



Discerning Hearts

Newsletter of The Episcopal Community

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

Volume: 2023 Issue 09

Annual Meeting



Please join the Circle of Leadership and members of The Episcopal Community for our 2023 Annual Gathering via Zoom. We would like to have everyone with us as we review the 2023 year and plan for

2024. If you are part of a circle, consider joining as a group!

Time: Thursday, Sep 28, 2023
05:00 PM Eastern Time
04:00 PM Central Time
03:00 PM Mountain Time
02:00 PM Pacific Time

<https://us02web.zoom.us/j/89258940254?pwd=emU5V2x4UlRCM3dtRmJjajJ6V3B3Zz09>

Meeting ID: 892 5894 0254
Passcode: 184248
+1 669 444 9171 US

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Our Newest Sister Cheryl Duffy!



Hi everyone! First, I must give thanks to God, Laura (my mentor), the Mary Martha Circle, and entire TEC, for "rescuing me" and for the opportunity to be a part of this awesome sisterhood!

My "Episcopalian" journey began in 2nd grade, when my military father got stationed in Sundance, WY where there were no Baptist churches anywhere close. My family very quickly fell in love with the church, and I can still remember playing "Communion" with the priest's daughters at their home. Fast forward to 1973, my dad got stationed in Panama City, FL and we became parishioners of Holy Nativity. Fast forward again, I went off to college (Go Gators), graduate school, PhD Chemistry (Go Vols), held some very cool jobs (forensics before CSI), and fell away from the church and God, not necessarily in that order.

My journey back began with the deaths of my brother in 2012, father in 2013, mother in 2015, and Hurricane Michael 2018. I had returned to Panama City in 2014 to help care for my mother. was lost, angry, depressed, and experienced emotions I cannot even identify. I picked up a book that a friend of mine had given me some time back (Infinitely More Than You Can Ask or Imagine) and it began. I came back to Holy Nativity 9/25/22, Laura approached me on 10/2/22, I went to a MMC meeting shortly after, started in on "the Toolbox", cried my eyeballs out, and knew I was on my way to being Marked as Christ's Own Forever.

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Meet Melodie Rowland

Communications Committee

Originally from Ohio, Melodie moved to Florida in 1994. She, her husband, and 2 Havanese dogs reside in Pace. She has one son and a grandcat who live in Tallahassee (Go Noles!). Having had two careers, one in IT and the other in real estate, Melodie is now retired.



Melodie is a member of Holy Cross Episcopal Church in Pensacola. Over the years she has worn many hats including, Senior Warden, Stewardship Committee Chairperson, Ambassadors Administrator, Bread Ministry Administrator, Casserole Ministry Administrator, Newcomer's Dinner Administrator, Women's Studies Facilitator, Daughters of the King, ECW Communications Chair, Arts & Crafts Festival Advertising Chair, and Holy Cross Communications Committee Chairperson as well as other roles. She also serves on the diocesan level as the DOK Membership Chairperson for the Diocesan Assembly of the Central Gulf Coast.

Melodie served as the Communications Chairperson for the Pensacola Walk to End Alzheimer's for three years. When not volunteering, she enjoys attending live theater, reading, and doing crafts.

Melodie is looking forward to being a part of the Communications Team for TEC and getting to know everyone through online communications. She is a

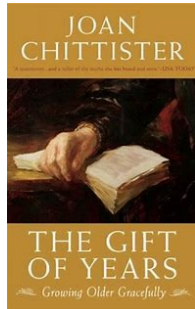
welcome addition to the team and will focus on Facebook posting.

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The Gift of Years

New book study begins Sunday, October 1, 5:00pm Central.

This fall we have chosen ***The Gift of Years, Growing Older Gracefully*** by Sr. Joan Chittister, OSB. Sr. Joan writes about not only accepting but celebrating getting old. This work is both inspiring and illuminating as it looks at the many facets of the aging process, from purpose, challenges, struggles and surprises. The book is available through several booksellers or from [Amazon](#). We will be using the [discussion guide](#) which is free, simply follow the link. Join us Sunday evenings, using the link for Complines sent weekly.



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Prayer for the Autumnal Equinox

The Brigidine Sisters



As we mark this time of equinox, may we find the balance we desire and need in our lives:

- light and dark,
- spirit and body,
- mind and soul.

At the Spring equinox may we recognize the promise of rebirth both within and all around us.

At the autumn equinox may we recognize and give thanks for the blessings of the summer harvest and the fruits of our gardens.

As we mark the equinox in either the northern or southern hemisphere let us wonder at the Mystery that is Life and open ourselves to the blessings of both dark and light. Amen.

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My Surprise

BB Vaughn



Each year I love to put out hummingbird feeders and watch the miracle of these tiny birds. This year in a new home I found wasps congregating around the feeders, so for the first time, I purchased two pots of Portulaca, which I have never favored. Opening my blinds one morning I was surprised and filled with tremendous gratitude to see these beautiful small flowers of all colors.

Surprises are special and are gifts from God to me. Thanks be to God!

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September Birthdays

Judith Wasces
Cheryl Duffy
Susan McKee

Paula Mund
Donna Jangula
Vicki Hightower

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Noah and the Ark

Karen Roberts

Our sister Karen is a cancer survivor. Recently, she underwent a scan of her liver and is awaiting results. She shared this story with Patti Joy and graciously allows us to share it with you. As she said, "Every squirrel finds a nut now and then along the path they travel."



In the summer of 2017, I was diagnosed with colorectal cancer. I was the 4th person in succession on my mother's paternal side to receive this diagnosis. After receiving that phone call from the Veteran's Administration, I headed across Lake Pontchartrain to get to my classes. The half-hour commute allowed me to take a deep breath and

gather my thoughts. Of course, my thoughts were basically "what do I do." And then, in my opinion, God gave the me most wonderful insight.

As I crossed that lake, I began to think about Noah and the Ark. It occurred to me that the Ark was a very different design of boat. It had no rudder, and it had no sail. And yet, throughout its tumultuous journey across unknown seas, it came aground safely on the only land that was not submerged. That was my answer and my solace; that regardless of the possible dire situation that I may be in, all would be well. I took that to heart. And yes, all was well. Yes, I had a malignant tumor, but it had been completely removed during that first colonoscopy. Of course, Dr. Countryman wanted to double-check, and I was clear. No chemotherapy, no radiation, no surgery. So, with that in mind, I pray that, once again, all will be well.

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Recipe of the Month

Chris Butterworth



Quick and Easy BBQ Sauce and Glaze

Ingredients

- 1 pouch Lipton Onion Soup Mix
- 1 small bottle Russian Dressing
- 1 small jar Apricot Preserves

Instructions

Stir together in a small saucepan until warm. Use for crock pot meatballs or for chicken as a barbecue sauce.

I am always asked for this recipe!

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Compline Schedule

- September 03 – Chris Butterworth
- September 10 – Patti Joy Posan
- September 17 – Denni Conner
- September 24 – Merry Keyser

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

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Event Calendar

2023

Meetings are on Zoom unless otherwise noted.

- **Sunday evening Compline**, weekly at 6:00 PM CST
- **Friday Morning Prayer**, weekly at 9:00 AM CST
- 24 September 8AM Eastern, **Installation of Cheryl Duffy**
- 28-Sept, 4:00PM Central - **Annual Meeting 2023** on Zoom
- 01-October, 5:00PM Central – **Book Study begins on Zoom**
- **2024**
30-June – 09-July – **General Convention**, Louisville, KY

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GC81 June 23-28, 2024, Louisville, KY



Time to start making those plans to attend General Convention next year! The Episcopal Community will again be hosting the prayer chapel as well as manning a display booth. All members are welcome to

come and help spread the word about TEC. We hope you will join us. Make your reservations now. More information is available at: [Attendee Resources GC81 – The General Convention of The Episcopal Church](#)

Interested in volunteering at GC81? Click here for more information: [volunteer](#).

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Your contributions make a difference!

Make a donation to one of our designated funds or pay your annual dues. Payments may be made through PayPal, (use the drop-down tab to select a fund or to pay your dues) or by check mailed directly to The Episcopal Community, P.O. Box 242, Sewanee, TN 37375. When paying by check, please designate which fund or annual dues in the memo line.

