



MARYMOUNT HERMITAGE NEWSLETTER

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Lent Meditation

By Mary Chamberlin

This Lent I have been meditating on my life and thought, "What keeps me going? What is my life's driving force?" It has been said that five of the most common driving forces are guilt, resentment and anger, fear, materialism and the need for approval.

Here are some of my reflections: Guilt manipulates us by memories and allows the past to control our future. We are products of, not prisoners of our past. Resentment and anger can only be released by forgiving. Resentment always hurts me more than it does the person I resent. Past is past and nothing changes that. Don't rehearse it over and over in your mind; let it go. Fear causes us to miss great opportunities because of not venturing out. Take that big step. Materialism provides only a temporary happiness; then we get bored and need newer and better things. Simplify, get rid of things. Need for approval is a very human trait and the key to failure is to try to please everyone. Please God, not others.

These driving forces can lead to the same dead ends...unused potential, unnecessary stress and an unfulfilled life. These five driving forces have been a part of my life at one time or another; sometimes, all of them at once. Ask yourself these questions: What would my family and friends say is the driving force of my life? What do I think is the driving force of my life? What do I want it to be?

God should be that driving force in our lives. We discover a meaning and purpose for our life only when we have faith and make God a reference point in our life. God, directing and guiding my life, will give it purpose. Without purpose, life is motion without meaning, activity without direction and events without reason. Hope is as essential to life as air and



The road from Mary's hermitage to chapel.

water. Hope comes from having a purpose and God gives us purpose. The greatest tragedy in our life is not death, but life without purpose. Offer yourself to be changed, from inside out. "Don't lower yourself to everyone else's expectations, but raise yourself to what God can do with you. Then you will find what God intended for you." This paraphrase of Romans 12:1-2 speaks about what I would like the driving force of my life to be.

Six months ago I began a new chapter in my life. I am now living a simple life close to nature. A life filled with prayer, work, study and rest. A life governed by God and the seasons, the things of life that make living worthwhile and fill me with a great inner peace. A life influenced by the Rule of St. Benedict. I now know this is where God wants me to be.

Our time on earth is not the complete story of our life. We must wait until heaven for the rest of the chapters. It takes faith to live, journeying through the desert of life to get to the Promised Land just as the Israelites did, with faith and hope.

Continued on page 2

ORA et LABORA...

By Sister Mary Beverly, HSM

...**PRAYER and WORK.** I love it when my prayer evolves into work and work into prayer. I recently taught a Scripture studies class at Nazareth Retreat Center in Boise. We are studying the words in the "Our Father". The word this month was *forgiveness*. That class, which focused on receiving the Lord's forgiveness through the Sacrament of Reconciliation, got me thinking about conversion of life and growth in holiness. Reading Mary's article (page one) added to my meditations.

It is really the work of the Holy Spirit to help us identify where we are wounded by sin and need the Lord's healing and mercy. Going to confession is such a grace and a source of peace. As we approach Holy Week and the Easter Triduum, let us all celebrate the Sacrament of Penance to better enter into the Risen Lord's life. Jesus on the cross, after so much suffering and about to die, says, "Father, forgive them for they know not what they are doing." It is this same Jesus who waits for you in the confessional. In the person of the priest, Jesus Himself forgives you personally in the sacramental dialogue and absolution.

I was thinking that the spiritual refreshment of the Sacrament of Reconciliation is like that of early spring rain to a dry land. Hosea 6,3: "Let us know, let us strive to know the Lord; as certain as the dawn is his coming, and his judgment shines forth light the light of day! He will come to us like the rain, like the spring rain that waters the earth." Scripture is full of this Biblical image of beauty, renewal and life. In the labor of repentance, the Church gives us the added blessing of the Divine Mercy novena which begins on Good Friday and ends on Mercy Sunday, the Octave of Easter. Confession is an integral part of the practice of Divine Mercy. We receive mercy from God so as to extend mercy to others. Sister Rebecca Mary recommends Father Michael Gaitley's pamphlet on Divine Mercy, if you would like a deeper explanation of all the beautiful aspects of this prayer and practice.

PRAYER

Mary Chamberlin and I will be visiting Sister Rebecca Mary in Beaverton, Oregon early in Holy Week and making our own Triduum retreat at the Trappist



"Like early spring rain..." The snow is long gone from the Mesa but is still on the mountain peaks. Snow melt and run-off create a seasonal pond to the north of chapel. This view is of Council Mountain.

Abbey in Lafayette, Oregon. We would appreciate your prayers for safety in our travels and be assured of our prayers for you and your intentions and families during our retreat.

WORK

For those living in the greater Boise area, the parish sales scheduled so far in 2015 are: Holy Apostles in Meridian on March 21 & 22 and Our Lady of the Valley in Caldwell on April 25 & 26. While the sales certainly are work and involve many hours and months making the inventory items, the manual work is a peaceful, prayerful time for me. We appreciate those items which have been created by friends and donated for us to sell at the parishes. God bless you and all our generous friends and benefactors for your spiritual and material support.

Hermitage Retreat at Marymount Hermitage in Mesa, Idaho. Priest retreatants will be available from April through December for daily Mass and confession. Visit our website for registration details:

www.marymount-hermitage.org

Click on the Retreat Section.

HAPPY HOLY EASTER IN THE JOY OF JESUS!

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