KATE BERNADETTE BENEDICT

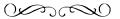
Instructions for the Monastery Cook

Meager, yes. A few onions left in the cellar, a rutabaga, a sprouting potato or yam and the few eggs under your skinny hens lie frozen in the straw. Do not complain, keep joyful mind. Even day-old bread is destined for transubstantiation.

And when, at bounteous harvest, the larder is full, do not exult, do not squander. Be gentle with the lettuce leaf; is it not a holy skin? Press each apple as if it held the orchard's ultimate juice.

Take care with utensils. Your stone mortar is no less a chalice than the gold vessel in the tabernacle. Take care with your attention. However mundane the task, cast your inner eye on heaven. Be patient when the pudding curdles or the novice coughs his phlegm into the soup. He will learn a proper reverence in time as you have learned it, as kneading, measuring, mincing, stirring, you continue to learn it.

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