

CCA Newsletter

Carmelite Communities Associated

Volume 30, Issue 3, SEPTEMBER 2008

FROM THE CCA LEADERSHIP TEAM



This time it is my turn to greet you in the name of our Leadership Team. We have much to reflect on as we celebrate again the Feast of the Holy Cross, which calls us to the “silence and hope” of our Rule and renewal of our commitment to prayer and community life. The fall season is coming quickly as the early morning light falls to shadows and the fireflies disappear from our evenings. And, again, we are moving towards next spring and our CCA meeting, June 2-8, 2009.

It was my privilege this summer to be part of the first Carmelite Directors of Formation program. The conference, held at the beautiful Spiritual Life Center in Wichita, KS, July 1-10, was truly a time of grace. Participants were Carmelite nuns from CCA, Queen of Carmel and St Teresa’s associations and friars from our three provinces. The presentations were valuable contributions to our knowledge about formation methods and issues. The gathered community shared Eucharist, morning and evening prayer and some quiet time for silent prayer in the early evenings before dinner. It was consoling to experience this prayer together as sisters and friars walked the grounds, sat by the lake or remained in the chapel. We also had a great cook-out and games for July 4, and hilarious entertainment at the concluding party.

I met many sisters who were old friends and connected with others I had not known before. Mother Teresita (Carmel, CA) and I discovered that we both entered in the same month, October 1960. The personal conversations and communion reminded me of a book I recently finished reading, *Shared Wisdom* by Pamela Cooper-White. In her final chapter, “The relational paradigm,” she quotes the Anglican priest and physicist, John Polkinghorne, who writes about subatomic particles. He says: *Once two electrons...have interacted with each other, they [forever] possess a power to influence each other, however widely they subsequently separate... There’s an intrinsic togetherness [in the subatomic world] that cannot be broken.* And we are part of that world.

Cooper-White goes on to comment how we can translate this into our own human situation. There is much to ponder as we learn to think and act on new insights provided by science and its relation to our theologies and spirituality. The experience at Wichita was certainly one of interconnectedness, of love and shared visions among the Carmelite family. And with this love and prayer we continue to hold our sisters in Danville and Oldenburg and all our communities. We look forward to having many of you with us at the Precious Blood Spiritual Center, Columbia, PA for our fortieth anniversary meeting.

Lovingly,

Colette

Sr. Colette Ackerman, OCD

Concord, New Hampshire

Sr. Hilary Case, OCD



Summer and autumn greetings and blessings! Since the last newsletter, we have experienced both end-

ings and beginnings, and we are poised on the wave of constructive change. If this situation is unsettling sometimes, the flourishing of summer, with its ever-changing flowers and its slowly ripening vegetables, reminds us of the order of creation as well as of God our Creator. I will share with you some of the current process of our lives.

CHANGE

We have experienced two very concrete areas of change. We decided we had reached the end of being able to afford our expensive gas-based steam-heating system. We are now in the throes of changing over to a more economical, energy-efficient system that uses hot water instead of steam. We have lived to see some dramatic sights. First we saw the workers drill down 240 feet through bed-rock to find water for a geo-thermal well. The drill extended high into the trees outside the refectory, and we all hung out the windows to watch! Another day saw the workers taking the previous enormous and monolithic boiler from the 1950s out of the monastery in pieces. Now under construction of the new system, we put up with the mess and await its completion, scheduled for fall. There will be separate heat controls for every room. O joy!

LANGLEY PARKWAY, the road to the hospital that we have talked about before, was finished in late June. Several of us attended the ribbon-cutting ceremony and the lunch that followed at the Baptist Church. Of note is the fact that the fire fighters offered Sr. Theresa a ride to lunch in their fire truck, an offer she accepted with glee! Once arrived at the Baptist Church, the guests were treated



to a video that showed the building of the road in all its phases. The completed road has been quiet so far, and much of it is hidden behind the wall built by Concord City. The city also planted some attractive trees and bushes.

On to other matters, some involving friends of our community. You may recall the fire that destroyed so much of our monastery in 1993. This summer, Sr. Clare Hennessey, RSM, the last sister still residing in the convent that took us in during our rebuilding project, will move to Keene, NH. We will miss her very much, but we look forward to her visits when she comes to Concord.

Sr. Shirley Ahern, OCD, of the Latrobe community, shared our Triduum for Our Lady of Mount Carmel this year. We share her sorrow for the death of her mother, the occasion that brought her to New Hampshire, but we were glad to see her and to welcome her among us.

From July 1 to 10, Sisters Claudette and Theresa attended the Carmelite Directors of Formation Program in Wichita, KS. With other OCD formators (both nuns and friars) they focused on the challenges of attracting and keeping new members in our age of rapid change. Topics included the diverse learning styles that may be encountered in any group of newcomers, criteria for discerning the various stages of formation, and how to respect the diverse experience offered by those who are entering now. Claudette and Theresa were inspired by the high qual-

ity of the talks, and they enjoyed sharing with the other formators.

Since February we have been considering the talks that Sandra Schneiders, IHM presented at the 2007 CCA Meeting, aided by Janet O'Connell, retired diocesan social worker who facilitates our discussion and helps us to get our imaginations in gear. Over the weekend of July 31 to August 3, we received further help from CCA as Carolyn O'Hara and Maria Viatore, members of the Leadership Team, visited us and shared with us. In particular, Carolyn shared insights and pictures from her travels to the Carmels of Germany and Holland. She and Maria have also visited many Carmels here in the United States. We benefited immensely from hearing about their experiences. We all knew (in our heads) that many Carmels face the challenge of diminished numbers and aging members, but it strengthened us to hear that other groups are facing this same challenge and to discover how some groups have dealt with it. We really felt that we could open our hearts to these sisters, and they did the same. At the end our process had moved forward without our even knowing quite how this had happened, just in the sharing.

In addition to our sessions, we shared picnics on our porch, prayer and much laughter. We are so grateful to Carolyn and Maria for their generosity and their support. As they gave us new input, they also shared our community life, and we were sad to see them leave. Yet they left us heartened to go forward in our process with new energy and an expanded sense of our possibilities.

On the lighter side of life, we do have one new "postulant," a white dwarf rabbit, formally named Cotton-tail but informally known as Bunny. Bunny lives in a barred "cell," that is, in a cage in the office area we call the Thérèse Wing, where the sisters can easily pass by and give her a greeting. She is quiet, as befits a contemplative bunny, yet also playful, as also befits a contemplative bunny. Her demonstration of her prowess the night she

*Cottontail
aka
Bunny*



raced Sr. Mercedes for their favorite chair in the recreation room and won was awesome. She eats grass, hay pellets, carrot tops, and for treats, grapes and baby carrots. The writer of this letter once narrowly avoided mistaking her grass for chives and putting it in the egg salad for Friday supper! We all enjoy Bunny.

Fr. Bonaventure Lussier, OCD served as our celebrant and homilist for the Triduum of Our Lady of Mount Carmel. As he prepares to visit Austria and take a sabbatical on Mount Carmel, Fr. Bonaventure has many reflections on eremitical and Carmelite life. One of them seems to pull our endings and beginnings together. Fr. Bonaventure said that the burden of facing the effects of sin, our own and our world's, is very heavy; yet prayer for everyone affected by sin is a big part of our Carmelite vocation. As Carmelites, indeed as Christians, we never deny the reality of sin. However, we must not go to the other extreme and focus on the negative, giving it power in our lives. Like Mary, our mother and our friend, we need to keep our eyes on Jesus, centering our hearts and our prayer lives on him. Then, through the Spirit of Jesus, we will know the love of God at a level deeper than words. It is this "heart knowledge" that gives us the grace of trusting in the mysterious process by which God overcomes sin and brings good out of evil and pain.

This summer, we have experienced this truth in our different ways as we have met the challenges of change with the help that God has provided and with laughter. Through the creative love of God may all your endings become new beginnings.

CARMEL OF OUR LADY AND ST. JOSEPH Boston, Massachusetts Sr. Mary Clare Doherty, OCD

STUDY

We brought our ICFP to a close for the year with our now deservedly famous annual gathering in Barrington.

Later in the summer, James D'Souza, an Indian OCD studying at Harvard, gave us eight very full talks on the psalms, leaving us satisfied to overflowing.



VOCATION POSSIBILITIES

Boston Catholic TV prepared a program on Thérèse for the fall. A friend of the community gave the talks and had suggested that the filming be done in our gardens. They agreed and found enough days without rain to finish it.

Bernadette Thérèse, our vocation director, worked with ease this month. Or rather she worked with 'E's'....Emily....Erin...Erica. Erin is a sister of the child whose cure was used as the miracle in Edith Stein's canonization process.

Denise Hanusek, doing an article for an encyclopedia on contemplative life, was with us for a bit interviewing some (six) of the sisters.

And the young liturgical dancers from a local parish were here for another feast of Our Lady. Someday we are hoping at least one will ask to come and try our life.

RECEPTIONS AND VOWS

On July 16 Sr. GABRIELLE OF THE ANNUNCIATION was received into our community, and on August 15, Sr. JUANITA DE LA MADRE DOLOROSA renewed her vows. Two causes for joy and gratitude.

VISITS OCD

Fr. Denis Geng, OCD, in the country from Kenya, came with Fr. Sal for a visit. It was while Denis was stationed in

Brighton that our ICFP first got off the ground. Three more OCD's from Kenya—Nicholas, Tom, and Abed—also came to visit. And Sisters Miriam and Mercy, who were in the area for medical appointments, had a brief overnite with us... .

OTHERS

During the month of June about 50 past and present parishoners from our parish of St. Patrick's attended a special Mass in their church and then came to our gardens for refreshments (supplied by the pastor).

Bernadette Thérèse was in the Philippines visiting her mother when Mrs. Huang went home to God. As it happened, Bernadette Thérèse's other two sisters who are in the States were also at home visiting. It was a special grace as they sent their very special mother off into the embrace of God.

We ask any of you who have ever met our long-time extern helper, Mary Fernald, to keep her in your prayers. Mary was found on the floor by a friend who was bringing her Communion. She had had a stroke and is in a rehab at present but will most probably not be able to live alone any more.

GRAND FINALE

And the grand finale of our summer was the welcome home of Sr. Eileen Mary. After having been away for over four months of uncertainty and anguish, she finally made it home, but still with a good ways to go.

The welcome came in phases, starting with a trumpet duet *Trumpet Voluntary* by Mary Teresa and Gabriel, continuing with our "inner city" version of a beach party, complete with umbrellas, sunglasses, seashells and the sound of surf, and ending with an exquisite bouquet of various colored roses from our sisters in Danvers Carmel, and a visit from Srs. Genevieve and Sue Lumb from Barrington who came bearing soda and subs for the community.

CARMEL OF THE INCARNATION
Beacon, New York
Sr. Rita Donahue, OCD



As I write this we have just finished a scrumptious brunch following our 9:00 a.m. Mass. It is community vacation week.

Our celebrant today was Fr. Charles, one of the three Nigerian priests serving in our local parish. This being August 27, the Feast of St. Monica, he told us that in Africa this is a big day and women traditionally offer prayers for their children. Such tidbits of African culture are one of the enrichments we appreciate on the days when the Nigerian priests celebrate Mass in our chapel.

Our Liturgy for July 16 included the blessing of the new statue of Our Lady of Mount Carmel in our chapel.

In his homily Fr. John Horan, O. Carm. related the story of a little girl in a parish who asked him, "Who is the lady with the tea bags?" He was puzzled, looking around for someone serving tea. Only when the little girl brought him over to the statue did he realize that the child mistook the small scapular on the statue for tea bags. He happily clarified both the "lady" and the "tea bags" for her. Spirituality in unusual packaging!

Relating a scapular to an apron, Fr. John developed the idea of service which it represents. He put forth Mary as a rich example of service, humility and obedience to God.

Lastly, Fr. John spoke of our own statue which we ourselves designed. He said that what struck him most is the sense of peace and tenderness which it conveys.

Sr. Carolyn represented CCA at the provincial chapter of the friars held in Mundelein, IL in May. The invited association heads and Secular Order presidents met with the friars on Monday, May 19 and discussed these questions:

1. What are the practical bonds that keep us together as a Carmelite family? 2. Considering our present resources (increasing age and declining numbers, fewer friars available for ministry), how can we strengthen these bonds in new and creative ways?

Denise Marie Hanusek, Ph.D. spent two days with us in July, interviewing a few sisters for her research project on the Carmelite Nuns in the United States. Denise is an adjunct faculty member at the Candler School of Theology at Emory University in Atlanta, Georgia. The end product of her research will be included in the recently established Emory Encyclopedia of Contemplative Practice. Denise's friendship with Carmel made her time with us a joy.

Our study day in August brought us to the last talk of Sandra Schneiders, IHM given at last year's CCA Meeting. We found that the use of focus questions enhanced our discussion period. We recently evaluated the study days we've had this past year and will consider how we now want to proceed.

Sr. Ann had her second knee replacement in July. An infection slowed her recovery initially but she is now making progress at home and will soon begin using a cane.

Sr. Therese Mary had cataract surgery in August. Already enjoying improved vision, she is anticipating having the other eye done soon.

Willy Malarcher, the liturgical designer who worked with us for our chapel renovations, brought Bishop Rodimer to see the chapel one day in July. Willy worked with Bishop Rodimer when he was bishop of the Paterson, NJ diocese. The bishop is now retired. We had an enjoyable visit with him. He himself is a secular Carmelite since his seminary days, and had the seal of Carmel incorporated into his coat of arms when he was ordained a bishop.

Sisters Jeanne Marie and Carolyn made the Christian Insight Retreat (Vipassana) given by Fr. Kevin Culligan, OCD and Mary Jo Meadow August 16-

24. The retreat was held at Bethany Retreat House in Highland Mills, NY.

We renewed our vows together on August 15, the Feast of the Assumption. We chose this feast for its closeness to our community's foundation anniversary which is August 24. The rite was inserted after the Reading at Evening Praise. Beginning with "I," each sister said her name, one by one. We then continued, reciting the formula together. A simple, graced reminder of our oneness and the witness we give to each other in community.

Sr. Maria Viatori from Cleveland Carmel came here in July to join Sr. Carolyn for a trip to Concord Carmel. We enjoyed Maria's visit with us before and after their trip. We also enjoyed the tasty homemade bread she brought us.

Roberta Nobleman is creating a play about Edith Stein (Sr. Teresa Benedicta of the Cross), requested by a secular Carmelite group on Long Island. She contacted Sr. Marjorie and has come twice, meeting with a few of us to give her feedback on her working draft. The sessions with her have been lively and interesting. They are also enlightening regarding the process of creating such a work. Roberta herself is very enjoyable and refreshing, and welcomes our input. Roberta lives in New Jersey, and as many of you know, she is a performer of one-woman religious plays.

Many of us attended a presentation in July given by Kristen Swanson, RN and Hospice Program Educator for Ulster County, sponsored by The Metropolitan Association of Contemplative Communities (MACC). Kristen explained how Hospice affirms life and regards dying as a normal process. Her presentation was compassionate and informative.

She included an exercise about letting go, illustrating the reality of letting go that comes as one ages or is dying and preparing for new life with God. We gained insight into how Hospice provides emotional, spiritual and practical support based on a sister's wishes and the community's needs, so that the dying may be comforted and those who companion



In the center, Sisters Michaelene, Marita and Jeanne Marie, at MACC Hospice presentation

them on their journey to their heavenly home may be reassured. While the topic seemed somber the day was pleasantly rewarding.

Srs. Aletha and Rita spent a wonderful day with our former Elysburg sisters in Danville, PA during vacation week. Arriving at Maria Hall around 11:00 a.m. Sr. Joan Lundy met them in the lobby and brought them up to the Carmelite wing of the second floor. They gathered in the community room, exchanging news and greetings as sisters joined them there, then they all said Middy Prayer in the loggia that overlooks the chapel. A special dinner event that day took them to Hawaii via a dining room transformed for a luau, replete with various seashells, Hawaiian orchids and other flowers, fresh pineapples, colorful tablecloths, beverages served under a large straw umbrella by women (aka health-care staff) in grass skirts, and an unmistakable air of festivity. After this splendid affair they toured the third floor where some of the sisters live, traipsing the corridor in groups of twos and threes, stopping at each one's room. The overcast day cancelled a planned golf-cart tour of the grounds but gave more time for indoor visiting before Aletha and Rita left around 4:00 p.m. They brought home place setting decorations and their leis to enhance the account of their very pleasant visit with the sisters in their new setting.

Summertime sightings around our grounds have included a lovely blue heron that adorns our lake rather frequently. Deer include the young still

sporting their spots and two or three bucks sporting their antlers. And some nights we are unpleasantly awakened by a penetrating, unpleasant odor. A skunk, of course! Seen in daylight, this animal looks deceptively harmless and attractive with its distinctive clear white streak down its back.

Many touches of color and beauty have abounded in the various flowerbeds of gardeners Margie, Mary, Marita, Michaelene and Pat.

Soon it will be fall. Happy turn of the season to all!



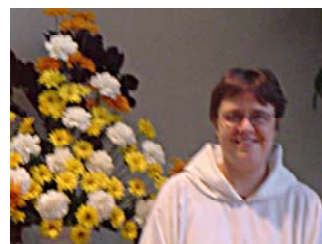
Sister Thérèse Mary enjoying the flowers.

*Tide's at turning point.
Swans grace my morning visit
to shores of my past.*

*Let them speak to you.
Allow their trills and twitters
to pacify you.*

—Rosemary Kluepfel

CARMEL OF THE SACRED HEART **Baltimore, Maryland** **Sr. Monika Bies, OCD**



On the feast of Elijah, July 20, Sisters Judy Murray and Judy Long gave a wonderful reflection reminding us of our Carmelite roots. They said in part:

By telling the story of Elijah, the early Carmelites could conclude that his spiritual way of life was within their reach. The medieval Elijah stories not only suggest that God desires to have contact with us but also that intimate, human loving contact with God is possible (Ackerman, pp. 176-178). We, the daughters and sons of Elijah, continue to listen for that still small voice and continue to sing liturgies honoring Elijah and praising God.

The book is now open for a new chapter in the Legend of Elijah; we must do all that we can to write ourselves into the story.

We have carried this thought as we prepare for our renewal of vows and the Fast of the Order.

You shall observe the fast every day except Sunday from the feast of the Exaltation of the Holy Cross until Easter Sunday, unless sickness or bodily weakness or some other good reason shall make it advisable to break the fast, for necessity knows no law.

Carmelite Rule, Chapter 12

As the fast of our Order approaches, we want to share with you how we “celebrate” this very special season in our community. The feast of the Exaltation of the Cross marks a seemingly abrupt and yet, at least at times, not unwelcome ending to a usually long and humid Baltimore summer. The natural change of season with its falling, but intricately col-

ored leaves, seems to be accompanied by our Rule in a quest for a change of heart. This call to conversion begins traditionally with the prioress' exhortation on the meaning and practice of the fast. Last year this exhortation was given in lieu of a third reading during our Saturday Vigil, thus integrating it in our liturgical life. As we were called to reflect on silence, solitude and prayer, we were reminded as well of some of the parameters that help us to deepen those commitments: we resume the reading of the Carmelite Rule at Compline on Friday evening, listen to the text and share its meaning for us; we try to be more attentive to the physical as well as inner places that need our silence and quiet... and we fast. In his book **The Mystical Space Of Carmel**, Kees Waaijman defines fasting as a "form of self-evacuation designed to make room for the life-giving Other," aimed at love, the final goal of purity of heart. And, as Sister Colette pointed out to our community in her last year's exhortation, "There are many ways to fast and addictive things we need to fast from. Part of fasting is to be able to give ourselves with a Gospel freedom, to offer ourselves and to have a spirit of shared life and shared resources—truly watching out for the other."

So let us hug each other in spirit, watch out for the other and wish one another a Happy Fast!

You shall observe the fast every day except Sunday from the feast of the Exaltation of the Holy Cross until Easter Sunday, unless sickness or bodily weakness or some other good reason shall make it advisable to break the fast, for necessity knows no law.

Carmelite Rule, Chapter 12

ICFP (INTRA-CARMELITE FORMATION PROGRAM)

Sister Fran Horner and Sister Mary Fleig participated in this year's ICFP (August 7–August 10). The presentations follow a five-year rotating schedule of Carmelite topics which include Mary, Teresa of Avila, John of the Cross, Contemporary Saints of Carmel and the Carmelite Rule. As part of this cycle the 2008 topic was "The Living Flame of John of the Cross." Professor Richard Hardy, who wrote the biography, **John of the Cross: Man and Mystic**, gave 90-minute lectures in the morning and the afternoon. His presence was very much appreciated by all the participants of the program.

During the time reserved for socialization, excursions to the National Shrine and the National Museum were undertaken. As the participants of this program represent the various branches of the Carmelite Order—Discalced and other communities of sisters under Carmelite Patronage and friars from the Ancient Observance—it offers a great opportunity to meet with Carmelites in formation and their formators. Sharing experiences and building friendships is very important with the hope these will last for years to come.

The liturgical life and prayer services of the program facilitate deeper sharing among the participants. Sister Fran Horner gave a reflection on August 9 for Edith Stein's feast and we include an excerpt:

Who ought you to be? Edith Stein poses this question for formation. In her lectures on formation in the ICS Volume **Woman**, she carefully distinguishes formation from education: While education applies itself to "human capabilities," she said, the world of formation "presses forward to the soul itself, to its substance, in order to form it, and with it, the whole human being." Formation is not just about form. Edith Stein was an intellectual giant, but for her, formation was not only or even mainly about the intellect. It was the process of developing "the whole human being towards that which he/she ought to be."

UPDATES:

Sister Connie is recuperating from hip replacement which took place on July 29. Even though the healing process will take its necessary time, she is improving steadfastly and with a lot of patience.

In the last newsletter (May 2008) we had requested your prayer for **Sister Robin's** upcoming knee replacement. "All is well" and she is continuing to make progress day by day.

Please continue to keep both Sister Connie and Sister Robin in your prayers!

PROFESSION:

We are happy to report the following milestone in the life of our community:

Sister Fran is making her solemn profession on November 9, 2008 at our Sunday Eucharist.

JUBILEE:

And more good news about our **Sister Robin**:

On Saturday, October 25, Sister Robin will celebrate her 50th Jubilee.

Judging by some of the "preliminary activities," it will be a festive occasion and for all those present, a firework of thanksgiving in celebrating Robin's love for and perseverance in her vocation as a Carmelite Sister.

CARMEL OF OUR LADY AND ST. THÉRÈSE
Barrington, Rhode Island
Sr. Roseann Gillace, OCD



Greetings from the Ocean State and our Carmel by the Bay!

On June 3, we hosted our annual inter-formation party to end another year of sharing among us in New England—Boston, Concord and Barrington sisters. Boston Carmel is the central meeting place for the classes; all three contribute to the plentiful and tasty lunch between sessions and to the joy of being together.

The formation program is set up by representatives from each Carmel and starts in September. Input for '07-'08 included: two **Conferences On The Rule** by Fr. Bonaventure, OCD; **Atonement Theology I & II** by Fr. Robert Daly, S.J.; **Wisdom in Scripture** by Fr. McCreesh, O.P.; **Gospels For This Year's Lent** by Fr. T. Stegman, S.J.; **Discernment** by Fr. T. Gallagher, OVM; **Jesus As Teacher Of Prayer** by Fr. Kevin Culligan, OCD. We are so grateful for the availability of these sources.

At our monastery on Sunday, June 8, we had Vespers and the Holy Hour for Religious Vocations. Our Religious Senate was inspired by the New Hampshire Religious Senate who each month invites the public to come together before the Blessed Sacrament for this intention. It has been held at different places to allow more people an opportunity to attend. Sister Vilma is our community representative for the Senate.

Vilma again presented a workshop at the Carmelite Forum in St. Mary's, Indiana, concentrating on OHM. Newcomers continue to join the classes with those who faithfully return for nourishment. As was mentioned before, Vilma's 60th profession anniversary was August 22. Her sister in Covington Carmel, Sister Miriam, will celebrate her 60th of entrance on this September 25. Their sis-

ter Anne in Lafayette Carmel had hers some years ago!!!

This year, two of our O. Carm. brothers shared the blessings of Our Lady of Mt. Carmel novena. Fr. Michael Kissane celebrated the Liturgy of the Word and Eucharist with us from July 8–11. Fr. Tim Ennis continued on the 12th to the 16th. During this time each of them gave the community a conference as well.

Fr. Michael spoke of the realism of "The Contemplative Dimension of Our Charism." Fr. Tim presented unique and refreshing input on "The Parables of Jesus." We enjoyed their brotherly presence in our midst.

Sisters Sue and Mary Davin participated in the formators' program in Wichita, Kansas. They informed us that the workshop was intensive, but very good. (We hoped they would tour, find the Gold Brick Road and bring one of them home!)

In early August Sr. Sherryl White, CSJ, from Pittsburgh came for a workshop and engaged us in the current popular topic of "Aging." A few of our Carmels have experienced her expertise and benefited by her presence, as we did.

At the end of August Michaelene from Beacon Carmel found room at the inn with us for two nights. It was a joy to have her with the community, but too short a visit, especially with ten years since the last one!

We welcomed Deborah Moreau from South Hadley, MA, to our community as a candidate on August 26, the feast of OHM's Transverberation. At Evening Prayer after the Scripture reading, Mary Davin, formation director, expressed our mutual feelings and read some excerpts from the **LIFE**, chapter 36, which Sue had read for the community on the 24th, the Foundation Day of the Reform. It was a way of connecting us in the goal of our life together. After this, Roseann, a member of the formation team, presented Kieran's **Way of Perfection** (with its study guide) to Deborah. Please keep her in your prayer as she travels on the Way.

DECEASED

Sr. Patricia's niece-in-law, Cathi, 49 years old; Sr. Vilma's sister-in-law, Rita, June 12; a very dear friend of Sr. Sue, Joan, a Good Shepherd Sister, August 23.

PRAYERS REQUESTED

Please pray especially for Sister Normagene. Complications from past surgery created much physical pain and discomfort. She has been in a nursing home for the past several weeks. Hopefully the doctors will come up with some satisfying action. Today's good news, August 31, is that she is finding more relief from the pain.

CARMEL OF THE HOLY FAMILY
Cleveland, Ohio
Sr. Vera Lea Virant, OCD



Early last May, Sister Beth Fitzpatrick, O.Carm., from New Orleans gave our community retreat. As I write, her city (New Orleans) is once again facing devastation. What a profound effect the ordeal had on Beth. Her sharing of the experience touched us deeply. An unusual silence over the area enabled her, at first, to process the shock, and she thought of Jeremiah's hope-filled passage, "What I have in mind for you is your welfare not woe." But then the silence became deadening and frightening. Words of her American Indian grandfather came to her, "out of stillness come knowledge."

Our community is mourning the loss of Congresswoman Stephanie Tubbs Jones. She was an advocate for the poor and marginalized, whose votes always coincided with Network's stances.

Cleveland's Bishop Richard Lennon visited our monastery and also called a meeting of sisters from all religious or-

ders in the diocese. He was especially understanding of and encouraging to sisters who will be affected by the merging of parishes.

Those of you who know Steven Watson, OCD will realize how glad we were to welcome him to our monastery for the first time shortly after the formators' meeting. Our sharing at dinner together was both informative and enjoyable.

A grant from NRRO is enabling us to remodel our infirmary so that it will be more handicap accessible. How does a wheelchair get over the three-inch barrier that keeps water from running out of the shower? The barrier is made of rubber.

Our marvelous vegetable garden, the now-large fig tree that's wrapped in plenty of leaf insulation during the winter, and our grape arbor are, or soon will be, delighting us with their produce. Part of the credit for this goes to Critter Control that has caught seven raccoons and a possum!

Loving wishes for the great Carmelite feasts in October.

CARMEL OF THE RESURRECTION

Oldenburg, Indiana Sr. Jean Alice McGoff, OCD

Many years ago, Sr. Terese and I went to Belgium for the expressed purpose of visiting Hoogstraet and finding the original building purchased by the English Antwerp Carmel in the 17th century. In our research we found out that it was originally a tavern, "Torenijzer." After the Carmelites were forced to leave Hoogstraet for England, their monastery was used for a number of purposes, and the original building eventually became once more a tavern with the same name! When we arrived in Hoogstraet, one of the town archivists who was familiar with the history showed us the tavern. Unfor-



tunately, the roof had recently caught on fire and we were not able to enter the building. As repairs were in process, we were able to take two bricks from the original edifice from the nearby dumpster. I sent one to the Baltimore Carmel archives and kept the other. The brick is symbolic to us of the pioneering spirit of our Carmelite Foremothers who established that Carmel and those who bravely crossed the Atlantic a century later to Maryland.

On Sunday, June 29, the first group



Sisters Jean Alice and Barb signing the contract.

of Sisters left our Indianapolis monastery for Oldenburg via the back gate. We formed a circle on one side of the car, holding our precious brick, and had a ritual of transition. We rang our big bells as they moved out to the road. It was a jubilant ringing as there has been so much grace and providence in all that has prepared us for this moment. We had celebrated a special liturgy in our chapel on June 21, followed by an open house that was attended by over a thousand people. Mother Anne and many of the Carmelites from Terre Haute came for the occasion. Sr. Mary

and Sr. Maria came from the Cleveland Carmel and Franciscan Sisters from Oldenburg. It was a taste of heaven to be enveloped in such a sea of friends. The mutual sadness at the loss involved in the move was eclipsed by the grace of the moment.

Monday and Tuesday were the actual moving days. The rest of the week involved living in a sea of boxes and furniture. Fortunately, our new bedrooms were quickly ready so that we each had a place of refuge. Theresa Hall, our new

home, is an old building but it is in excellent condition. A few years back all the windows were replaced and an elevator installed. We are living in a great deal of light and it is very good for the spirit. We have a lot of privacy. Although the motherhouse is mainly for retired and infirm sisters, there is much vibrancy on the campus. There is an academy

with several hundred pupils, a retreat house, and an adjoining farm that builds on and enfleshes the Franciscan value of



Prayer Room 2nd Floor

a just relationship with all creation.

On July 16, at the invitation of Archbishop Daniel Buechlein, we returned to Indianapolis to celebrate the feast of Our Lady of Mount Carmel in the Cathedral, a

liturgy of gratitude for our presence in the Archdiocese of Indianapolis. After the



homily we were given a beautifully framed testament to our life of prayer and its fruitfulness. Many of our friends among the clergy came to concelebrate. The liturgy was followed by a reception in the Catholic Center across the street. We drove happily back to Oldenburg in the light of a full moon and light of heart.

We want to thank all of our Sisters for the many cards and notes of love and support during this time of transition. It has meant so much to each one of us.

*You sigh, O hemlocks,
moss your swaying companion.
Wind stirs the valley!*

—Rosemary Kluepfel

CARMEL OF THE ASSUMPTION

Latrobe, Pennsylvania Sr. Marie Elizabeth Krug, OCD

FORMATION NEWS

On June 29, Sr. Mary and Sr. Marie Elizabeth started out by car for Wichita, KS to the Formation for Formators workshop. The drive was very pleasant and afforded an opportunity to praise God for the mountains of Pennsylvania, the Plains full of grain and cattle, and the amazing beauty of our country.

Both sisters felt the workshop was helpful and enlightening. Seeing all the Carmelite sisters we see so rarely was a bonus, as was the opportunity to meet others we had heard about but had not been with. Sr. Mary and Sr. Marie Elizabeth were on the July 4 celebration committee and everyone enjoyed themselves at the picnic and games. The final entertainment capped a wonderful ten days. We look forward to next year's gathering.

Sr. Marie Elizabeth and Sr. Shirley attended the ICFP two-day seminar at Whitefriars Hall. Richard Hardy, author of **St. John of the Cross: Man and Mystic**, was the presenter. As they neared Washington, DC they could see a storm and lightening in the distance. When they arrived at their first stop, the National Shrine, the parking lot was strewn with branches and leaves. In attempting to get to Whitefriars, they found Webster Street closed off because a light pole had been felled in front of the monastery by the brief storm and bare wires were on the street. A few doors down from the monastery a large tree had fallen on two houses. After almost an hour of trying to find a back way in to Whitefriars, they approached the monastery from the other end of the street and someone lifted the yellow tape and allowed them to slide into the monastery parking lot. Thankfully, almost everyone else had arrived and the problems were fixed by the next day.

The lectures were very informative



and helpful in understanding John of the Cross, and in the afternoons there was time to visit the various shrines near Whitefriars. Some made a trip to the National Art Museum to see a Spanish polychrome statue of John, only to find that it had been loaned to another museum. The hospitality of our Carmelite brothers was wonderful as they made us feel so much at home.

SISTER ELLEN JANE is preparing to celebrate her 50th anniversary of profession on October 11.

AROUND THE MONASTERY

One Saturday evening in May, our local nursery phoned Sr. Tanya to tell her a large swarm of bees came swooping over their parking lot and took up residence in a potted tree in the nursery yard. Since she is the only beekeeper in the near area, they thought the swarm came from her hives, and they invited her to come and retrieve it. Tanya put her gear in the van and went to the nursery. To the amusement of all the customers, the cashier announced over the PA system that Sister was here for the bees. Tanya was able to coax most of the hive onto a frame of comb but the queen had to be retrieved by clipping a small branch off the tree. The hive is now flourishing in our yard. Sister extracted several hundred pounds of honey from the spring and early summer production of two of the four hives.

Once we had our vegetable garden fenced and planted, it came under the protection of a family of great horned owls. These magnificent birds can be 30 or more inches high and are exciting to watch. They spent several evenings on the fence posts and in the trees, watching their young offspring play around the area. The garden produced wonderfully, and we are still enjoying the fruits of our labors. Is there anything more satisfying on the human plane than appreciating the cooperation of humans and nature?

For many years we had wanted to get a crucifix for our chapel that would complement our icons. The one we had



Beautiful five-foot Byzantine-style Crucifix from Demetz Studios in Italy, complementing our icons of Sts. Teresa and John of the Cross, in Latrobe Carmel.

was too small, the same color as the wooden background and tended to be diminished by the colorful icons of St. Teresa and St. John of the Cross. After much searching we found a beautiful five-foot Byzantine-style Crucifix from Demetz Studios in Italy. It arrived in early June and was blessed and installed. It has certainly changed the sanctuary and inspires everyone who sees it.



Latrobe Carmel's new Byzantine-style Crucifix

DEATHS

On July 6, Sr. Shirley's mother, Erma Ahern, went peacefully to the Lord. She had been suffering from various ailments for some months. Sister had been to see her in May when she seemed near death, but she rallied for several more weeks. Sister, her father, brothers and sister were present when she died. Mrs. Ahern was a dedicated businesswoman along with being wife, mother and grandmother. Please remember her and the Ahern family in your prayers.

Sr. Barbara received word July 21 that her brother Charles Sitter (Chuck) succumbed to the Parkinson's disease he had borne so bravely for many years. We had last seen him in 2007 at Sr. Barbara's 50th anniversary celebration. Chuck was a past vice-president and president of Exxon Oil, a world traveler, and a talented photographer of marine life. His patience and acceptance of his illness inspired us all. The Sitter families would appreciate your prayers.

Easter Sunday

Heron on the rooftop
Excited voices chatter
'Look!... long neck... goldfish gone...
cheeky chap!'
Then the heron rises
revealing his size
Broad wings stretch
and are gone.
And do you know?
My heart rises with him
Away from the clamour of voices
Into the blue quiet skies.

(When we were eating our lunch on Easter Sunday 2006 a heron landed on the roof in full view. I wrote this poem afterwards.)

—Sr. Melanie Patterson, Reno Carmel

The Ram

Each day
Large and greedy
The ram feeds alone
Roughly pushing aside
Any hopeful lambs.
But for five days
of frost and bitter cold
The lambs with reckless, hungry
eyes
Come to the trough
—And are tolerated.
What whisper of grace
Touched your animal heart
That the need of others
Restrained
Your natural greed?
Would that the big men
And the big women
In the big cities
Knew such mercy.
Would that I
In my monastic cell
Knew so much of God.

—Sr. Melanie Patterson, Reno, Carmel

Danville, Pennsylvania
Sr. Joan Bourne, OCD



On cool mornings this summer looking out toward the south from our second floor rooms, one

could see a thick white ribbon of mist stretching probably a mile, rising from the Susquehanna. It is a beautiful sight and welcome for the moisture it brings to the surrounding farms and fields. The whistle of the trains through the night is another new experience; the trains run daily and some go through the town itself, reminding one of Danville's earlier importance in iron production.

Step by step we're moving toward completion of the business dealing with the monastery and property. On June 6 we took the formal chapter vote to sell the monastery, and from then Sr. Joan and the council have been working with our lawyer in drawing up the details of the contract. If all goes as planned, we'll be able to share details with you in the next newsletter. Meanwhile, on August 22, meeting with our lawyer, we went over the many items in the contract, which we trust will be signed by October 1.

With the solemnity of Our Lady on July 16, we experienced another first—in the celebration of our novena and day. The novena was private but the day was made festive with a special Mass offered for all the community here by our former chaplain in Elysburg, Fr. Alfred Sceski. He was joined by our vicar for religious, Father William Waltersheid who made the 90-mile trip from Harrisburg to celebrate with us, as did our long-standing friends, Deacon and Mrs. Grella. Fr. Rable, our chaplain, and Deacon Picard here at Maria Hall also joined in the Mass. The staff had a lovely dinner prepared and we visited with all these friends following the Mass.

Friends from Elysburg still continue to visit and bring food treats for us and sometimes for the entire community here. One good friend brought 100 ears of the sweetest corn! In June the Catholic Nurses' Guild from Shenandoah came for a visit and Vespers, continuing their unbroken practice of an annual visit, now over 40 years!

On the feast of St. Elias (a Sunday, however) Fr. Stephen Watson, OCD, our English-speaking definitor, visited us for an afternoon. We shared with him the progress we've made in transition here and in sale of the property. It was, as always, a supportive and rewarding visit.

The feast of St. Dominic, August 4, had our Dominican Sisters sharing their celebration with us. Providentially, the Dominican priest, Fr. Lawrence, chaplain at Geisinger Medical Center and a Nigerian, offered the Mass.

Mother Marija and all our sisters of Sugarloaf Carmel invited us to a special, private day of celebration, following their public celebration of the 30th anniversary of their foundation and the 60th of Mother Marija's profession. We were delighted to be with them, on August 8, participating in the solemn Divine Liturgy, followed by a tour of the property, beautifully landscaped. Seeing their many animals (some of which are quite remarkable) in the farm setting was a rare treat. Then the sisters treated us to a magnificent dinner with their usual warm hospitality. We'll remember the day for a long, long time!

Our Carmelite sisters from Beacon are the first to visit us in our new home. On August 28 Aletha and Rita came for the day. They toured our living area, as well as the personal care unit on the third floor. Another group of the Beacon sisters plan to come when time permits.

Engaging Aging, the periodic newsletter on elder care published by the National Religious Retirement Office, featured the three communities in Maria Hall in the current issue. A staff member from NRRO held a phone interview with each of the superiors of the communities. The article was very well done and we feel it will be of interest.

ONGOINGFORMATION

In observing this year dedicated to St. Paul, we have had tapes on the missionary journeys of St. Paul by Fr. Mitch Pacwa, SJ and a tape by Jude Winkler, OFM on the Letter to the Hebrews (although this is not attributed to St. Paul!). Presently in our weekly community meetings, we are studying the **Acts of the Apostles** with the sections dealing with Paul. Sr. Margaret, our own "scripture scholar," prints out the material for reflection through the week and then leads the discussion.

We were invited by the Sisters of SS. Cyril and Methodius to join them for lectures in the auditorium of Maria Hall by Fr. Ronald Rolheiser, OMI, president of Oblate School of Theology in San Antonio. Fr. Rolheiser gave many new insights on each of the vows, approaching each through a scriptural base and then to practical present-day living.

Our community has been invited to participate in a retreat to be given here at Maria Hall in September by Barbara Metz, SNdeN and John Burchill, OP on "Aging with Grace." Three of our sisters have signed up for it.

Finally, we want to thank all of you, again, for your prayer, encouragement and friendship especially during these last months of transition and now as we face another challenge—of living Carmel in our new setting. It is a challenge in God's plan and so is, and will be, graced; and we are supported so much by the goodness of the Sisters of SS. Cyril and Methodius and the Dominican Sisters who admire and respect all that Carmel means. Over and again, the words come to heart: "It is good for us to be here."

*I will settle here
while that pair of hummingbirds
drinks and disappears.*

—Rosemary Kluepfel

CARMEL OF OUR LADY OF THE MOUNTAINS
Reno, Nevada
Sr. Rosalind Bliss Forrest, OCD

June and July in Reno could have been described as the “hazy days of summer.”



Although we have not had wildfires near us so far this year, for almost six weeks we had so much smoke from California fires that the whole city was under health alerts. In fact, just before three of us were leaving for the Formator’s Meeting in Wichita, we literally could not see past our driveway! We joined our prayers with so many others for the firefighters and all whose homes and lives were in danger. Now we join those who pray for protection for all those in the path of Hurricane Gustav, for those affected by the aftermaths of the floods in India, the earthquake in China, for those living under the constant threat of violence, and the list grows each day... “for whom and for what else shall we pray?”

NEWS AND WHAT NOT

With the support of our community, Sisters Claire, Cloe (Clorinda) and Mary Margaret agreed to play a benefit concert this coming October for our O Carm sisters in New Orleans in the wake of the devastation they experienced after Katrina in 2005. We also supported our sisters in making a CD to help with their benefit concert. To prepare for their recording sessions for “Desert Dawn,” our sisters offered a preliminary free concert in our chapel on June 30. In the foyer we had a basket labeled “free will offering” and indicated that any monies given would be donated to the new women’s and family shelter in downtown Reno. The people who filled our chapel that day responded with heartfelt generosity. Five sisters from San Rafael Carmel drove 3 ½

hours each way that day to be with us!

The Wichita program for Carmelite directors of formation was intense with opportunities for individual and small group sharing, also times of fun and laughter. Our deepest thanks to the planning team for their incredible detailed work. There was a spirit of mutual respect and willingness to share, which truly reflected the richness of diversity as well as unity among all of us sisters and friars. Thanks be to God for all the people involved and the years of hoping, dreaming, planning, praying that helped this cooperative program become a reality. The challenge: put the ideas we learned into practice here and now!

Sister Marie-Louise and our novice, Sister Sa Ra, attended the Inter-Carmelite Formation Program in Washington DC (on John of the Cross) and were also guests of Baltimore Carmel. Sharing with others who were novices or first professed, experiencing the wider family of Carmel (O Carm and OCD), and having the opportunity to visit other Carmelite communities seemed to be as important as the input on John of the Cross.

We invited Jennifer Ghera, great-niece of our Sister Rose Holland, to share about her pilgrimage to Australia for World Youth Day 2008. She chose to make a DVD presentation of photos and music and enthusiastically shared both group and personal experiences. Her ability to put together such an excellent DVD in one day on a new computer and with a program she’d never used before amazed many of us for whom computers are necessary and still very challenging. Her openness and sense of seeking for God were deeply touching. We continue to ask ourselves: how might we, as contemplatives, connect more with young adults in our area in ways of mutual sharing and support? We have much to learn from each other!

August was a centennial month in our diocese: our cathedral parish and also our Dominican Sisters of San Rafael each celebrated 100 years in Reno. When our sisters came from Indianapolis Carmel 54

years ago, it was our Dominican sisters who graciously had them live at their convent until the Virginia Street house was ready, and also provided medical care *gratis* for so many years at their hospital. In loving support of them, several of our sisters participated in the 100th Anniversary Eucharistic celebration and the dedication of a statue of St. Dominic.

In this diocese where our community constitutes over ½ of the religious sisters, we value supporting each other not only with our prayers but also with our presence. We occasionally invite sisters from other communities to join us for Evening Prayer and dinner and also extend an invitation for them to join us for the few times during the year when we have guest speakers. Our library is a research resource for clergy and religious as there are no schools of theology in Nevada (nor Catholic retreat centers). When we were planning the library we purposely designed the entrance separate from our living areas. An ecumenical note: once a week one of our local Lutheran pastors uses our library to prepare his weekly homily and have quiet reflection time.

Just a reminder: next year’s program for directors of formation will be in Seattle—consider a visit to Reno while you’re out west!

Just a reminder:
next year’s program for Directors of Formation will be in Seattle—consider a visit to RENO while you’re out west!

—RBF

Eldridge, Iowa

Sr. Miriam Hogan, OCD



The winds came
and the rain fell!
Now, it seems a
bit ironic that as
we are writing
about the recent

flooding in this area we are also awaiting the damage reports of Hurricane Gustav in the South. We do know however, that the 2008 flooding in the Midwest will not be easily forgotten. At the monastery we only experienced minor inconvenience and damage, and fortunately, the sump pumps worked as required and the back-up generators were always ready and standing by. The storms raged all around us and on one day in particular there were tornadoes reported 10 miles to the north and 5 miles to the south of us, while we watched and prayed in a downstairs room without windows.

Our Fr. Henrickson, a long-time friend, told us, however, that he went to bed upstairs in his house only to wake up and find water covering his floor. It was his dream retirement house and historically the Cedar River water had never risen that high before, and such a storm is only predicted to occur every 500 years. Thus, it was for us a special grace to be able to assist him personally and to reach out in prayer and concern for all the others that were/are hurt. We also wish to thank all our Carmels, who inquired about our safety. Upon further reflection, we especially rejoice in the goodness and generosity that was shown by so many good people helping their neighbors.

Currently as we look across the fields, we see the corn that once seemed so fragile and drenched, standing tall and ready for harvest. Further, our own gardeners have provided us with an abundance of vegetables that would make even the most devoted health food person happy.

Sr. Mary Jo attended the formation conference in Washington, DC, on St.

John of the Cross given by Richard Hardy. The main subject was *The Living flame of Love*.



Stephanie helping with music

Stephanie Wong from California came and experienced our life and helped with music for six weeks. Her music was especially lively and joyful. Further, she enthusiastically entered into the spirit of *Little House on the Prairie* under the watchful guidance of our Sr. JonFe. Since returning to Washington University, St. Louis, as a sophomore, she has written that she misses us and we have assured her that we also miss her and are praying for her success both in her classes and in all the other areas of her life.

Fr. Don Buggert, O. Carm., gave us conferences entitled *The God Of The Future* that were both thought provoking and mentally stimulating. Yet, some of us were disappointed that his dog Rahner was much too old and dignified to even bother with the cats.

Sr. Miriam continues to make a good recovery from surgery and is grateful for those that remembered her in their prayers. Her surgery was delayed about a week because even after taking the detours and driving about 400 miles one



Informal picture of Eldridge Community with Fr. Don Buggert, OCarm.

Friday for an appointment the flooding prevented her from reaching the University of Iowa Hospital, and the appointment had to be rescheduled for the following week. Even in the University of Iowa Hospital after her surgery, there was a tornado warning and the patients were moved to the inside hall to wait until the area was clear. Fortunately, anesthesia doesn't allow her to recall many details concerning that night.

Concluding, we have to acknowledge, in this report anyway, that sometimes the news is really about the weather! In 1926, Sr. Thérèse McDonald wrote our history entitled **Carmel On The Mississippi**. Yet, even though in the book she didn't mention much about the River, it still remains today part of our collective consciousness. Finally, we especially like the story that Sr. Mary Jo shares about it first being named *River of the Holy Spirit*.

May that same Loving Spirit continue to guide and protect all of our Carmels!

*Once two electrons...
have interacted with
each other, they
[forever] possess a
power to influence
each other, however
widely they
subsequently
separate.... There's an
intrinsic togetherness
[in the subatomic
world] that cannot be
broken. John Polkinghorne And
we are part of that
world. Colette Ackerman*

RECIPES

TAMALE PIE

Serves 4-6

Pre-heat oven to 350°

Best made and baked in cast-iron skillet.

If so, no need for large mixing bowl!

Or: Lightly grease 9" x 12" pan

In a skillet with 1tbl olive oil, brown

1½ – 2 pounds ground turkey or beef

Add

1 medium onion, chopped finely

3-4 small cloves garlic, minced

Cook until onions are translucent

Pour above ingredients into large mixing bowl and add:

1-16 once can black olives, *reserve juice*

(Pour the juice into a 1 cup measuring cup and save for the cornmeal topping.)

1 can creamed style corn

1-16 oz can stewed tomatoes

1-4 oz can tomato paste

2-4 tablespoons chili powder

(depending on your taste)

½ tsp salt and ½ tsp ground pepper

½ tsp ground cumin

1-tsp each crushed, dried basil & oregano

Pour all of the above into skillet or 9" x 12" pan

In a small mixing bowl combine and mix well:

1½ cups white (or yellow) cornmeal

1 egg, slightly beaten

Reserved olive juice + enough water to make 1 cup liquid

1-teaspoon olive oil

½ tsp white pepper

¼ tsp salt

Dash of Tabasco sauce (or more to taste)

Spoon cornmeal mixture evenly over

the meat mixture and smooth to edges of pan. Bake 35-40 minutes or until cornmeal is golden brown and meat mixture is bubbly.

Rosalind Bliss Forrest OCD, Reno
(Adapted from recipe of my Grandmother Dunn)

ARTICHOKE SQUARES

Serves 12-16 as appetizers

Grease 9" x 11" pan

Can be made the day before.

(*Refrigerate, covered and unbaked*)

When ready to bake, Pre-heat over to 325°

3 green onions, chopped finely
(or one small sweet red onion)

2- 6 oz jars marinated artichokes,
slice thinly, reserve juice

1- 6 oz jar marinated mushrooms,
sliced, reserve juice

2-3 small cloves garlic,
chopped finely

10-12 eggs

6 soda crackers, crushed

½ lb sharp cheddar cheese, grated

½ tsp chopped parsley

¼ tsp ground cumin (or more to taste)

Dash Tabasco sauce

(or more to taste)

Salt and pepper to taste

Put artichoke & mushroom juices in pan and bring to boil. Add onions and garlic. Simmer on low until juice is reduced. Cool, then add to egg mixture.

Place artichoke slices on bottom of pan.

Beat eggs until light; add crushed crackers, parsley, mushrooms, Tabasco, salt & pepper. Stir well.

Add onion mixture. Pour over artichoke slices.

Bake for 40 minutes. Knife will come out smooth when done. Cut into squares and serve hot or warm.

Rosalind Bliss Forrest, OCD Reno
(Recipe adapted from my friend, Dolores Sheen)

IRISH HONEYCOMB PUDDING

Pudding:

2 cups of sugar

2 cups of DARK molasses

2 cups of flour

2 teaspoons of baking soda

2 cups of real butter (one pound),
softened

8 eggs beaten lightly

2 cups of whole milk, scalded

Mix all the dry ingredients together in large bowl.

Mix butter, eggs and scaled milk together and stir into dry ingredients.

Pour into a 9" x 13" pan and bake for 45 minutes in a 375° oven.

They call it pudding, but it sort of looks like cake.

Sauce

1/2 cup of real butter (one stick)

1 cup of sugar

1 cup of half and half

2 teaspoons of vanilla

1 oz. of rum

Heat all ingredients and cook, while stirring, until sugar is dissolved. This sauce can be made ahead and frozen.

Just heat in the microwave and spoon over the cut squares of pudding.

Delicious and rich: a once-a-year fall or winter treat!

Rosalind Bliss Forrest OCD Reno
(Old family recipe of my friend, Barb McGrogan)