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TRANSFIGURATION  
HERMITAGE  
is a  
tax-exempt  
non-profit  
Catholic institution  
within the  
Diocese of Portland,  
Maine.

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# The View

## NEWSLETTER

Vol. 27 No. 4  
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205 Windsor Neck Road \*\*\* Windsor, ME 04363 \*\*\* 207-445-8031  
[www.transfigurationhermitage.org](http://www.transfigurationhermitage.org)

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Perhaps most of us learned as children to pray by way of the Our Father or Hail Mary or the Rosary, or the Divine Mercy chaplet. We were taught that this was how to pray. Perhaps we never were taught, never learned, anything beyond that—yet now that is not enough. Somehow now it doesn't seem right. Or perhaps it leaves us cold; feeling as though these are just words sent out into the void.

Perhaps, though, it is we who have changed. We have grown, we're now adults, with adult life experience, and adult needs to communicate in deeper, richer, fuller ways. Words are fine, these verbal prayers are OK, but somehow they may not satisfy anymore.

I was never taught any prayers as a child, but even so, as a young adult, when I first

discovered my faith, I fell into the trap of believing that prayer



is verbal communication. It took years, even decades, before I allowed myself to believe that just sitting with God, with his loving presence, could really be prayer. I struggled to 'pray,' to talk to God, to petition, to find words to express whatever I was feeling.

And yet, what is prayer? It's communication. Our communication with God, with Jesus, with the Spirit. As adults, we communicate in many ways, and sometimes the least

important way is with words. We communicate with a glance: of love, of anger, of approval, of disgust. Or with silence: the silence of peace and communion; the cold silence of distance. We communicate with touch: a hug, a handshake—or a fist.

Perhaps it is helpful to think about prayer in the same way. But

we may not be adept at communicating with God other than with words. And we're even more unskilled at listening or noticing God's communication with us.

There is a famous saying, attributed to an English Benedictine of a few centuries ago, whose name I do not recall. He said, "Pray as you can, not as you can't." We might ponder these words. If praying does not come easily to us, if words grow tired and boring, if

distractions constantly intrude; it's possible that we are trying to pray in ways that do not suit us. It's possible that the Spirit is trying to lead us along new paths.

You might now be asking: if not with these prayers, then how? Could it be that our own words, fumbling and limited as they are, are just what God wants to hear? Could it be that the fears, hopes, and desires that spill out of our hearts are far more important to God than rote prayers that may even at times cover over the real needs and intentions of our hearts?

Or perhaps we grow tired of words. Perhaps God simply wants the desires of our hearts. Could praying be that simple? It certainly can. Though we may find that we don't really understand the desires of our hearts, and as we pray, we are led to disentangle them.

Perhaps also we may be led to simply sit in stillness with the Lord. To be present, to be attentive to the movement of the Spirit in our hearts and in our lives. On any given day, that may be so. On another day, we may be enveloped in distractions—particularly if we are in the midst of a very busy time. Or we may be moved to pray for others and their needs. Or to ask help with our own needs. It's important that we ask for what we really need, right in the present moment. Nothing will normally come of asking for a new car, unless we urgently need one to get to work to support our family. Asking for the immediate need of the moment is much more likely to

find us delighted with a response. I remember a friend of mine, very poor, who had nothing to eat for supper, and asked, and was overwhelmed to find a loaf of bread left at her door.

So these days I simply sit in the predawn darkness, often without words, often distracted, often more aware of my 'to do' list than of the Lord. And yet, somehow I know, in a knowing deeper than words, that God is there: present, attentive, deeply caring. It is how I can pray, and somehow, that is enough.

So this Advent let us pray as we can, not as we can't. We may find that the God of our hearts is already there, deep within, just waiting for us to come home and notice him. Blessed Advent and Christmas to all!



## **TRANSFIGURATION HERMITAGE**

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

**[www.transfigurationhermitage.org](http://www.transfigurationhermitage.org)**

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

## **FRUITCAKES!**

Order online at  
[transfigurationhermitage.org](http://transfigurationhermitage.org)  
or call us  
207.445.8031  
during business hours only  
please!

Yes, it's that time of year again!  
We are already selling our  
delicious

### **Traditional English Fruitcakes!**

Thankfully, they are the same price as last year, as we purchased the ingredients and baked them last winter, before prices went up. (Rest easy, they have since been aging safely in our fruitcake cellar).

No doubt by next year we will need to raise our price, but for now, they are still \$25, not including tax and shipping.

And they are still as moist and delicious as ever, still made and aged with brandy.

And of course we also have  
**Rum Cakes,  
Christmas Stollen,**  
(a traditional German festive bread),  
and **seven kinds of cookies!**

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* \$8 / dz

Lemon, Chocolate Chip  
Hazelnut Shortbread,  
Oatmeal Raisin, Pecan Ball,  
Pecan, Coconut Macaroon

#### *Rum Cakes*

Small \$25

Large \$30

#### *Christmas Stollen*

\$8.50 / 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



Cookies



Sr. Elizabeth

Sr. Bernadette

Sr. Anastasia



### TRANSFIGURATION HERMITAGE



205 Windsor Neck Road  
Windsor, Maine 04363  
Gift shop open daily 10-5

#### To order:

By phone (207) 445-8031, or online at  
[www.TransfigurationHermitage.org](http://www.TransfigurationHermitage.org)

# Focus on Formation

Ho hum! It's that time of year again. I've been bracing myself for taking orders, packing, and shipping.

There's a certain degree of guilt that we might not be able to fulfill orders as fast as we'd like it to be. We keep on thinking how can we possibly streamline the process a bit more each year; how can we be more efficient next time around? Every year we learn from both mistakes and achievements, knowing what works and what not. But it seems to be too slow to catch up with the flow of orders.

We get caught in the whirlwind of our activities and all we can think of is how to finish the job. But we forget why we are doing this job or who we are doing it for. Amidst this busy-ness, we are reminded to remember our center, our anchor.

I have a small embroidery piece with the writing under it: "That God may be glorified in everything. *Rule of St Benedict.*" That's it! That's why we're doing this and who we are doing this for. Everything is for God that we might sing praise to God while working, that we might bring God's blessings to the ones who order the works of our hands, that we might bring God's joy to the ones who receive our handiworks.

*Sr. Anastasia  
Scholastica*



## OH THAT SCRUMPTIOUS BREAD!

Some of you may know that Sr Anastasia has been experimenting with and baking sourdough bread for some time. In October she took an intensive sourdough course at King Arthur Baking School in Vermont, and came home laden with new information, new recipes, and new skills. In January she will be offering her breads for sale here at the Hermitage. But you must pre-order and also pick up here at the Hermitage. Please call us at **207-445-8031** to check on possible minimum order status and to arrange for your order

## RETREATS

With apologies, our retreat house is closed from Thanksgiving through early January when we will reopen to welcome retreatants for short or longer stays.

Enjoy the quiet of winter at the Hermitage, in the midst of the stillness and silence of nature, from within our cozy retreat house, or while walking or cross country skiing on our trails.

To reserve your space, please call

**207.445.8031** or email  
[th.retreats@gmail.com](mailto:th.retreats@gmail.com)

# BENEFACTORS

## AUGUST-OCTOBER

Anonymous (2)  
Margaret & Roger Alexander  
Louise Allen  
    mem Avon K Libby  
Glenn Angell  
Bill & Marian Barker  
    mem Wesley Keep  
Bill & Marian Barker  
    mem Eileen Delmonte  
Eleanor Bilodeau  
Martha Block  
Toni Brann  
    mem Eileen Delmonte  
Toni Brann  
    mem Janice Mellyn  
Richard & Mary Brodesky  
Elizabeth Burns & Kevin Rung  
Linda Buttrick  
    honor Robert G Fuller, Jr  
Ruth Calderwood  
Phil & Mary Carthage  
    mem George M Carthage  
David Casavant  
Joseph Catalanatto  
Josephine Chasse  
Gary Crocker  
Rita Crowley  
Robert & Phyllis Curtis  
Genie Dailey  
    mem Jim Dailey  
Wolfgang & Patricia Demisch  
Helena Cyr  
    mem George Cyr &  
    Lisa Desrosiers  
Rich & Myrtie Dickey  
Claire Deptula  
Julie Dupont  
Sara Fahnley  
Peter & Rosemarie Felt  
Mary Fitts  
Robert G. Fuller, Jr.  
Nick & Joanne Furnaratto  
    mem our parents  
Barbara Gawle  
Thomas Goyne  
Edward L Gruener  
    mem Brindle

Elizabeth Harmon  
    mem Chet & Margaret Chase  
Karen & Tom Hastings  
Patricia Heinz  
Robert & Rachel Henry  
Henrys & Marchbanks  
Carol Hommick  
    mem Mary Elizabeth,  
    Florence & Doris  
Dorothy & Roger Hurt  
Susan Hyde  
Nancy Iacono  
    mem Senior Wences  
Claire Kaiser  
Sue Kenny  
Marjorie Knuuti  
Fr Jude Michael Krill,  
    OFMConv  
    mem Michael A Krill &  
    Fr Tom Walsh  
Ron & Cindy Kujak  
Pearley & Alice Lachance  
Bob & Louise Lamothe  
Patricia Lepak  
    mem Eileen Delmonte &  
Janice Mellyn  
Fr Tom Lequin  
Lucinda Long  
Joe Loubier  
Dick & Sharon Marchi  
Mark Maynard  
Claire McCarthy  
Mary & Jim McGrath  
Mary Alice McLean  
    mem Carol Smith  
Claudette & Phil Michaud  
Debra Milliken  
Fr Frank Morin  
    mem Fr John Skehan  
Catherine Moskosky  
Catherine Moskosky  
    mem William Moskosky Jr  
Louis H Motta  
Austine M O'Connor  
Jewel & Tim O'Donnell  
Ken & Pat Parker  
Norman Pomerleau

Carol Rice  
    mem Dick Ronan  
Carol Rice-Dempsey  
Linda Roden  
    mem my son Tony  
Jane Russo  
Marie Santry  
    mem grandparents  
Robert & Fran Scott  
    honor St Joseph  
Pat Shaw  
Barbara Snowadzky  
Martin Spahn  
    mem Fr John Skehan  
Pande & Rita Stevens  
    mem Janice Mellyn  
Tim & Donna Sturzl  
Vivian Swank  
    mem Virginia Warzocha  
Patricia Turner  
Janet Van Fleet  
    mem Daniel Davis  
Ron Vigue  
    mem Michael W. Vigue  
Gabrielle Wicklow  
Michael S. Will

*Our thanks and grateful prayers  
to each and every one of you,  
with special thanks to all those  
listed once, who sent offerings  
many times. May God bless and  
reward each of you for your  
generous support. And please  
let us know if we've overlooked  
you or misspelled your name!*

## IN KIND BENEFACTORS

We are thankful  
to **Kay Thorsteinson**  
for stamps,  
to our neighbors  
**The Appel family**  
for gifts of tomatoes, maple  
syrup, potatoes, peaches and  
apples,  
to **Nancy Charrette**  
for sweet corn,  
to **Mark Maynard**  
for fruit, art magazines and  
yarns,  
to **Ruth Anne Johnson**  
for books,  
to **Gunner Wood**  
for stamps,  
to **Kelly Smith**  
for flower bulbs, seed garlic,  
and unlimited volunteering,  
to **Jennifer Kierstead**  
for a lovely new toaster oven  
for the retreat house,  
to **Quality Copy**  
for discounting our printing,  
and last but not least,  
to **Peggy Powis**  
for layout for this newsletter.

Thank you one and all! Where  
would we be without you!

## WHAT'S COOKIN' with Sr. B LEMON COOKIES

### INGREDIENTS

Makes about 6 Dozen

**1 lb butter**  
**2 C canola**  
**Zest of 6 lemons**  
**2 C sugar**  
**2 C confectioners sugar**  
**4 eggs**  
**2 t vanilla**  
**9 C flour**  
**4 t baking powder**  
**1 t salt**



**Beat butter, oil and lemon zest on low speed until combined. Add sugars and beat at medium speed about 2 minutes until light in color. Beat in eggs and vanilla. Sift together flour, baking powder and salt. Add to the butter mixture and mix to form a soft dough. Cover and refrigerate at least 2 hours or overnight.**

**Preheat oven to 375. Scoop cookies onto greased and floured baking sheets. Use cookie stamps (or your palms) to flatten cookies. Bake for 10 minutes.**



**Rick, in The Indiana Test Kitchen made these dairy free, substituting Smart Balance for the butter. Oven 400, baking time 20 minutes. He didn't have a cookie stamp - used his palms. They taste great but are not as pretty as the ones you can order online. See page 3.**