

# THE WISDOM OF PROVERBS



## A SELF-LED AT HOME RETREAT

### OVERVIEW

GREETINGS! WELCOME TO YOUR OWN AT HOME- SELF-LEAD RETREAT: “THE WISDOM OF PROVERBS.”

THIS PDF IS DESIGNED TO HELP YOU MOVE THROUGH YOUR RETREAT WITH EASE AND JOY. IT INCLUDES

KEY SCRIPTURE VERSES AND TAKE AWAYS, SPACE TO JOURNAL, A HOW-TO GUIDE TO GET YOU STARTED IN

FOREST-BATHING, AND EVEN A SUGGESTED LUNCH MENU. OUR GUIDE FOR THIS READER WILL BE LADY

WISDOM- ALSO KNOWN AS SOPHIA. SHE IS A CENTRAL CHARACTER IN THE BOOK OF PROVERBS AND SHE HAS

SO MUCH THAT SHE WANTS US TO KNOW AND LIVE. WHAT WE WILL LEARN RIGHT AWAY IS THAT CREATION

ITSELF IS INFUSED IN WISDOM. THUS, WE WILL BE USING THE PRACTICE OF FOREST THERAPY/BATHING

TO LISTEN TO WHAT NATURE CAN TEACH US ABOUT GOD.

AS YOU PREPARE YOU MIGHT WANT TO HAVE NEXT TO YOU:

- SPEAKER/HEADPHONE FOR MUSIC
- HERBAL TEAS (ESPECIALLY CHAMOMILE & MINT WHICH HILDEGARD BELIEVED INCREASED JOY)
- ART SUPPLIES & JOURNAL
- MEDITATION CUSHION
- YOUR FAVORITE BIBLE

HERE IS A BRIEF OUTLINE OF YOUR RETREAT SCHEDULE:

SESSION	MATERIALS NEEDED	PREFERRED LOCATION	PROVERBS CITED
SESSION ONE- INTRODUCTION	WIFI, COMPUTER, NOTEBOOK, BIBLE	COMFORTABLE LOCATION	9:10-“THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM, AND THE KNOWLEDGE OF THE HOLY ONE IS INSIGHT.”
SESSION TWO	SITTING UNDER THE TREE OF LIFE	SIT SPOT	13:12- “HOPE DEFERRED MAKES THE HEART SICK, BUT A DESIRE FULFILLED IS A TREE OF LIFE.”
(HIVE BONUS) LUNCH BREAK	BONUS: GUIDED EATING MEDITATION MP3, HILDEGARD’S LUNCH SUGGESTION	EATING LOCATION	24:13-14- “MY CHILD, EAT HONEY, FOR IT IS GOOD, AND THE DRIPPINGS OF THE HONEYCOMB ARE SWEET TO YOUR TASTE. KNOW THAT WISDOM IS SUCH TO YOUR SOUL; IF YOU FIND IT, YOU WILL FIND A FUTURE, AND YOUR HOPE WILL NOT BE CUT OFF.”
SESSION THREE	SHARING WITH OUR FIRST FAMILY	NEAR A TREE	28:13- “NO ONE WHO CONCEALS TRANSGRESSIONS WILL PROSPER, BUT ONE WHO CONFESSES AND FORSAKES THEM WILL OBTAIN MERCY.”
SESSION FOUR	THE FRUIT OF WISDOM	SIT SPOT	8:19; 30-31- “MY FRUIT IS BETTER THAN GOLD, EVEN FINE GOLD, AND MY YIELD THAN CHOICE SILVER... I WAS BESIDE HIM, AND I WAS HIS DAILY, CELEBRATING BEFORE, CELEBRATING THE IN DELIGHTING IN HUMANS.”
SESSION FIVE- TEA CEREMONY	TEA SUPPLIES (SEE PDF FOR TEA SUGGESTIONS)	SIT SPOT	16:24- “PLEASANT WORDS ARE LIKE A HONEYCOMB, SWEETNESS TO THE SOUL AND HEALTH TO THE BODY.”

## HOW TO CHOOSE A “SIT-SPOT”

SIT SPOT IS A CORE PRACTICE OF FOREST THERAPY. DURING THIS PROGRAM, YOU WILL BE INVITED TO PRACTICE SIT SPOTS TO DEEPEN YOUR NATURE CONNECTION.

HERE ARE SOME “SIT-SPOT” TIPS:

- FIND A SPOT THAT IS CLOSE BY—LIKE YOUR BACKYARD OR FRONT PORCH. WHILE CHOOSING A BEAUTIFUL, REMOTE LOCATION IS TEMPTING, IT’S BETTER TO CHOOSE A CONVENIENT SPOT SO THAT YOU WILL VISIT IT OFTEN.
- CAN’T CHOOSE BETWEEN LOCATIONS? HAVING MORE THAN ONE SIT SPOT IS OK, BUT IT’S BEST TO DESIGNATE ONE AS YOUR CENTRAL SPOT. THE IDEA IS TO GET TO KNOW YOUR SIT SPOT WELL, WHICH CAN ONLY BE DONE IF YOU VISIT IT ROUTINELY.
- VISIT YOUR SIT SPOT 2 OR 3 TIMES A WEEK. (MORE THAN THAT IS ALWAYS WELCOME.)
- SIT SPOTS CAN INCLUDE WANDERING. WANDER, THEN SIT, OR SIT FIRST AND THEN WANDER. HOW YOU DO SIT SPOT IS UP TO YOU.
- CONSIDER BRINGING A JOURNAL WITH YOU TO YOUR SIT SPOT. IF SO, TRY TO USE IT TO RECORD YOUR OBSERVATIONS ONLY. SIT SPOT CREATES A STRONG BOND WITH A PLACE, AND BUILDING A RELATIONSHIP IS CHALLENGING WHEN YOU ARE LOST IN YOUR THOUGHTS

-SOURCE: THE FOREST THERAPY SCHOOL & “FOREST THERAPY: SITTING UNDER THE TREE OF LIFE” CLASS FROM THE HIVE FOUND HERE:  
[HTTPS://WWW.THEHIVEAPIARY.COM/ALL-COURSES/FOREST-THERAPY](https://www.thehiveapiary.com/all-courses/forest-therapy)

## FOREST BATHING ORIENTATION:

- SHINRIN-YOKU IS JAPANESE FOR FOREST BATHING AND SIMPLY MEANS TAKING IN THE FOREST ATMOSPHERE. THE PRACTICE STARTED IN JAPAN IN THE 1980S AS A WAY TO COUNTER THE BURNOUT AND NEGATIVE HEALTH SYMPTOMS MANY PEOPLE WERE EXPERIENCING—A RESULT OF MOVING FROM THE COUNTRYSIDE TO THE URBAN ENVIRONMENT FOR INDOOR TECH-BASED JOBS. THE PRACTICE STARTED IN JAPAN IN THE 1980S AS A WAY TO COUNTER THE TECHNO STRESS AND RELATED ILLNESSES MANY PEOPLE WERE EXPERIENCING AS A RESULT OF WORKING LONG HOURS INDOORS AT DESK JOBS.
- SCIENTIFIC RESEARCH DONE IN JAPAN AND LATER AROUND THE WORLD, DISCOVERED THERE ARE QUITE A FEW HEALTH BENEFITS TO THIS PRACTICE. THEY INCLUDE REDUCED STRESS, HEART RATE AND BLOOD PRESSURE, AND IMPROVED CONCENTRATION, CREATIVITY, AND MOOD. NOT ONLY IS SLOWING DOWN AND COMING INTO THE PRESENT MOMENT GOOD FOR OUR HEALTH, SO ARE THE TREES. PHYTONCIDES ARE AROMATIC COMPOUNDS OR OILS THAT TREES GIVE OFF AS PART OF THEIR IMMUNE SYSTEM. THEY ARE THE TREE’S WAY OF DEFENDING AGAINST PESTS AND PATHOGENS. WHEN YOU BREATHE IN, YOU MAY SMELL THEM, ESPECIALLY IN THE EVERGREENS—THE PINES AND CEDARS. IT TURNS OUT WHEN WE INHALE PHYTONCIDES, OUR IMMUNE SYSTEM GETS A BOOST TOO, INCREASING OUR NATURAL KILLER CELLS, OUR FIRST LINE OF DEFENSE AGAINST STRESSED CELLS.
- WHAT TO EXPECT: IN THIS RETREAT, WE WILL BE SLOWING DOWN, OPENING OUR SENSES AND RELAXING IN THE PRESENT MOMENT. I’LL BE OFFERING YOU INVITATIONS OR OPPORTUNITIES TO ENGAGE WITH NATURE. THEY ARE INVITATIONS BECAUSE THEY ARE SUGGESTIONS, NOT REQUIREMENTS. IF AN INVITATION DOESN’T RESONATE WITH YOU, THAT’S OK. FEEL FREE TO DO WHATEVER SITS WELL WITH YOU BECAUSE THIS IS YOUR TIME—TIME TO RELAX, ENJOY, AND SIMPLY BE.

# SESSION ONE- INTRODUCTION

## INTRODUCTION TO WISDOM

- SCRIPTURE: 9:10-“THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM, AND THE KNOWLEDGE OF THE HOLY ONE IS INSIGHT.”
- THERE IS A DIFFERENCE BETWEEN KNOWLEDGE AND WISDOM. KNOWLEDGE CAN BE OBTAINED. WISDOM MUST BE TRULY LIVED. WE ARE IN AN ERA THAT HAS SO MUCH ACCESS TO KNOWLEDGE, BUT VERY LITTLE WISDOM. PROVERBS IS A BOOK THAT WANTS TO TEACH YOU HOW TO DISCERN SO THAT YOU CAN ACTUALLY KNOW HOW TO LIVE AS GOD HAS CALLED YOU TO LIVE.
- WISDOM, IN PROVERBS, IS PERSONIFIED AS A WOMAN (SOPHIA) WHO IS CRYING OUT IN THE STREETS TO TELL PEOPLE OF THE TRUE COST OF FOLLOWING LADY FOOLISHNESS—DEATH ITSELF. HOWEVER, WISDOM WILL COST YOU ONE THING EVEN AS IT GIVES YOU ALL THE RICHES OF LIFE. IT WILL COST YOU YOUR FAVORITE BRAND OF DRAMA. IN ORDER TO BE WISE AND NOT JUST KNOWLEDGEABLE, YOU ACTUALLY HAVE TO ACT ON YOUR KNOWLEDGE. WE ALSO SEE IN PROVERBS THAT WISDOM IS WOVEN INTO EVERY PART OF CREATION AS SHE WAS THERE IN THE BEGINNING AND HELPED GOD FORM EVERYTHING.
- WE KNOW THAT SEEKING AFTER WISDOM ALSO MAKES GOD HAPPY- AS WITH KING SOLOMON ASKING GOD FOR WISDOM AT THE BEGINNING OF HIS REIGN IN 1 KINGS 4:29-33.
- WE ALSO KNOW THAT THE WISDOM OF THE CROSS MAY LOOK LIKE FOOLISHNESS TO THE WORLD. 1 COR. 1:18 “FOR THE MESSAGE OF THE CROSS IS FOOLISHNESS TO THOSE WHO ARE PERISHING, BUT TO US WHO ARE BEING SAVED IT IS THE POWER OF GOD.”
- PROVERBS AND PALMS ARE QUOTED ALL OVER THE NEW TESTAMENT. THIS WOULD MAKE SENSE SINCE THE MEN WHO WOULD HAVE BEEN SPEAKING (JESUS, JOHN OF PATMOS, JAMES, PETER, PAUL) WOULD HAVE ALL HAD PROVERBS TAUGHT TO THEM AT A VERY YOUNG AGE. AND THEY ARE DESIGNED TO BE MEMORABLE.
- WE ALSO HEAR A COMMON PHRASE THAT IS USED IN PROVERBS THAT “THE FEAR OF THE LORD IS THE BEGINNING OF WISDOM.” THE WORD “FEAR” CAN BE TREATED AS AWE FOR OUR PURPOSES. TO TRULY UNDERSTAND WHAT THE WRITER IS SAYING HERE, WE MAY WANT TO TURN TO ANOTHER BOOK IN THE WISDOM TRADITION, JOB. AFTER DEMANDING AN EXPLANATION FOR ALL THE THINGS THAT HAVE HAPPENED TO HIM, GOD COMES AND ANSWERS JOB REMINDING HIM THAT A COMPREHENDED GOD IS NO GOD. THUS WE ARE WISE WHEN WE HAVE A RESPECT AND AMAZEMENT AT THE GOD OF ALL CREATION WHO LOVES US ENOUGH TO ACTUALLY BE IN CREATION WITH US. FINALLY, IT IS THE BEGINNING OF WISDOM BECAUSE ONCE YOU KNOW THAT GOD IS GOD AND THAT YOU ARE NOT GOD, YOU ARE FREE TO BE HUMBLE ENOUGH TO LIVE A WISE LIFE, FOLLOWING WISDOM’S CALL AND NOT YOUR OWN FOOLISH HEART. IN OTHER WORDS: WISDOM BEGINS IN WONDER.

## SESSION TWO- SITTING UNDER THE TREE OF LIFE

- 13:12- “HOPE DEFERRED MAKES THE HEART SICK, BUT A DESIRE FULFILLED IS A TREE OF LIFE.”
- THE TREE ONE OF THE CHIEF METAPHORS IN THE BIBLE. FROM GENESIS TO REVELATION THE TREE HAS STOOD AS A SYMBOL OF THE TWO HALVES OF GOD’S CREATION. THAT AXIS MUNDI IS THE PLACE WHERE HEAVEN AND EARTH ARE JOINED—AND THE CROSS IS THE ULTIMATE POINT IN CREATION WHERE THAT COMES TOGETHER.
- BUT, JUST AS WE REACHED FOR THE FRUIT OF THE WRONG TREE IN THE GARDEN AND THE ASHARA POLES THAT WE ERECTED, WHEN WE HOPE FOR SOMETHING THAT IS OUT OF LINE WITH LIFE—WE ARE HEARTSICK.
- TRAUMA IS LIKE A HEARTSICKNESS—THE BODY DOESN’T KNOW THE DIFFERENCE BETWEEN THE THINGS THAT BREAK OUR BONES AND THE THINGS THAT BREAK OUT HEARTS.
- SO THE TRICK IS TO ALIGN OUR DESIRES WITH GOD’S. IGNATIAN SPIRITUALITY TALKS ABOUT LEARNING THE DIFFERENCE BETWEEN DESOLATIONS AND CONSOLATIONS.

## SESSION THREE- SHARING WITH OUR FIRST FAMILY/LEARNING TO BE ELDERED BY OUR ELDERS

- 28:13- “NO ONE WHO CONCEALS TRANSGRESSIONS WILL PROSPER, BUT ONE WHO CONFESSES AND FORSAKES THEM WILL OBTAIN MERCY.”
- SO WHAT STOPS US FROM LIVING IN JOY? WE SOMETIMES THINK THAT GOD WILL NEVER UNDERSTAND THE TRANSGRESSIONS THAT WE HAVE DONE AND WE HIDE.
- MOST OFTEN, THE WORD “COMPASSION” AND THE DEEP EMOTION IT CONVEYS IS ASSOCIATED WITH GOD. THE BIBLE GIVES MANY PICTURES OF GOD’S COMPASSION—AS A PARENT, A FATHER, AND EVEN AS A NURSING MOTHER.
- GOD’S COMPASSION ISN’T JUST A FEELING; IT’S DEEPLY CONNECTED TO ACTS OF FORGIVENESS AND DELIVERANCE, SEEN MOST CLEARLY IN THE CROSS.

## SESSION FOUR - THE FRUIT OF WISDOM

- 8:19; 30-31- “MY FRUIT IS BETTER THAN GOLD, EVEN FINE GOLD, AND MY YIELD THAN CHOICE SILVER... I WAS BESIDE HIM, AND I WAS HIS DAILY, CELEBRATING BEFORE, CELEBRATING THE IN DELIGHTING IN HUMANS”
- WE SEE IN GENESIS, PROVERBS, AND JOHN, AND BEYOND WE SEE THE THERE IS THERE SOMETHING EMERGING OUT OF GOD’S OWN BEING TO GO OUT INTO THE VOID AND PARTICIPATE IN THE ORDERING AND THE CARVING UP OF CHAOS. IT’S GOD’S WORD AND GOD’S SPIRIT.
- LADY WISDOM IS A LITERARY PERSONIFICATION OF GOD’S OWN WISDOM.
- WHEN HUMANS WALK IN GOD’S WISDOM, THEY MOST CLOSELY EXEMPLIFY THE IMAGE OF GOD IN HUMANITY AS THEY WERE INTENDED TO, AND IT BRINGS THEM GREAT JOY.
- WISDOM IS ABOUT RIGHT DESIRES

## SESSION FIVE- TEA CEREMONY

- 16:24 -“PLEASANT WORDS ARE LIKE A HONEYCOMB, SWEETNESS TO THE SOUL AND HEALTH TO THE BODY.”
- IN OUR LAST SESSION, WE WILL TAKE PLACE IN A CLOSING RITUAL THAT USES TEA TO SLOW US DOWN AND LET THE WISDOM WE HAVE TAKEN IN BREW WITHIN US. HOW WILL YOU PUT THIS WISDOM INTO PRACTICE IN YOUR EVERY DAY LIFE?

## THE HIVE’S FAVORITE TEA RECOMMENDATIONS

1. WILD MINT WITH ORGANIC HONEY - I LOVE THIS TEA AND I HAVE BEEN MAKING IT SINCE I WAS A LITTLE GIRL. FOR ME, MINT IS EASILY IDENTIFIABLE AND IS PLENTIFUL. I ALSO LIKE TO PLANT IT AROUND MY APIARY TO HELP MY HONEY BEES SINCE I AM A FOURTH GENERATION BEEKEEPER. I LIKE TO BREW THIS IN WARM WATER FOR 5 MINS. AND THEN STIR IN A LITTLE OF MY OWN ORGANIC HONEY FROM MY HIVE FOR AN EXTRA SPECIAL TOUCH. IT IS NATURALLY CAFFEINE-FREE WHICH I REALLY APPRECIATE AS SOMEONE WHO CANNOT TOLERATE CAFFEINE.

- POUR 1 CUP BOILING WATER OVER 1 TO 3 TEASPOONS OF FRESH OR DRIED MINT LEAVES
- STEEP FOR AT LEAST FIVE MINUTES
- STRAIN THE TEA
- ENJOY HOT OR ADD ICE CUBES FOR ICED MINT TEA

2. DANDELION TEA- HERE IS THE RECIPE I USED FROM [HTTPS://TEASWAN.COM/BLOGS/NEWS/HOW-TO-MAKE-DANDELION-TEA:](https://teaswan.com/blogs/news/how-to-make-dandelion-tea)

- PICK 10 DANDELION HEADS (FLOWER) AND DISCARD THE LEAVES ATTACHED TO IT.
- LET BOIL 1 CUP OF WATER IN A SAUCEPAN.
- WHEN THE WATER IS HOT ENOUGH, POUR IT IN THE PITCHER.
- LET IT STEEP FOR 20 MINUTES.
- RESTRAIN THE MIXTURE.
- ADD 2 TABLESPOONS OF HONEY AND STIR WELL



### 3. LEMONGRASS GINGER ICED TEA

- THIS DELICIOUS AND REFRESHING TEA WAS SOURCED FROM:  
[HTTPS://WWW.HEALTHLINE.COM/HEALTH/FOOD-NUTRITION/LEMONGRASS-TEA#TOC\\_TITLE\\_HDR\\_1](https://www.healthline.com/health/food-nutrition/lemongrass-tea#TOC_TITLE_HDR_1)
- POUR 1 CUP BOILING WATER OVER 1 TO 3 TEASPOONS OF FRESH OR DRIED LEMONGRASS
- STEEP FOR AT LEAST FIVE MINUTES
- STRAIN THE TEA
- ENJOY HOT OR ADD ICE CUBES FOR ICED LEMONGRASS TEA
- ADD SOME FRESH SLICED GINGER SLICES

## LUNCH BONUS

FOR AN EXTRA BONUS, I AM ALSO INCLUDING SOME OF HILDEGARD'S OWN RECEIPTS (FROM "ST. HILDEGARD'S KITCHEN" BY JANY FOURNIER-ROSSET) THAT THE SAINT USED TO HELP BALANCE THE BODY. FEEL FREE TO HAVE THESE PREPARED FOR YOUR LUNCH BREAK FOR THE FULL HILDEGARD EXPERIENCE. WE ARE ALSO INCLUDING A FREE AUDIO DOWNLOAD THANKS TO THE PARTNERSHIP WITH THE HIVE ([WWW.THEHIVEAPIARY.COM](http://www.thehiveapiary.com)) TO HELP YOU MAKE EVEN YOUR EATING A MINDFULNESS ACTIVITY. THE SCRIPT WAS TAKEN FROM THE EPISCOPAL CHURCH HEALTH MINISTRIES, 2006 ([HTTP://WWW.EPISCOPALRI.ORG/WP-CONTENT/UPLOADS/2018/10/MINDFUL-EATING-PROGRAM.PDF](http://www.episcopalri.org/wp-content/uploads/2018/10/MINDFUL-EATING-PROGRAM.PDF)).

### ◆ SIMPLE HERB SOUP

- 2-3 HANDFULS OF SORREL LEAVES
- 2-3 HANDFULS OF CHERVIL
- HANDFUL OF BEET LEAVES OR SWISS CHARD
- 2-3 HANDFULS OF PARSLEY LEAVES
- 3-4 GREEN ONIONS, WITH PART OF THEIR TOPS
- 1 WELL-WASHED AND TRIMMED HEAD OF LEAF LETTUCE
- HANDFUL OF SPINACH LEAVES
- 1/2 CUP BUTTER
- 4 CUPS CHICKEN STOCK
- 4-6 THIN SLICES OF BREAD, CRUSTS REMOVED
- SALT, PEPPER TO TASTE
- MELT THE BUTTER IN A LARGE SAUCEPAN AND SAUTÉ THE FINELY CHOPPED HERBS, LETTUCE, AND SPINACH FOR 3-4 MINUTES. ADD THE STOCK, THE SLICES OF BREAD, AND SEASON WITH SALT AND PEPPER. BRING THE SOUP TO A GENTLE BOIL, AND SIMMER FOR ABOUT 15 MINUTES, OR UNTIL THE BREAD DISINTEGRATES AND THICKENS THE SOUP.

#### ◆ HERB AND FLOWER SALAD

- CHOOSE A MIX OF HERB LEAVES, SUCH AS PARSLEY, MINT, LEMON BALM, BASIL, DANDELION, CHIVES, SALAD BURNET, CHERVIL, AND SO ON.
- GARNISH WITH FLOWERS, SUCH AS VIOLETS, SAGE, AND MARIGOLDS.
- PREPARE A CREAMY DRESSING AS FOLLOWS: COMBINE 2 HARD-COOKED EGG YOLKS—SIEVED, 1 TSP PREPARED MUSTARD, 6 TBSPS CREAM, 1 TBSP WINE VINEGAR. SWEETEN WITH A TOUCH OF HONEY, IF DESIRED. POURED OVER THE SALAD WHEN READY TO SERVE AND TOSS.

#### ◆ LIGHT CHICKEN SALAD

- 1 WHOLE CHICKEN
- WATER TO COVER
- SPRINGS OF HYSOP
- 2 APPLES, PEELED, CORED, AND CUT INTO SMALL CHUNKS
- 2 ORANGES, PEELED, CUT INTO SMALL CHUNKS
- 1 STALK OF CELERY, CUT INTO SMALL CHUNKS
- 2/3 CUP NUTS, COARSELY CHOPPED
- 2/3 CUPS RAISINS (SOAKED IN WATER, DRAINED)
- 1 CUP GRUYERE CHEESE, CUT INTO SMALL PIECES
- 1 SMALL HEAD OF LEAF LETTUCE, TORN INTO BITS
- 2 OZS SPINACH, CUT INTO SMALL STRIPS
- 1 CLOVE GARLIC, MINCED
- MAYONNAISE
- SALT, PEPPER, CUMIN
- COOK THE CHICKEN FOR 1 HOUR IN WATER SEASONED WITH SPRINGS OF HYSOP. COOL, REMOVE BONES AND SKIN, CUT CHICKEN INTO SMALL CHUNKS. ADD THE APPLES, ORANGES, CELERY, RAISINS, NUTS, AND CHEESE. MIX WITH LETTUCES AND SPINACH, ADD THE GARLIC. TOSS THE SALT WITH SUFFICIENT MAYONNAISE. SEASON TO TASTE. SERVE COLD.

#### ◆ BAKED APPLES

- APPLES, PEELED AND CORED
- CHOPPED NUTS
- BUTTER
- RAISINS SOAKED IN RUM
- QUINCE OR OTHER TART FRUIT JELLY
- BROWN SUGAR
- USE 1 APPLE PER PERSON. PLUG THE BOTTOMS OF THE APPLES WITH A MUSTIER OF BUTTER AND CHOPPED NUTS. FILL THE CENTERS WITH THE RAISINS. CLOSE THE TOPS WITH A MIXTURE OF QUINCE JELLY AND SUGAR. PLACE THE STUFFED APPLES IN A BAKING DISH, ADDING WATER. PRICK THE APPLES SO THEY DON'T BURST WHILE BAKING. COOK IN A MODERATE OVEN (350 DEGREES F) FOR 35 MINUTES OR UNTIL DONE.