



# Discerning Hearts: The Newsletter of The Episcopal Community

*Marked as Christ's Own For Ever*

Volume: 2022 Issue 11

## November Musings

*"How beautifully leaves grow old.  
How full of light and color are  
their last days."  
— John Burroughs*



Every fall, I think back on my years as a Montessori teacher in Ft Lauderdale, and every fall, I read to the children, *The Fall of Freddie the Leaf* by Leo Buscaglia, PhD, which shared the story of two leaves, Daniel and Freddie. I became quite attached to Freddie and for the past forty years I take out my book each year and reread this story.

The story tells of the fear of letting go; Daniel was there to support Freddie in his fear of letting go. However, one day Daniel let go and only Freddie was left on the tree when,

*"The wind came and took Freddie from his branch. It didn't hurt at all. As he fell, he saw the whole tree for the first time. He remembered Daniel's words, "Life lasts forever." Freddie landed on the soft snow. He closed his eyes and went to sleep. In the tree and the ground, there were already plans for new leaves in spring."*

Perhaps the biggest reminder autumn brings is the natural act of letting go. Just as trees shed their leaves, letting go is part of the cycle that makes way for something new.

So, in this season as leaves fall around me, I ask, what am I willing to let go of? Perhaps regrets, choices I wish were different. What do I want to hold on to and what do I want to let go. And this leads me to practice forgiving myself or someone else.

My hope for you this fall is that you will learn to shine and blaze in all your spectacular ways, but also that you will learn to let go and trust that when your time comes to fall there will be just one more surprise for you on the other side.

He [Leo Buscaglia] died of heart failure on June 12, 1998, at his home in Lake Tahoe Nevada at the age of 74. A note was found on his typewriter the next day. It read,

*"Every moment spent in unhappiness is a moment of happiness lost."*

*PattiJoy Posan*



## New Members

Along with Marty Larcom (featured last month) Barbara Beeman and Phyllis Neuman will join the Holy Spirit Circle in Pahrump, Nevada this month.

Barbara Beeman



I was born in San Francisco, California on 3-22-1942. We traveled back and forth to my Grandmother's house in Sonoma, California. After my father returned from the war we moved to Glendora, California. I attended kindergarten through two years of junior college. I worked as an

outside Sales Rep for Polaroid for 15 years, also for Fairchild watches and several other companies.

I'm the oldest of four sisters, one passed away 8 years ago, one lives in Arizona and one in Texas. I have two children, a boy (Roderic) and girl (Rhonda). I also have 4 grandchildren, 2 great grandchildren. One grandchild lives in Louisiana with my 2 great children, the rest live in California.

I love to swim daily and do yoga and tai chi for mobility and fun. I'm very involved with the church vestry and help with our outreach program Living Free. Which is a substance abuse counseling as well as rehab transition to homes for men, women, and woman with children.

I am former member of The Daughters of the King through St. Mark's Episcopal Church in Upland, California.

After my husband died in 2018, I sold my house in California and transitioned to Nevada. I moved first to Las Vegas then Pahrump. I'm now enjoying by time at St. Martin's in the Desert.

Phyllis Neuber



I was born in Walla Walla, Washington, on July 31, 1937. I was raised and went to school in Everett, Washington. I graduated as a Registered Nurse in 1958 from Everett General Hospital and was married in 1960. I have 3 married daughters, lots of grandchildren, great grands and

great, great grands! I worked over 50 years as a nurse and retired (for the last time) at 71. I am very happy to be joining the Episcopal Community and following the Rule of Benedict to the best of my ability.



## 2023 Gathering

The first gathering of 2023 will be January 5-8 at Camp Beckwith in Fairhope, Alabama. [Click here](#) for more information.

## Circle of the Holy Spirit, Pahrump, NV



Top row L to R: Teddie Brewer, Betty-Jeanne Cousins, Jayne Holmes, Lyn Pyszor, Rev. Kathy Funk, Rev. Lola Culbreath.

The Circle of the Holy Spirit, started in 2010 with five members in Las Vegas, NV. We have continued to grow, and the majority of our members now hail from Pahrump, NV.

We have studied many books throughout the years. Including some authors, Joyce Rupp, Sister Joan Chittister, Forward moment books. Many Advent and Lenten studies. Other than during Covid, we try to have retreats at different churches. We believe the Holy Spirit guides us in all we do.

We will welcome our new members, Barbara Beeman, Phyllis Neuber, Martha (Marty) Larcom on November 6th at 2:00 pm PST.  
The Reverend Lola Culbreath

### *Serving with Radical Hospitality*

Workshop November 12, 2022. 1:00 Eastern

What is Radical Hospitality? Maybe not what you think? It is not always inviting strangers into your home! This workshop, based upon The Episcopal Community's Vows and The Rule of St. Benedict, we will delve into this topic with lots of information and lively discussion! Come away with new ideas of what Radical Hospitality is and how you might find yourself serving! To sign up, click the link below:  
<https://ecwnational.org/serving-with-radical-hospitality/>

Presented by The Episcopal Community  
Speaker: Christina Butterworth, CSD

### *Meditation on Prayer*

*"I have prayed that your own faith may not fail."*  
Luke 22:32

We have been called to cherish our faith for by faith is the way we obtain blessings. By believing, we obtain the answers we need. Faith links earth to heaven as if by some mysterious computer God speaks in return so fast that he answers while we are still speaking. What happens if faith is damaged in some way? How do we receive his promises?

Do we pray only when we are in trouble? By faith we acquire help. However, take away faith and ask again how we can gain help in our present need. Where are God's promises when we most need them? There is only this road between earth and heaven. At times, the road is blockaded, and we must detour. Where are we, we ask? How can we communicate with the Lord?

We must ask ourselves if we are in trouble. Faith will clothe us with God's power. It will connect us with the greatest King. We can march triumphant, even over our Enemy. With faith all things are possible. Without faith how can we do anything? We may neglect looking for answers to what we ask. In essence, we are not in earnest for what we ask. For we can be assured that prayers with faith will be answered. Jesus never rejected anyone who came to him for mercy.

The answer to prayer approaches though we don't always discern its coming. It could very well be a seed underground through winter taking root for spring and for a long period of growth in the summer. By fall, it is ready for harvest.

When was the last time you let yourself be totally honest with the Lord? How do you hear his voice? Like the birds, stand still and let down your wings.

Marty J. Larcom



### *Advent Offerings 2022*



Jan Richardson – An Illuminated Journey 2023  
[Illuminated 2022: An Online Journey into the Heart of Christmas – Jan Richardson](#)

IONA Community - For those who are interested in an alternative study, this booklet provides a free, self-guided daily meditation. The pdf will automatically download here:  
<https://tinyurl.com/Advent-2022>



A Celtic Advent - Monastic Retreats in the UK, offers this 4-week online retreat. Each Thursday, at 3PM Eastern, noon Pacific, Brother Cassian will offer an opportunity to explore Advent through Celtic eyes. Sign up here: [Celtic Advent – Monastic Retreats](#)



### *Membership Dues*

The 2023 dues notice was sent out in early October by email with a link to pay on-line and snail mail to our sisters that no longer have email. Each year, our dues cover fees, mailing supplies, website fees, and other operational expenses. Dues are \$50 for the year and are payable by check or online through PayPal. Support for members who may be struggling financially is available, please contact [membership@theepiscopalcommunity.org](mailto:membership@theepiscopalcommunity.org), your request will remain confidential. See the link at the end of the newsletter.



### *November Birthdays*

01-Nov - Rose Ann Evans  
11-Nov - Karen Clements Roberts  
25-Nov - Lamona Lucas



## Event Calendar

### 2022

November 6 – Installation of new members Pahrump, NV.

November 17 - Radical Hospitality on Zoom with Chris Butterworth.

### 2023

January 5-8 Gathering of the Community Camp Beckwith, Fairhope AL

### 2024

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



## Compline Schedule

November 6 - Denni Connor

November 13 - Lorna McDonald

November 20 - Patti Joy Posan

November 27 - 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](mailto:bekatay@me.com)



## PayPal, the easy way to give online

Did you know that you can donate to the community at any time? Our PayPal is set up to accept donations to all our funds as well as dues payments and general donations. We even have an option for monthly recurring donations!



## You shop, Amazon gives!

Just click on the link below and start shopping!



Now you can support The Episcopal Community just by searching the web. We have signed up with Bing, you search, Bing gives. Click on the image below to get started.



## Recipe of the Month

### Báirín Breac



*This traditional Irish sweetened bread is enjoyed all year round in Ireland but is particularly popular during Halloween where it's accompanied by the tradition of hiding various*

*items inside the loaf, each with its own significance. A ring, pea, stick, cloth, coin or medallion. I'll leave you to Google the significance of each. Suffice to say, we don't add the non-edibles, but we do enjoy the end result!*

## Ingredients

145 g dried currants  
145 g raisins or sultanas  
237 ml strong black tea (cold) (optional: add a splash of Irish whiskey or brandy)  
2 teaspoons (7g) active dried yeast  
1 teaspoon sugar  
178 ml lukewarm milk  
450 g (450g) all-purpose flour  
75 g (75g) caster sugar (to make your own place granulated white sugar in a blender and pulse until fine but not powder)  
1 teaspoon mixed spice (see recipe below)  
1 teaspoon ground cinnamon  
1/2 teaspoon freshly ground nutmeg  
1/2 teaspoon salt  
60 g unsalted butter, melted and cooled  
1 large egg, slightly beaten  
zest of one lemon  
1/4 cup finely chopped candied lemon (or orange) peel

## Method

Place the currants and raisins in a bowl and pour over the cold tea (or water). Let soak for at least 4 hours or overnight. Drain and reserve the liquid for later. Stir the yeast and teaspoon of sugar in the lukewarm milk. Let it sit for 10 minutes until nice and frothy. In a stand mixer place the flour, sugar, spices and salt and stir to combine. Make a well and add the melted butter, egg, lemon zest and yeast mixture. Use the dough hook to knead until just combined. The dough will be very thick (do not add more liquid at this point because the wet currants/raisins will be added). Add drained currants and raisins and candied lemon peel. Knead until combined, adding some of the reserved currant/raisin juice until a soft dough forms. Scrape down the dough from the sides of the bowl. Cover the bowl loosely with plastic wrap and let it rise in a warm place for 90-120 minutes or until doubled in size.

Punch down the dough. If making two smaller loaves, divide the dough in half and shape into rounds. If making one large loaf (as pictured), place the dough in a greased 9x5 inch loaf pan. Loosely cover with plastic wrap and let rise in a warm place for another hour or longer until nearly doubled in size. About 30 minutes into the rising, preheat the oven to 350° F.

Bake the Báirín Breac on the middle rack for 50-60 minutes (less if making two smaller loaves) or until a skewer inserted into the middle of the loaf comes out clean.

Remove from oven and while hot brush the loaf with the reserved currant/raisins juice for more flavor, moistness and a nice sheen and let cool. Slice and serve. Barmbrack is especially good toasted and spread with butter.

## Mixed Spice Blend

1 tablespoon quality ground cinnamon  
2 teaspoons ground allspice  
2 teaspoons ground nutmeg  
1 teaspoon ground cloves  
1 teaspoon ground ginger  
1 teaspoons ground coriander  
3/4 teaspoon ground mace  
Combine and store in airtight jar.