

The View

NEWSLETTER

Vol. 28 No. 1
March 2023

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

Praying, Again

How often do we turn to prayer? When we are in crisis, or in any kind of need? Or are we able to bring our deepest fears, hopes, hurts, and dreams to God? Do we even believe it's OK to do this? After all, we might think that God can't be bothered with our puny needs or fears or desires.

But perhaps these are the very things that we need to bring to prayer—not just when we're desperate, but every day of our lives. So why might we be reluctant to speak to God about things that are important, not in a major sense, but only to us? We're usually well able to ask for the big things: As in: 'God, please let my (husband/wife/child/parent) get well/not die/stay safe/get that job/get straight A's/college of choice. Or we easily pray for the intentions of others.

But we often don't ask for help with our emotional needs. Sometimes it may be that we don't even recognize our own emotions. It's when these emotions become so strong that we can't ignore them that we bring them to God. As in: Help

me to get over my anger with my sister; I could do this if only she would stop being so aggravating. Or: Oh, sure I forgive that person I work with, I just don't want to associate with him anymore.

It's possible that we make these or similar requests. We might make them time after time, and it seems as though nothing changes, that God doesn't hear our prayers, our requests, our pleadings. Perhaps then we give up, we think that God isn't listening, or doesn't care. Maybe we get angry because we get no response. Maybe we give up, forget about prayer, turn away from God, who doesn't ever seem to respond to us.

Maybe we're misinformed about prayer. Maybe we underestimate God. Maybe we think we need to be strong, need to accept the boredom of not getting a response. Or maybe we're afraid God will be angry with us because we don't measure up/aren't perfect/can't get over something/want things to be different.

Perhaps, when God seems silent or absent, it's not that God is absent, it's *we* who are absent. Perhaps a personal example will help explain this: some time ago a friend told me he wouldn't help with something that he'd promised to do. This was hard to take. When I brought it to prayer, I realized immediately that I was feeling abandoned. I prayed about this. I remembered Jesus' abandonment, in Gethsemane, and then on the cross. Yet God felt absent. And I'm not used to experiencing God as absent when I bring something hard to prayer. But God felt absent.

Next morning at prayer, pondering and processing it, I realized that I was missing my own deepest emotion: anger. I was angry about this! Angry with my friend, angry about feeling that I was left high and dry. As I realized this, I knew this was what I most deeply felt, and this was what I had to present to God. So I did—and God came rushing back in, and I was at peace. Not happy with the situation, but at peace, deeply aware of God's silent,

loving, beneficent presence.

I offer this as an example. If we are not at home with ourselves, if we are not deeply present to where we are 'at', and able to be simply who we are with God: with all the unpleasant, less-than-perfect emotions, we are also not fully present to God. So how can God be present to us, how can we experience God's presence, when our minds and hearts are somewhere else? It's as though we are multitasking: part of us, on the surface, is with God, but other parts, deeper parts, are elsewhere. This may be as simple as being busy and distracted at prayer, something that happens to all of us, at least from time to time, but it may also be that we don't know ourselves fully, or we are avoiding something challenging, something unpleasant, that lurks within.

Perhaps this Lent we might make a practice of opening ourselves, in all our woundedness, and in all our aliveness and creativity, to the Lord in prayer. Maybe, just maybe, it will be an entrance into a new and deeper relationship.

St Elizabeth



RETREATS

Late winter and early spring are great times to give yourself (or someone else) the gift of a retreat at the Hermitage.

Feeling stressed?

Facing challenges or decisions? Or simply needing quiet time for prayer and reflection?

St Moira's retreat house is made for you!

Enjoy the quiet in our lovely little retreat house with cozy rooms, delicious homemade food, wonderful views, and access to our simple, prayerful chapel just a short distance away.

Walk (or snowshoe or ski) our prayer trail and outdoor Stations trail.

All this for a nominal
\$60/night/person;
\$75 if only staying one night.
To reserve your space, please
call

207.445.8031

or email

th.retreats@gmail.com

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.



THE GUEST HOUSE

This being human is a guest house.
Every morning a new arrival.

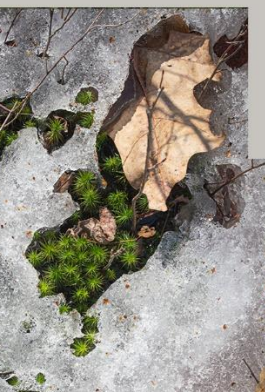
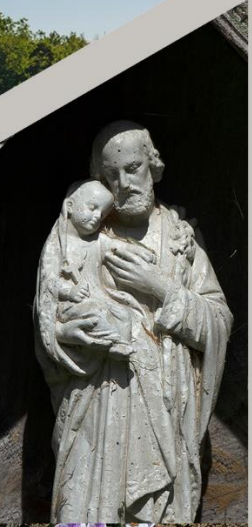
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

~ Rumi



Focus on Formation

Praying with Emotions

I grew up with emotion labelling. There are good emotions and bad emotions. Good emotions are being happy, thankful, and everything pleasant. Bad emotions are being sad, angry, irritated, annoyed, fearful, and everything negative/challenging. I figured that there are more bad emotions than good ones. I always thought it was sinful to feel the bad emotions, and I should not pray when I was in those 'bad' spaces.

Fortunately, I've learned that emotions are not good or bad. They are simply signs of where we are at. Emotions can indicate our attraction or resistance to certain things. They can be indicators of what things or incidents that trigger our response or reaction. Furthermore, they can even help us to figure out what parts of us need attention and growth, compassion and healing.

God is big enough to handle ALL our human emotions, even the so called 'bad' ones; even MORE so when we are in those 'bad' spaces. "The Lord is near to the brokenhearted and saves those who are crushed in spirit" (Ps 34:18). God welcomes and embraces us in our happiness, sadness, anger, and fear. God is with and within us wherever we are at.

Sr. Anastasia Scholastica



A GIFT OF SAFETY

Early last fall we received a phone call from Carl Caprara of C. Caprara Food Service Equipment. We had known for some time that we needed to upgrade our kitchen vent, but did not have the funds to do so. We may never learn if Carl somehow knew about our need. However, he offered to give us, at no charge, a new vent, fire suppression system, and a secondhand, refurbished commercial range—slightly smaller than our old one, so that the vent would fit in our space and still service both range and also our big Blodgett oven.

Wow! What a priceless gift! Especially when we realized how much work was involved in removing the old stove and vent and installing the new, including the rental of a piece of equipment that made it safe for the workers to put the vent chimney up on our roof.

Carl offered this gift in loving memory of Victor Caprara, his dad, and Christopher Caprara, his brother.

We are so very, very grateful to Carl, to his family and to all his dedicated workers for this gift of a new vent, new stove, new fire suppression system—and most of all, the gift of safety in our bakery.

Photo credits this Issue
Sr. Anastasia Scholastica

BENEFACTORS

NOVEMBER 2022

thru JANUARY 2023

Anonymous (5)

Louise Allen

mem Raymond Allen

Margaret & Roger Alexander

John Allison

Mary Arell

Helen King Atallah

Cecilia Atwood

Joy Auclair

Eleanor Bilodeau

Bill & Marian Barker

mem Rene Anctil

Beverly Bartosiak

Gail Borgman

Bette Bond

mem James Bond

Toni Brann

mem Wes Keep

Shirley Brittell

mem Cal Brittell

Richard & Mary Brodesky

mem Bob Longoni

Martha McSweeney Brower

Donna Burkart

Ruth Calderwood

Phil & Mary Carthage

Ethel Champaco

Nancy & Marie Charette

mem Donald Charette

Linda Cocotas

mem Geri Kangos

Ruth Covell

Gary & Ellen Crocker

mem Francis & Lorena

Crocker & Ron Gamage

Rita Crowley

Helena Cyr

mem George Cyr &

Lisa Desrosier

Elise Dennis

Julie Dupont

Sara Fahnley

Peter & Rosemarie Felt

Mary Fitts

Jeanne Foti

Robert G. Fuller, Jr.

Nicholas & Joanne Furnaratto

Barbara Gawle

Ron & Gay Grant

Ramonda Grzymala

mem my son,

Anthony Houghton

Elizabeth Harmon

mem Wes Keep

Tom & Karen Hastings

Robert & Rachel Henry

Carol Hommick

Catherine Hopkins

mem Chet Hopkins

Nancy Iacono

Claire Kaiser

mem my husband Bob

Sue Kenny

Mary Elizabeth King

Marjorie Knuuti

Fr Jude Michael Krill,

OFMConv

mem Michael A Krill

& Fr Tom Walsh, OFMConv

Ron & Cynthia Kujak

Knights of Columbus

Canabas Ccl #1299

Knights of Columbus

Gov Kavanaugh Ccl #1423

Knights of Columbus

Limerock Ccl #136

Knights of Columbus

Pine Cone Ccl #114

Elizabeth Kobe

Beth & Ray Lambert

Rev Tom Lequin

Jon Lightner

mem Mary Ellen Cimillo

Lucinda Long

Ruth Ann Longenecker

Carole & Paul Magner

mem parents, niece, sister

Dick & Sharon Marchi

Kathy Martin

Elizabeth Massey

Claire McCarthy

Robert & Leslye Menerey

Sandra Mercier

Claudette & Phil Michaud

Debra Milliken

Carol K Mitchell

Joseph Morelli

Rev Frank Morin

Connie Morin

Donna Murray

Rev Frank Murray

Austine M O'Connor

Maureen O'Donnell

Bob & Robin Ohrt

Brent Otto, SJ

Jeff & Alison Otto

Erik & Ellen Parker

mem Gail Parker

Judith Pollock

Madeline Pomerleau

Norman Pomerleau

Roger Pomerleau

Donna Ptak

mem Bill Webb

Annalisa Randall

Louise Reed

mem Fr John Skehan

& Wes Keep

Deacon Joe Reid

mem Barbara Reid

Barbara Renzi

Carol Rice

Carol Rice-Dempsey

mem John Dempsey

Rev Ray Richard

Shannon Robbins

Linda Roden

mem Tony Newell

Donna Rogers

Cathleen M Ronan

mem Dick Ronan

Jane Russo

Molly Santry

Susan Sargent

Lynn Schafer

Pat Shaw

continued next page

Benefactors, continued

November 22-January 23

Marc Sirois

Pande & Rita Stevens

mem Bottom & Stevens
families

Ellen Lee Szela

Richard & Rose Studholme

Ann Thurber

Andy & Linda Turgeon

mem Gail Parker

Ron Vigue

mem Michael Vigue

Vincent Voorhees

Lou & Linda Wagner

MaryAnn Wenninger

Mariellen Whelan

Diane Williams

Judith Young

Thank you, one and all, for your generous support! Please, if we forgot to mention you, or misspelled your name, let us know!

Very special thanks to **Rebecca Woo**, who patiently put up with our forgetfulness not once, but twice!! Thank you Rebecca!

IN KIND BENEFACTORS

We received anonymous gifts of help decorating fruitcakes, as well as gift cards, and stamps, also tea towels and a beautiful crystal cross from **Kelly Smith**, stamps from **Gunner Wood**, books from **Page Eastman & Tom Goynes**, lovely alpaca socks from **Ruth Longenecker**, herbal oils & gift cards from **Barbara Gawle**, peanuts from **Gunner & Deb**, gift cards from **Shannon Robbins and Mary Fitts**, help with fruitcakes from **Carolyn Frost**, and repair to our beautiful carved wood chapel doors from **Paul Schelble and Al Parker**. Our heartfelt thanks and prayers are with each and every one of you – you empower us to continue with this life of prayer for all people!

WHAT'S COOKIN'? with Sr. B



RICH,SOFT NO FLOUR COCONUT CAKE SQUARES

INGREDIENTS

3 lg. eggs
½ c. granulated sugar
1 tsp. vanilla
1 c heavy cream
2.5 c unsweetened finely
shredded coconut
Pinch salt
1 tsp baking powder

Whisk eggs and sugar together, add vanilla, mix, add cream, mix well, add coconut & a pinch of salt, mix together. Refrigerate for 30 minutes, then blend well. Add baking powder, blend.



Pour into a 9" square pan lined with parchment paper, smooth the dough flat and bake in a 350 oven for 35-40 minutes. Remove from pan, cool, and cut into squares. **Enjoy!**