

Raven's Bread

Food for Those in Solitude

Volume 18, No. 1

February 2014

Thoughts In Solitude

One of the most misunderstood concepts in Christianity is undoubtedly Christ's opening Beatitude regarding Poverty of Spirit. Through the past two thousand years, the emphasis has been so often placed on the first word of this phrase that the common understanding is that Poverty of Spirit means either monetary lack, or some form of psychic destitution such as humility or meekness. Because the phrase Poverty of Spirit is used only once in the Hebrew and Greek Scriptures, that cross-referencing which would enable one to understand that phrase from multiple vantage points is impossible. It must be remembered however that the Poverty to which Christ refers is destitution not of the wallet or the emotions, but of the soul itself. It is this specification, poverty in one's own spirit, which makes the first Beatitude so enigmatic.

The 12th century German mystic, Meister Eckhart, explores this loftiest of concepts in his sermon #87, which has been described as mysticism's highest mountain. Eckhart states that one who is poor in spirit is an individual who wants nothing, knows nothing, and has nothing. 1) One who wants nothing is one who is so devoid of will that even the desire to will the will of God is absent from his soul. *"As long as you have the will to do the will of God, and longing for eternity and God, you are not poor."* 2) One who knows nothing is so devoid of knowledge that *"he neither knows nor recognizes nor feels that God lives in him ... he is deprived of the knowledge that God is at work in him. Neither does he understand the workings of God."* 3)

One who has nothing refers not to the lack of material possessions, but to *"one who lives free of his own will and also free of God's will."*

With these three destitutions of wanting nothing, knowing nothing, and having nothing, the Christian enters the stratosphere of the mystical life because this utter emptiness is poverty so profound that one even lacks a *"place in the soul where God can work."* At this dizzying altitude, selfhood is annihilated. The individual winks out. The self and God are solely God. All is God.

It is significant that this Beatitude is very nearly the first words Christ speaks in the first Gospel. His words present not the first step of the spiritual life, but rather its glorious culmination, that utter Poverty of Spirit which is the established state of consciousness of the spiritual adept. The lesser poverties usually associated with this Beatitude, such as finances, meekness and humility are attainable by most, but *"the highest poverty ... the straightest poverty"* to which Eckhart refers is realized by precious few. True Poverty of Spirit is a massive self-negation, a negation so utter that one becomes almost another life form. But within that negation, within that total annihilation, is God, God alone, God who transcends everything.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Sarah Seymour-Winfield
Xenia, OH

(This subject is explored in the 5th chapter of my book, Images Old and New. I highly recommend the Walshe translation of Eckhart's Sermons and Treatises,- Sermon 87 is found in Volume 2.)



A Word From Still Wood

Those of us in the northern hemisphere are plugging our way through some of the dreariest days of the year. The world outside is a monochrome scene of black skeletal trees against brown earth and grey skies. Or else it is a pure white vista of snow blanketing the sleeping earth in nurturing but frigid moisture. Many people are afflicted with SAD, the depression brought on by lack of sunlight. For hermits, this is a particularly challenging time. The temptation to get OUT can be very strong. But if, instead, we choose to stay put, to feel our feelings, to share them with the Lord, we sink to a deeper level of solitude that enables us savor the reality of our life; to accept that the grey times are necessary to rest our anxious spirits and allow our roots to penetrate more deeply the life-giving "soil" of the Spirit.

This can also be the time when creativity is given permission to express itself. We are more or less confined indoors and from the depths we have touched, arise songs, poems, art of all sorts. Your Raven's Bread editors have been trawling the depths also, asking how we can better serve you, our readership.

A fair number of you would like more frequent issues. Others have expressed interest in more individual sharing. You may have noticed in recent issues that **Raven's Forum** now makes a regular appearance. It enables readers to respond to each other and we sense it is strengthening the bonds of com-

munion among all of us. But it only happens every three months, soooo

We explored one of the means of personal exchange that the internet now provides – blogs! At first we were doubtful but we have "suffered a conversion" realizing that a carefully managed blog would enable you to ask questions; get responses; offer comments; share experiences and be informed about new items of interest for lovers of solitude more frequently. After serious study, we have added a blog to our website. Be assured that it will be focused as a ministry to lovers of solitude. All comments posted will be carefully vetted before going on-line and only appropriate and helpful ones will be accepted.

Contributing one's thoughts to a blog page is not for everyone – but for those of you who wish to take advantage of this additional means of exchange among solitaries, we invite you to "drop in" at <http://www.ravensbreadministries.com/blog/>. As a little "come on", the first thirty who sign up on our "Landing Page" will be sent a free gift – a new Resource - a succinct discussion of *Discernment of Hermit Vocations according to Canon 603*. It will be sent via email as a pdf file. Trust us – you will find this very insightful.

As you peruse this issue of **RB**, you will notice that we are carrying over our discussion on Poverty of Spirit. We received additional excellent commentaries and felt we had to share them with you. This is also our "comfort food" issue – perfect for mid-winter! Thank you to everyone who shared their ideas and recipes. One reader even tipped us off about [A Hermit's Cookbook](#) ! See the Book Notices. And while you are there take special note of two new books by **Raven's Bread** readers!

We thank all of you who sent in their renewals and the many who added a donation. It is deeply appreciated! We trust that as you "throw your bread upon the water", it will come back to you a hundred-fold!

*With our grateful love,
Karen & Paul*

Raven's Bread is a quarterly newsletter (FEB-MAY-AUG-NOV) for hermits and those interested in eremitical life published by Paul and Karen Fredette. This newsletter affirms and supports people living in solitude. It is a collaborative effort, written for and by hermits themselves and is sent by postal mail or by email.

Please send your written contributions, address changes, and subscription donations to:
Raven's Bread Ministries, 18065 NC 209 Hwy, Hot Springs, NC 28743 or via Paypal at our website.*

Our phone number is: 828 622 3750, The annual donation is \$10.00 in the USA or \$12.00 US for readers outside the States. Please send payment in US funds (PayPal can convert foreign currency to US dollars). Any extra donations will be used to subsidize subscriptions for hermits who cannot afford the full cost.

Raven's Bread derives its name from the experience of the prophet Elijah in 1 Kings 17: 1-6, where a raven sent by God nourished him during his months of solitude at the Wadi Cherith (The Cutting Place).

*Our website is :[Http://www.ravensbreadministries.com](http://www.ravensbreadministries.com) ; email: pkfredette@frontier.com



Raven's Forum



David Holmes, Manchester, UK, informs **RB** readers: Since March 2013, I have been helping Karen & Paul with technical assistance for their weekly presentations on the doves4peace Livestream channel. We were introduced to one another by Br. Sean Bradley, founder of the Tau Franciscan Interfaith Community. Many of you have seen my interviews with Karen and Paul, as well as their weekly presentations on hermit life and their study of St. Clare of Assisi. These are now available on YouTube – just search for Karen and Paul Fredette. Eventually, they will be available on DVD. I would like to invite any **Raven's Bread** reader who would be interested in being interviewed by me, to contact me by email at:

davidholmes848@gmail.com

or on Skype (my Skype name is ferryman7). I can make international phone calls very cheaply, so I would be happy to call you on your landline or mobile phone, if that is your preference. I have worked for the National Health Service in the UK as a technical support officer for a Mental Health Trust for the past 12 years. I spent 20 years in Australia before returning to England in 1996. I have also visited the US and Canada. I hope to have the opportunity of discussing your life journey with you, including any spiritual, religious and personal growth stories you would like to share with me and others.



Sister Janet Strong, er.dio, Yakima, WA adds her thoughts about Poverty of Spirit. What goes into living in peace and graciousness? What is the interior attitude of the poor in spirit? First of all I think a habit of availability to God is important. Mary, the mother of Jesus, was radically available to God in such a way that she bore the Son of God to the world. We too are called to that kind of radical availability to God. As Meister Eckhart said, "What good is it if Christ was born of a virgin 1600 years ago if he is not born in our lives today?" Jesus must be born in our life this very day. Second, letting go of our expectations of who God is and what God is doing in our life is necessary. We must live on the edge of unknowing ...living in the present moment waiting on this unknowable for everything. It is exquisitely hard and wonderful at the same time and can bring such joy and peace. That is what it means to me to be 'poor in spirit.'



Barbara Quigley observes from **Spring Creek, NC:** I continue to really enjoy Raven's Bread. I wonder if other people like me can look at the world around us – even down to the smallest

blade of grass,- and not realize what a wondrous spirit, such a creative, beauty-loving, and soul-nurturing God had to be the source.



Bernadette McGuire asks from **Glen Innis, Australia:** I am very interested in the letter from Maria Anna Leenen from Ankum, Germany (November 2013) re the hermit meeting in Germany. Would there be any way I could contact her about the meeting and the next meeting as I'd like to attend if possible. I am a diocesan hermit. Please feel free to put my email address in your letter column. Maybe she would contact me. (jkberni@live.com.au)

NOTICE FROM RAVEN: If any other **RB** readers wish to get in touch with Maria Anna Leenen about the next meeting of hermits, her email address is: kontakt@maria-anna-leenen.de



I Walk In Silence

I walk in silence,
Gently sounds edge their way
into awareness.
A breeze – tree leaves rustle,
far away a bird calls,
the faint chatter of a squirrel,
a branch falls.
The passing of a stream:
the ripples linger –
as memory in mourning.
To give oneself to such awareness
is to taste solitude,
to know life transformed
into silence.
I walk in silence, aware
That silence walks in me.

John Petrenka,
Emmaus, PA

Hermits ask... ...and Respond

Discussion Topic for February 2014

Over time many readers have commented on the challenges of “Cooking for One.” By February, we will have moved through the holiday season, and it would be a perfect time to share some of your favorite recipes be they holiday or ordinary fare.

O.K., here is a bread recipe. I think it is the one thing necessary that all people should do. In the process I have found astounding opportunities to make all the Roundings in the Divine Will. Just start making it while thinking: “*Fiat/ Create, Fiat/Give, Fiat/Fulfill.*” Given the time of year, I share with you one of my favorites. As you try this one, you will know all the delights of God’s love as He places before us his rich and beautiful bounty.

Panis Johannis ++ Hermit’s Fare
Cornmeal and Hominy Bread

2/3 C. milk	4 C flour
2/3 C water	3 T sugar
3 T olive oil	
2/3 C yellow cornmeal	
1T (or 1 packet) yeast	
1 ½ C canned hominy, rinsed	
2 t/ salt	

Mix everything except the hominy and knead until it becomes bread right. Then add the hominy and continue kneading until it is evenly distributed. Then bake in loaf pan or a round (which I prefer) in a 250° oven for about 50 minutes. You’ll be surprised how simple, beautiful and nourishing it can be, just making it with the Divine Will and all It’s *Fiats*.

Rev. John Olin Brown,
Swan Lake, MT

Yes, cooking for one is a challenge! So, largely, I do not. I cook large pots of soup or stew and freeze it into small containers. When I thaw and heat one up, I add some fresh chopped veggies, and/or grate cheddar cheese to melt on the top. Otherwise I would be spending too much of my day in the kitchen in-

stead of praying, reading, doing necessary chores and caring for my two beloved aging dogs! I am mainly a vegetarian, with some chicken and fish from time to time. I buy organic veggies and fruit when I can afford to and love to make soups/stews. Each is a different blend of veggies, grains, pulses, beans, herbs – whatever is to hand. This is a good outlet for creativity and for gratitude for what is provided by the generosity of God. It also has that delightful element of surprise when eaten!

Karen Ann McKinna,
Consecrated Solitary, Anglican
Ottawa, ONT

A Presence Bread Recipe

In 1999, I happened upon a TV station showing persons making and baking bread for some natural disaster that had just occurred. Mesmerized, as I watched, I could see the fervor with which these people were coming together for this endeavor. Then I actually could see that they weren’t just making bread, they were pouring their very PRESENCE into the substance of wheat, flour, and yeast in the rising of their love for the distressed Body of Christ. From then on, every time I baked bread, I sought to pour out my prayer-presence into the loaves, and always, always baked more than enough to share with others.

The recipe is quite simple. Every step of the making and baking process is infused with PRAYER and INTENTION. “Taking” all the ingredients, “giving thanks” for all those who aren’t thankful, “blessing” the baked loaves with my heart’s love in Christ, “breaking” the bread with others at my various ministries and with those who come to RESPITE to be fed. Each day, we work to help make the spiritual life our own living bread, so that over time, we each may be consecrated as the Body of Christ in the reality of our whole and complete humanity...presence-food for one another.

Mary Jean Wethington
Aurora, IN

Spaghetti with Meat

2 Hamburger Patties
1 Bag Egg Noodles
1 Can Del Fuerte Tomato Sauce
Pampa Extra Virgin Olive Oil
Hometown Jalapeño Wheels
Pizza Seasoning
Best Choice Chopped Onion
Best Choice Chili Powder
Grated Parmesan Cheese
Gourmet Star Sweet & Hot Sauce
With these noodles, all you need to do is pour hot water on them. Let them sit until you are to combine ingredients. Crumble up the burgers in a big bowl. Add the tomato sauce, a good squirt of olive oil (a really good squirt), halved jalapeño wheels, a really good squirt of sweet and hot sauce, along with other seasonings. Cook the sauce for at least four minutes and either combine with noodles (after pouring off water) or put on top of noodles. Sprinkle with parmesan cheese.

No Meat Nachos

Santitas White Corn Tortilla Chips
Del Fuerte Tomato Sauce
½ bag Refried Beans /Jalapeños – 8 oz.
Sharp Cheddar Squeeze Cheese
Hometown Jalapeno Wheels
Pampa Extra Virgin Olive Oil
Mix tomato sauce, cut up Jalapeños, refried beans and cheese, along with a good squirt of olive oil. Add water to hydrate the beans (be careful not to use too much). Cook until the beans are smooth and the mixture is creamy. Pour out chips on a plate and dollop onto chips while still hot. The olive oil is going to marry all the flavors like you will not believe!

Bill Wanless, Jr. Obl. O.S.B.
Lexington, OK

Years ago I cooked for six. It is entirely different cooking for one! But it can be done. Example: On a Sunday, stew a chicken – the broth is the soup for Monday, (with noodles and veggies added of course). Tuesday, whatever is left of the chicken and soup is put into a Pot Pie. Then, if you still have leftovers,

Tidbits Discovered & Shared

freeze for another time. Nothing is wasted. Wednesday and Friday are fish days – simply have pieces cut for one – poached salmon or a tuna melt. Thursday – with any leftovers in refrig: Shepherd's Pie. Salads are great. Or, on one day make up dinners for the week that you can freeze. Myself – I only have one full meal a day. I fast on Wednesday and Friday. To break my morning fast: juice, toast and coffee or hot tea. Then, at noon or 1pm my main meal and at 6pm crackers with peanut butter or a cookie. It might be a good idea to write a "Cook Book for One Who Lives the Eremitical Life". I have lots of recipes for Chiffon Pumpkin cake, Onion Soup, and stews of all kinds. We can have fun experimenting with God's gift of food!

Sr. Marie Bird
Tobyhanna, PA

This tip may still be in time. I just made a delicious pot of vegetarian chili (carrots, corn and zucchini replace meat). I had a lovely meal and now have six more servings for other winter days. Here's the tip: One hearty serving of chili is equal to ¾ of a carton of cottage cheese waiting for you in the freezer!

Carol Elsholz
Williams Bay, WI

ATTENTION!

A news item from the UK Telegraph: <http://www.telegraph.co.uk/science/10559914/Diets-all-the-rage-in-the-middle-ages.html>. Although it is irritating that the newspaper used the terms "monk" and "hermit" interchangeably, the book itself is worth looking at. [A Hermit's Cookbook: Monks, Food and Fasting in the Middle Ages](#) by Andrew Jotischky (Medieval History Professor at Lancaster University.) The book can be Googled for reviews.

Raven Wenner
Broadbottom Hyde, Cheshire, UK

DISCUSSION TOPIC FOR MAY 2014

Please share with us the actual process or specific steps of **discernment** you followed that led to your choice of an eremitical or solitary lifestyle.

SUBMIT BY APRIL 1, 2014
(Limit to 300 Words, please)

A quote from **White Oleander** by Janet Fitch

Loneliness is the human condition. Cultivate it. The way it tunnels into you allows your soul room to grow. Never expect to outgrow loneliness. Never hope to find people who will understand you, someone to fill that space. An intelligent, sensitive person is the exception, the very great exception. If you expect to find people who will understand you, you will grow murderous with disappointment. The best you'll ever do is to understand yourself, and know what it is that you want.



From **The Book of Awakening** by Mark Nepo

Follow anything in its act of being—a snowflake falling, ice melting, a loved one waking—and we are ushered into the ongoing moment of the beginning, the quiet instant from which each breath starts. What makes this moment so crucial is that it continually releases the freshness of living. The key to finding this moment and all its freshness, again and again, is slowing down. When we find ourselves stalled in our very serious and ambitious plans, we are often being asked to re-find the beginning of time. (courtesy of **Friends of Silence** January 2014)



From **An Interrupted Life** by Etty Hillesum

Life may be brimming over with experiences, but somewhere, deep inside, all of us carry a vast and fruitful loneliness wherever we go. And sometimes the most important thing in the whole day is the rest we take between two deep breaths, or the turning inward in prayer for five short minutes. (courtesy of **Friends of Silence** January 2014)



By Pema Chodron

In our most ordinary days we have moments of happiness, moments of comfort and enjoyment, moments of seeing something that pleased us, something that touched us, moments of contacting the tenderness of our hearts ... It's essential during the day ... to being to cherish those moments as precious. Gradually we can begin to cherish the preciousness of our whole life just as it is, with its ups and downs, its failures and successes, its roughness and smoothness. (courtesy of **Friends of Silence** January 2014)



A HUGE THANK YOU!

As we go to press this January, First Class postage in U.S. goes to 49 cents and all the other rates are going up as well. As if this weren't sufficiently challenging, our workhorse laptop from which we produce **Raven's Bread**, handle email, and use to broadcast weekly on the [doves4peace](#) channel is going the way of all tech. So we must invest in a new computer and publication software—ugh! & double ouch! Because of your continued generosity with extra donations we have not had to ask for any increase in the subscription donation for the past 7 years. We find this so affirming and we want to say how much we appreciate you all and how indebted we feel to all of you who send enough extra that we can make ends meet. Please, keep it up, it'll be a while before we can get this new computer paid off...and let us pray for one another.

Karen & Paul

BULLETIN ##### ##### BOARD

YOUTUBE VIDEOS

You are invited to view the videos of our weekly Livestream broadcasts which are now available on *YouTube*. Type in: Karen & Paul Fredette and all the programs from last March will pop up, thanks to David Holmes. The programs from March to August are based on "Consider the Ravens". The more recent presentations are focused on Clare & Francis of Assisi.

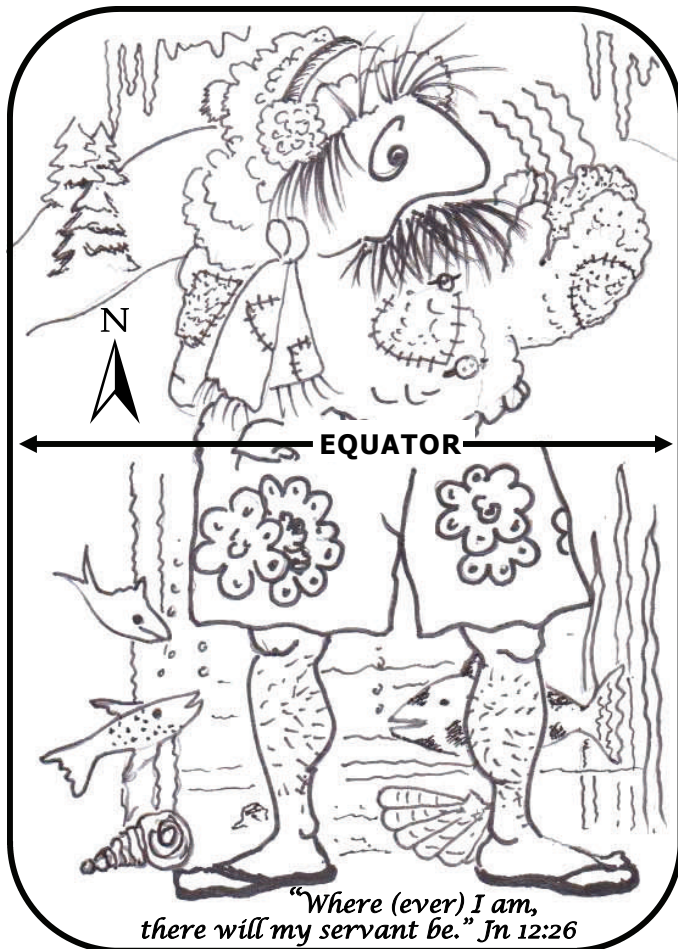
NB: Our new series: *A Hermit's Journal* is based on Karen's personal journal entries as a hermit.

SEEKING PEN PAL

Christopher W. Bean, an inmate, thanks every one who sent books. It was a great gift! He would still like to have a pen pal or two. His new address is:

**Christopher W. Bean #X11717
 J4-211 Lower, P. M. Unit
 Waknua C. I.—Annex
 110 Melalencia Drive
 Crawfordville, FL 32327-4963**

Wood B. Hermit



For Those Seeking a Hermitage Experience

A fully equipped 5BD mobile home, with a deck on 3 sides, is situated on 5 acres in the Sonoran Desert one hour west of Phoenix, AZ, adjacent to the chapel of a Poor Clare Monastery. A place to be in solitude and silence, it includes numerous aids to prayer such as a labyrinth, outdoor Stations of the Cross, a resurrection arbor, desert sunrise/sunset. Linens and kitchen staples provided but you bring your own food. Donations appreciated.

Contact: Cath Ball Ph. 623-628-7449 or
 Email: arizball@gmail.com

A REMINDER TO THOSE WISHING TO GO GREEN

You now have the option of receiving *Raven's Bread* as a (pdf) file attachment to an email. You will receive the same, complete issue quarterly as you would with the paper copy. Remember: postage has gone up again!

Hermits Up Front and Personal

I am a Quaker and was introduced to *Raven's Bread* by my spiritual director, another Quaker. My connection with the Roman Catholic church is quite recent, mainly through the benefits of their retreat centers. I initially began silent practice through Vipassana Meditation, when I attended courses in silence for ten or twenty days both in Australia and India. I did think I was on my way to Buddhism, however God works in mysterious ways and while I still practice Vipassana meditation, my spiritual journey at this time is The Quaker Way and has been for some years. Quakers (or formally the Religious Society of Friends), as you know, worship in silence, awaiting the voice of the Spirit/God/ the Divine – whichever term is comfortable for you. We are also encouraged to be quiet and open daily to the Spirit. I quote from *Advices and Queries*:

"Do you try to set aside times of quiet for openness to the Holy Spirit? All of us need to find a way into silence which allows us to deepen our awareness of the Divine and to find the inward source of our strength. Seek to know an inward stillness, even amid the activities of daily life. Do you encourage in yourself and in others a habit of dependence on God's Guidance for each day? Hold yourself and others in the Light knowing that all are cherished by God."

I live alone (with an aging cat) in Canberra, the capital of Australia. As you are preparing for winter we are fluttering between the end of Spring and the beginning of Summer. Right now my house is surrounded with Crimson Bottlebrush as well as with sulphur crested cockatoos helping to pick them for me to take inside for vases. They keep the bushes well pruned and also create a carpet of red and green along the path. These huge white birds with their dancing yellow combs are so balanced, reaching, hanging from one claw to that very special flower they have to have. Their noise, rather than breaking the silence, holds it. George Fox reminds us to find God in everyone and this includes the cockies in the bottlebrush! I am grateful for their color, energy and performance.

Living alone provides some time to be alone with the Spirit. But I also have a Silent Day once a month when I stay separate from all the distractions of daily life. As a couple in a successful and happy relationship need time to be alone together, I need time to be alone and together with the Spirit. Each year, I hire a hermitage at a retreat centre where I can be completely alone with the elements, the earth and sea, and the creatures that live there. I walk, read, write, meditate, pray, paint and anything else I am led to do. I come home refreshed and filled with joy and peace, more enlightened in the practice of the Quaker virtues of simplicity, peace, integrity, community and equality.

Wilma Davidson, Weston ACT, Australia

Book Reviews

by Stafford Whittaker, Raven's Bread Reader

Silence: A Christian History

By Diarmaid MacCulloch Allen Lane, 2013

This is a history of how silence, indeed contemplative prayer, was accepted or rejected as Christianity developed, written by one of Europe's most respected and honored professors of history. He shows us the story of how silence and noise (music, singing, praying aloud or in tongues) in the spiritual life was accepted, rejected, and developed. While academically sound, he has a light touch in his writing that makes this book not just informative but amusing and, for present day solitaires, often topical. Whether Christian or not, if you are a hermit or solitary in a Western culture, then this book is an essential background for understanding the history of the spiritual path you have chosen.

A Slow Passion: Snails, My Garden and Me

By Ruth Brooks, Bloomsbury, 2013

You may well ask why a book about snails should find itself reviewed in a journal for hermits. The answer is both simple and profound, rather like this charming book. The author, a retired grandmother who could not rid her garden of snails, became obsessed with understanding their secrets. What she discovered was that snails have a homing instinct. This original scientific detective work won her the BBC Amateur Scientist of

the Year Award. If it is true that in solitude we learn to love others by a deeper understanding of ourselves and eventually come to see the world as one, then we must necessarily come to view all life as important—snails and slugs included. While we can read such famous works on this point, say in the *Will to Live* by Dr. Albert Schweitzer or from the writings of Thomas a' Kempis or the contemporary biodiversity specialist E. O. Wilson, these are academic or overtly spiritual works unlike this little work about what most people regard as a garden pest. By the time the author reveals the intimate life of a snail, we can but stand back in wonder at the magic of creation. As I read this book, I grew to understand that it is only by knowing a creature, can we possibly understand the miracle of life that is each living thing. In this way, when we knowingly kill such a fellow creature we put an end to not just a life, but we ignore the mystery and magnificence of life itself. We also show ourselves by such acts as examples of human arrogance and power. This puts us far away from any aspect of humility, not to say of love. After you read this book, you will never want to use a pesticide or kill a snail or slug again, not because you are against pesticides or have sentimental feelings about killing animals, but because you love life, *all* life. Study the snail as its life unfolds in this little book and you may find a new way to open your heart to the glory of God.



BOOK NOTES AND REVIEWS



NEW BOOKS BY OUR RB READERS!

Becoming Who GOD Wants You to Be — 60 MEDITATIONS FOR PERSONAL SPIRITUAL DIRECTION

by W. Paul Jones

Are you interested in spiritual direction but don't know where to start? Or perhaps you have looked for a spiritual director but are unable to find one. This book is for you. W. Paul Jones offers a series of topical meditations that facilitate self-guided spiritual direction with the ultimate spiritual director—the Holy Spirit. With Jones—an experienced spiritual director and monk—as your guide, you will examine your inner thoughts, truths, difficulties, and triumphs through reflection and introspection.

144pp. Paperback 2013. Published by Upper Room Books, Nashville, TN. \$14.00.

ISBN: 978 0 8358 1324-2

EMBRACING SOLITUDE, Women and New Monasticism

by Bernadette Flanagan.

This book focuses on the interior turn of monasticism and scans the Christian tradition for women who have made this turn in various epochs and circumstances. New Monasticism is a movement assuming diverse forms in response to the turn to classical spiritual sources for guidance about living spiritual commitment with integrity and authenticity today. Flanagan probes the reasons for tradition's lack of attention to transformative solitude, intentionally chosen. From the desert of 4th century Africa to the woods of contemporary America, women's choice of solitude offers new landscapes of the sacred.

180 pp. Paperback. 2013; Wopf & Stock Pub, \$18.00

ISBN: 978 1 6060 8337-6