PM - Circle of Leadership  
28-Sep 4:00PM CST - Annual Meeting 2023

**2024**

30 June-09 July - GC 81, Louisville, KY



*Compline Schedule*

05-March - Cynthia Sand  
12-March – Barbara Harris  
19-March – Lorna McDonald  
26-March – Denni Conner

*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)*



*March Birthdays*

12-Mar - Jayne Holmes  
27-Mar - Jane Drichta  
30-Mar - Denni O'Conner



*Your contributions make a difference!*

If you haven't already, click 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*  
**Lentil Soup**



*Easy and delicious! I love this soup for its simplicity. Served with a garden salad and some warm, crusty bread, it is the perfect Lenten Soup for busy people.*

**Ingredients**

2 quarts chicken or vegetable stock  
150 grams red lentils  
6 carrots, finely chopped  
2 medium (about 300g) leeks, sliced  
small handful of chopped parsley, to serve

**Method**

Heat the stock in a large pan and add the lentils. Bring to the boil and allow the lentils to soften for a few minutes.  
Add the carrots and leeks, and season with salt and pepper. Bring to the boil, then reduce the heat, cover and simmer for 45 mins-1 hour until the lentils have broken down. Scatter over the parsley and serve.