
TRANSFIGURATION
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The View

NEWSLETTER

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205 Windsor Neck Road *** Windsor, ME 04363 *** 207-445-8031
www.transfigurationhermitage.org

gentleness

It is beyond evident that this long lingering pandemic has us all stressed in many ways. For most of us, stress makes us react with irritability, annoyance, and anger. These are the obvious reactions we see around us daily, and we can also find in ourselves. We may also react by withdrawing, or by some form of escapism.

I suggest there is still another way: the way of gentleness. Let me give an example.

It is the end of October as I write this, and I am very concerned (well, stressed, actually) to get the garden taken down, and the tulip and lily bulbs planted, as well as next year's garlic. Yesterday I'd hoped to have time to get some of this done, on a damp and mild morning before the heavy rain came in the afternoon. Unfortunately, things didn't go as planned.

First I had a friend who

came to replace a broken blind in one room, and to take out two AC units in the retreat house.

Then the woman who cleans the retreat house arrived. I had also asked her to help with garden chores, if the rain held off. It didn't.

Then, unexpectedly, a friend arrived with a big bag of vegetables. We chatted briefly, especially as I was concerned for some of her family members.

In between all that, and several phone calls, I dashed to the garden to pull out weeds and spent nasturtiums in the lily patch. But it kept drizzling off and on, so I didn't get very far.

Last of all, I made my normal Saturday trip to the transfer station, with two bags of trash and numerous pieces of cardboard for recycle. On the drive back home, with all the errands done and no more people to see, I was able to realize how very stressful the

morning had been. Fortunately, we have extra quiet time in the afternoon, so I was able to sit with the stress and resulting anxiety, to notice it, and to let myself be with it in a gentle, welcoming way. And so later that day I was able to be 'normal' – that is, basically at peace with myself and others.

But I could so easily have been different. If I had not had that time of quiet. If I had not been accustomed to use that quiet to look inside and notice the buildup of stress and anxiety. If I had not been noticing my anger and irritability in the last several months, and working at finding ways to not let it master me. If any of those things had not happened, I would have found myself being irritable and short tempered, finding fault with others in all sorts of little ways. It is so easy for me to be irritable, angry, faultfinding, negative.

Perhaps it is easy for others as well?

The *New Dictionary of Catholic Spirituality* tells us that “Movement away from anger usually entails progress in reflectivity and gentleness....” Progress in reflectivity and gentleness. Hmmm.

After all, what is the opposite of anger and irritation? It is gentleness. We can’t just *make* ourselves be gentle. Gentleness is not reactive. But anger surely is. And so we need that necessary pause for reflection before we react. We don’t always have that pause, of course, so that’s why we need to make time, on a daily basis, for reflection, for prayer, for quiet. Time for ourselves to take stock, to notice what we’re feeling inside, and—most important—to ask God’s help. Even so, it takes time and practice: of prayer, meditation, and reflection so as to notice what’s happening inside, even while it’s happening, and so avert a potential reactive outburst of anger or annoyance when things don’t go our way.

Since my normal habit is to *not* notice, I am working at noticing my stress level. Working also at practicing gentleness. It’s not easy. Especially because gentleness doesn’t mean becoming a doormat for people to walk over. On the contrary! It means asserting myself firmly, yet without anger or aggression. It means becoming non-judgmental. It means recognizing my own feelings, and by the same token, acknowledging that others have feelings also, and they are

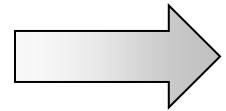
equally as important as my own.

And so as Advent and Christmas approach this year, as we head into our busiest time here at the Hermitage, where all those fruitcakes now aging in the fruitcake cellar are decorated, wrapped, packaged, and shipped; where hundreds of dozens of cookies are baked, where hundreds of orders are called in or sent in online, I have many, many opportunities to take a deep breath, notice my stress level, and remind myself that God is in charge, I only need to remain gentle and respectful of my own feelings and those of others.

May we all practice the strong gentleness of Christ this Advent, and so come to the joy of a peaceful and peace-filled Christmas.



FRUITCAKES! AND MORE....



Yes, it’s ‘fruitcake season’ again! Our **Traditional English Fruitcakes** are already a hot item, and selling fast. The price hasn’t changed from last year, still \$25 for a 2 lb. cake; plus tax and shipping where applicable. Our scrumptious fruitcakes are moist and delicious, made and aged with brandy and filled with fruit and nuts. For several years we’ve sold out in mid December, so please order EARLY!

Don’t forget that we also have six kinds of cookies, six kinds of jams, Sr Bernadette’s famous hot sauce, Herbes des Landes (our wonderful herb concoction), and of course, a big favorite, second only to fruitcakes: Rum Cakes! Baked in bundt pans and liberally soaked in a rum-butter mix.

To order,
call us

207.445.8031

(business hours only, please!)

Or order online at

transfigurationhermitage.org/products

2 lb.
\$25



*"This is the best
fruitcake
I've ever had!"*

Prayerfully handcrafted by
contemplative sisters.
Aged with brandy and
loaded with fruits and nuts,
creating a moist, rich and
delicious dessert.
Decorated and gift boxed.

Traditional English Fruitcake

Other delicacies:

Cookies \$7 / dz

Lemon, Chocolate Chip
Hazelnut Shortbread,
Decorated Sugar, Pecan Ball,
Coconut Macaroon

Rum Cakes

Small \$20

Large \$25

Christmas Stollen

\$8 / loaf

Herbes des Landes

\$7 / 4oz jar

Jams \$7 / 8oz jar

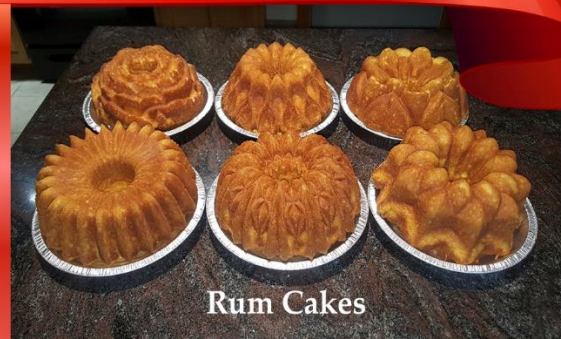
Wild Blueberry, Strawberry
Red Raspberry, Blackberry
Peach Preserves, Very Berry

Super Hot Sauce

\$8 / 8oz jar



*** All prices **
plus shipping & tax*



Rum Cakes



Stollen



Sr. Elizabeth

Sr. Bernadette

Sr. Scholastica

TRANSFIGURATION HERMITAGE

205 Windsor Neck Road
Windsor, ME 04363

To order: By phone (207) 445-8031
Hermitage gift shop open daily 10-5
www.transfigurationhermitage.org/products

RETREATS AVAILABLE IN 2022

Our little retreat house has been wildly popular this year, but we have decided to **close between Thanksgiving and New Year's Day**. It will reopen on January 2, when we will once again welcome retreatants for short or longer stays. Winter is a wonderful time for a retreat, as it is a time of great stillness and quiet here at the Hermitage. Our normal offering is now \$60/person/night - a wonderful bargain, as it includes all meals. We do ask a one night deposit, and in the event of a winter storm which makes arrival impossible, we are happy to transfer your deposit to another date. Treat yourself or a loved one to some time away from the cares and worries of life, a time to refresh and renew yourself with the God of all grace and comfort.

**please call
207.445.8031**

or

e-mail

th.retreats@gmail.com

A one night advance deposit is required.

-----CLIP AND SAVE-----



EGGPLANT MAINE-IA!

from Sr. Bernadette's Kitchen

INGREDIENTS

- 1-2 medium eggplants - cut into cubes
- 1T mild curry powder
- 1/4t turmeric
- 1/4t cumin
- 1/2t ginger powder
- Cilantro, Oregano, Parsley, Basil
(as desired, fresh or dry, crumbled or chopped)
- 1 onion, chopped
- 2 C vegetable broth
- 1/4-1/2 C cream

INSTRUCTIONS

Marinate eggplant with spices
(2 hours to overnight)

Put 2T oil in a pot on the stove over medium heat.
Saute the onion.
Reduce heat to low.

Add marinated eggplant and let it stew for 10-15 minutes.
Add all crumbled or chopped herbs, vegetable broth and bring to a simmer, cooking until the mixture is fully cooked and soft.
Taste and add salt. Just before serving, add cream.
Serve over rice.

OPTIONAL: Add sauteed ground beef to the marinated eggplant for a non-vegetarian dish.

-----CLIP AND SAVE-----

Holy Land Pilgrimage

Yes, it is still on! We have had several people sign up and send their deposit—surely a step out in faith, considering the turmoil in the Holy Land, and the increase in the Delta variant of coronavirus! And so we hope and believe that our Contemplative Ecumenical Pilgrimage will happen, March 1 -10, 2022. So please **SAVE THE DATES** and make your plan for this once in a lifetime

pilgrimage to walk in Jesus' footsteps, and pray the Scriptures at the very places where these holy events happened!

For a brochure and more information, please call

Scott Dow

Transformation Travel

207.798.1919 or email

info@transformationtravel.net

BOOK REVIEW

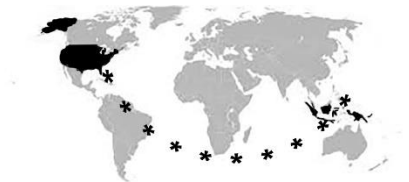
Late Migrations A Natural History of Love and Loss, by Margaret Renkl, Minneapolis: Milkweed Editions, 2019.

Margaret Renkl writes essays from the southern part of the US for the NYTimes, and I have often read them with interest and enthusiasm. Her memoir is an unusual mix of family and personal history with episodes and insights into the natural history of her region. In lyrical, poetic prose she beautifully relates the loves and losses of her family, starting with great-grandparents and on into the present. All of this is interspersed with vignettes about the natural world of her childhood and her present life in Nashville, TN. It took me awhile to get past the brief and shocking cameo of the baby birds, safely ensconced in their nest—only to be eaten by the rat snake. But it was worth moving past, as in the following, when she speaks of her mother's lack of order indoors, but goes on to write, "The light bill might be under the covers at the foot of her bed, the unsigned report card somewhere in the mess of papers on the mantel, but she can always put her hands on last year's seeds. And later, in the summer, the very ground she walks on will be covered in gold." The nonjudgmental awareness of her mother's lack of order is then contrasted with the loving observation of her mother's care for the garden.

There is yet another way in which this all-too-brief memoir entrances me, and that

is the light, deft, nearly subliminal touches of her Catholic faith. As for instance, a chapter on the beauty and light of bare trees in winter is titled 'Bare Ruined Choirs.' Or a chapter on the transformation of a caterpillar into a monarch butterfly is titled 'Resurrection.' Unsurprisingly, the last chapter, recounting her grief after her mother's death is titled 'Holy, holy, holy.'

I have only one complaint about this book: it is far too short.



WHERE IN THE WORLD IS SR. ANASTASIA?

Sr. Anastasia is currently back to Indonesia to help her family and sort out affairs as part of her profession. She asks earnestly for everybody's prayers so that her affairs can be resolved speedily and smoothly. That way, she can get back to be with all of us here in the US and continue to pursue her vocation.

**TRANSFIGURATION
HERMITAGE**
needs your generosity and
support
for continued growth.
Please use the enclosed
envelope
or visit our online shop
at

www.transfigurationhermitage.org



We also are building an endowment fund for future growth. Please consider remembering us in your bequests, legacies, trusts, transfers, gifts.

BENEFACTORS

AUGUST – OCTOBER

Anon (4)
Glenn Angell
Louise Allen
Helen King Atallah
 mem Blanche A. King
Marian Barker
 mem William Springer
Martha Block
Toni Brann
 mem Jeff Stuart
Richard & Mary Brodesky
Martha McSweeney Brower
Ruth Calderwood
 mem Sally Feeney
Joan Carlson
Rita Crowley
Helena Cyr
 mem George Cyr &
 Lisa Desrosier
Betsey Wilder Deleuse
 mem Christopher Buckley
Claire Deptula
Richard & Myrtie Dickey
 incl for education fund
Steve & Martha Dome
Julie DuPont
Sr Bette Edl
 honor Sr Anastasia's profession
David Easton
Sara Fahnley
Peter & Rosemarie Felt
Nick & Joanne Furnaratto
Barbara Gawle
Angela Gilladoga, MD
Lori Gregory
Elizabeth Grimard
Ramonda Grzymala
Elizabeth Harmon
 mem Ryan Chase
Elizabeth Harmon
 mem aunt Vi McCormack
Karen & Tom Hastings
 honor Bob & Moira Fuller
Patricia Heinz
Nancy Iacono
Peggy Johnston
Mary Joseph
Claire Kaiser
 mem Fr. Tom Murphy
Knights of Columbus
 Limerock Ccl #136
William Kiely, Jr.

Marjorie Knuuti
Elizabeth Kobe
Fr Jude Michael Krill, OFM Conv
 mem Michael A Krill & Fr Tom
Walsh, OFM Conv
Ron & Cynthia Kujak
Richard J. Lafond, Jr.
Bob & Louise Lamothe
Patricia Lepak
Joe Loubier
Carol Magner
Dick & Sharon Marchi
Mary Alice McLean
Phil & Claudette Michaud
Debra Milliken
Joseph Morelli
Constance Morin
Fr. Frank Morin
Catherine Moskosky
 mem William Moskosky, Jr.
Fr. Frank Murray
Austine M O'Connor
Alison & Jeff Otto
Timothy E. Packey
Ken & Pat Parker
Norman Pomerleau
Fr. Joseph Protano
Rita Pusch
Annalisa Randall
 mem Bill
Louise Reed
 mem Catherine C &
 James McGrath
Carol Rice-Dempsey
 mem Fr. Tom Murphy
Carol Rice-Dempsey
 honor Sr Marion DeFeis
Rev Ray Richard
Jane Russo
Felicia Sanborn
Molly Santry
 mem M&M Allen T. Riley
Mike Seavey
Jacqueline Sellick
 mem Elaine King
Mark Sirois
Ardis Sitar
Barbara Snowadzky
Donna & Timothy Sturzl
Ann Thurber
Andy & Linda Turgeon
 mem Coneth Murray
Patricia Turner

Kevin Waldron
Judy Watson
 mem Evan Lawn
Mike Will
 mem mother Ruth Will
Larry & Lorna Willey

Thank you, one and all, for your immense generosity! Special thanks to those who have sent offerings, not once, but several times. And please, if we've misspelled your name, or forgotten it, please let us know!

VOLUNTEERS IN KIND DONATIONS

We are so grateful for so many kind gifts: for vegetables from **Sue Kenny**, for stamps from **Gunner Wood** and **Lisa Randall**, for discounted printing from **Quality Copy**, for handyman help from **Bob Lamothe**, for page layout and setup from **Rick & Peggy Powis**, for garden help from our new friend **Kelly McLoflin**, and a very special huge thank you to **Dawn & Tim MacKay**, **Joseph MacKay**, and **Caleb Sensions**, for scraping and painting our cloister panels to get them ready for winter. What a huge job, and how hard you all worked! We can't thank you enough!

Thank you, one and all, dear friends. You are the loving, caring face of God, God in action, for us! Know that we thank you the only way we know how, by holding you close, each and every day, in our hearts and in our prayers.