



Prayers for the Sick

Let us pray for the sick, especially our Associates, Sisters of Mercy, family members, friends and care-givers. May God touch them with comfort, healing and strength.



We pray for people who are on our list this week – Jaxon McKinney (Sister Maureen O'Keefe's grandnephew), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Marion Bonia (sister of Anne Marie Davis), and Sister Theresa Boland.

(If you wish to have your name or another person's name added to or removed from this list please let Sharon Drover know. (drover.sharon@yahoo.ca))



Prayer for the Sick

Through the Intercession of Catherine McAuley

God of Love and Mercy,
You inspired Catherine McAuley,
To serve your Son by responding

To the needs of her time.

Moved by her care for the Sick,
We ask that through Her Prayers
You reach out with Your Healing Love
And restore them to full health

We ask this in complete
Confidence through Jesus Christ, Your Son
Amen.

Catherine McAuley, Pray For Us
Amen.



Happy Anniversary Wishes to ...

Barbara & Austin Hawley

-

August 10th



Light a Candle

Let us continue, in solidarity with Mercy Sisters, Associates and Colleagues around the world, to light a candle and pray for justice and peace.



From the Wisdom Circles

Circle of Compassion

“Compassion links us to others. We share a common humanity – with a common wish to be happy, free from suffering and to live with grace.”

Marianne Williamson

Contemplative Presence

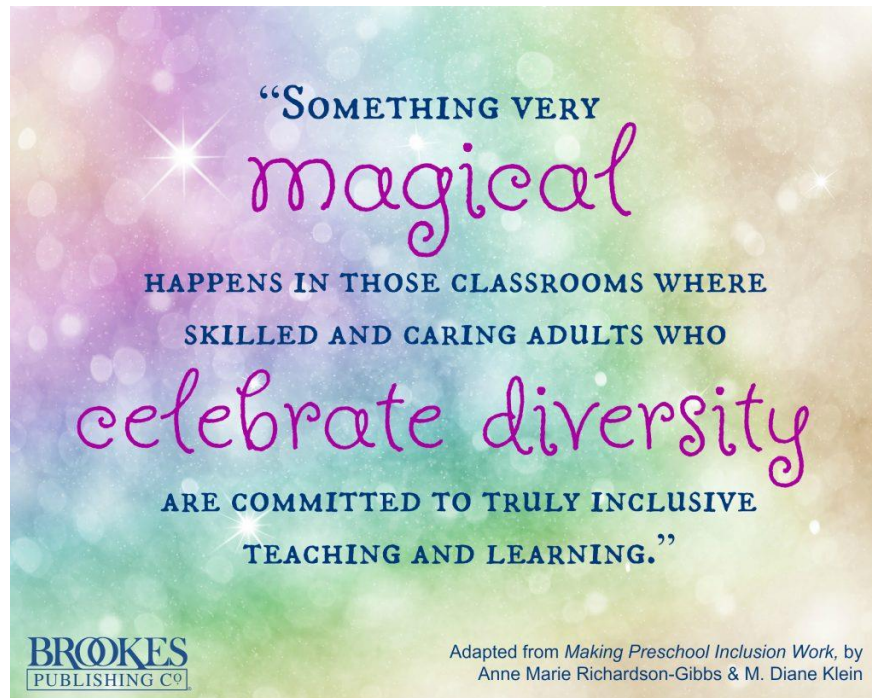
“A contemplative is not one who takes his prayer seriously, but one who takes God seriously, who is famished for truth, who seeks to live in generous simplicity, in the spirit. An ardent and sincere humility is the best protection for his life of prayer.”

Thomas Merton

Integrity of Creation

“Let us be renewed by God’s mercy ... and let us become agents of this mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish.”

Pope Francis



“To put into practice the teachings of our holy faith, it is not enough to convince ourselves that they are true; we must love them. Love united to faith makes us practise our religion.” – St. Alphonsus Liguori



Notes from the Associates/Sisters

ITEMS OF INTEREST

St. Beatrice of Silva – Feast Day August 17th



Beatrice of Silva (16 August 1492), born **Beatriz de Menezes da Silva**, was a Portuguese noblewoman who became the foundress of the monastic Order of the Immaculate Conception.

Beatrice was one of the eleven children of Rui Gomes da Silva, the governor of Campo Maior, Portugal, and of Isabel de Menezes,

She was raised in the household of the future Queen Isabel of Portugal and spent some time in her royal court in Castile following the Queen's marriage to John II.

Beatrice was a good and close friend to the queen. Soon, however, her great beauty began to arouse the irrational jealousy of the Queen, who had her imprisoned in a tiny cell. During this incarceration, Beatrice experienced an apparition of the Blessed Virgin Mary, in which she was instructed to found a new religious order in Mary's honor.

Beatrice finally escaped her imprisonment with difficulty and took refuge in the Dominican Second Order monastery of nuns in Toledo. Here she led a life of holiness for thirty-seven years, without becoming a member of that order. In 1484 Beatrice, with some companions, took possession of a palace in Toledo which was to be dedicated to honoring the Immaculate Conception of Mary. Saint Beatrice was the foundress of the Order of the Immaculate Conception.

In 1489, by permission of Pope Innocent VIII, the nuns adopted the Cistercian Rule, bound themselves to the daily recitation of the office of the Immaculate Conception, and were placed under obedience to the ordinary of the archdiocese.

Beatrice died in the monastery she had founded on 16 August 1492. Her remains are still venerated in the chapel of that monastery.

A second monastery was founded in 1507 at Torrigo, from which, in turn, were established seven others. The order soon spread through Portugal, Spain, and their colonies in South America—as early as 1540, as well as in Italy, and France. At its height, there were some 200 monasteries of the order throughout the world.

Beatrice de Menezes da Silva was beatified on 28 July 1926. The cause for her sainthood was opened on 26 February 1950, and she was canonized by Pope Paul VI in 1976. Her feast day is celebrated 17 August.

She is the patron Saint of Prisoners.



The month was originally named *Sextilis* in Latin because it was the 6th month in the original ten-month Roman calendar under Romulus in 753 BC, with March being the first month of the year. About 700 BC, it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 46 BC (AUC 708), giving it its modern length of 31 days.

In 8 BC, the month was renamed in honor of Emperor Augustus. According to a *Senatus consultum* quoted by Macrobius, he chose this month because it was the time of several of his great triumphs, including the conquest of Egypt. Commonly repeated lore has it that August has 31 days because Augustus wanted his month to match the length of Julius Caesar's July, but this is an invention of the 13th century

scholar Johannes de Sacrobosco. Sextilis in fact had 31 days before it was renamed, and it was not chosen for its length.

August's birthstones are the peridot, sardonyx, and spinel. Its birth flower is the gladiolus or poppy, meaning beauty, strength of character, love, marriage and family. The Western zodiac signs are Leo (until August 22) and Virgo (from August 23 onward).



Women in Canadian History

NO IMAGE
AVAILABLE

Eileen Tallman Sufrin (1913–1999)

Labour organizer and workers advocate. Eileen Sufrin led the first strike of bank employees in Montreal in 1942. However, her biggest battle, and the highlight of her career, was her attempt to unionize employees at Eaton's, Canada's largest department store at the time. Of the 30,000 Eaton's workers across Canada, Sufrin and her team were able to organize 9,000 employees between 1948 and 1952. Despite the low number of memberships, she took pride in knowing that during this time Eaton's increased salaries, pensions and welfare. Sufrin was awarded a Governor General's

Medal in 1979, one of seven Canadian women honoured on the 50th anniversary of the Person's Case.



Kateri Tekakwitha (1656–1680)

North America's first First Nations saint. The story of Kateri Tekakwitha is a story of resilience in the face of colonial incursions, and of a woman who tried to revitalize her traditions and values despite her conversion to Catholicism. Born in 1654 near what is now Auriesville, New York, Tekakwitha was orphaned at age four. At age nineteen, she went to the Catholic mission of Kahnawake near Montreal, where she befriended a group of devout women and devoted the rest of her short life to prayer, penitential practices, and caring for the sick and aged.

Miracles were attributed to her shortly after her death, and her gravesite soon became a pilgrimage site. Tekakwitha was canonized as a saint on October 21, 2012. *Photo: Dorothy M. Speiser*



Thanadelthur (1697–1717)

Peacemaker, guide and interpreter for the Hudson’s Bay Company. Thanadelthur was a member of the Chipewyan (Dene) nation who, as a young woman, was captured by the Cree in 1713 and enslaved. After a year, she escaped, and eventually came across the HBC York Factory post, governed by James Knight. Thanadelthur stayed to work for Knight, who needed a translator to help make peace between the Cree and the Chipewyan for trading purposes. Accompanied by an HBC servant and a group of friendly Cree, she went on a year-long mission into Chipewyan

territory. She brought the two groups together and — alternately encouraging and scolding them — brought about a peace agreement. The HBC records refer to her as “Slave woman” or “Slave woman Joan.” *Photo: This young Chipewyan woman from Cold Lake, Alberta, photographed by Edward Curtis in 1928, was popularized by historian Sylvia Van Kirk as a well-known representation of Thanadelthur.*



Marie-Madeleine Jarret de Verchères (1678–1747)

A legendary heroine who held back an Iroquois raid. Around the age of fourteen, Madeleine, in the absence of her parents, defended the family fort from a group of Iroquois. There are at least five contemporary accounts of what happened. The most plausible, written by her about seven years after the event, suggest she escaped the clutches of an Iroquois warrior by loosening her kerchief, then rushing into the mostly undefended fort and closing the gate. She somehow fooled the Iroquois into thinking there were many soldiers defending the fort and fired a

round from a cannon. The noise alerted other forts in the area and apparently scared off the Iroquois warriors.

Poetry Pause

Long Island Sound

Emma Lazarus – 1849 –1887

*I see it as it looked one afternoon
In August,—by a fresh soft breeze o'erblown.
The swiftness of the tide, the light thereon,
A far-off sail, white as a crescent moon.
The shining waters with pale currents strewn,
The quiet fishing-smacks, the Eastern cove,
The semi-circle of its dark, green grove.
The luminous grasses, and the merry sun
In the grave sky; the sparkle far and wide,
Laughter of unseen children, cheerful chirp
Of crickets, and low lisp of rippling tide,
Light summer clouds fantastical as sleep
Changing unnoted while I gazed thereon.
All these fair sounds and sights I made my own.*



From Kitty's Kitchen

Cranberry Lemon Loaf

Ingredients

1 cup fresh cranberries
1²/₃ cups all-purpose flour (*plus 1 tablespoon (8 grams) for dredging cranberries*)
1¹/₂ teaspoons baking powder *6 grams*
1/2 teaspoon salt

1/2 cup unsalted butter (*1 stick*)
1 cup granulated sugar
2 large eggs
1/2 cup milk
2 tablespoon grated lemon zest *from 1 lemon*

For the Glaze

1/4 cup granulated sugar
1/4 cup freshly squeezed lemon juice, *from 2 lemons*

Directions

1. Preheat oven to 350°F and spray a 9x5-inch loaf pan with nonstick baking spray.
2. Toss the cranberries with 1 tablespoon of flour; set aside.
1 cup fresh cranberries,
1²/₃ cups all-purpose flour
3. In a medium bowl, whisk the rest of the flour, baking powder, and salt together.
1¹/₂ teaspoons baking powder
1/2 teaspoon kosher salt
4. In a separate bowl cream the butter and sugar together on medium-high speed until fluffy and creamy, about 1-2 minutes.
1/2 cup unsalted butter
1 cup granulated sugar
5. Add the eggs and beat an additional 1 minute.
2 large eggs
6. Add half of the flour mixture; mix on low speed just until incorporated.
7. Add 1/4 cup (half) of the milk and mix on low for 15 seconds.
1/2 cup milk

8. Add the remaining flour mixture and mix just until no flour is visible.
9. Add remaining $\frac{1}{4}$ cup milk and mix until combined.
10. Fold in the lemon zest and cranberries.
1 tablespoon grated lemon zest
11. Pour the batter into the prepared loaf pan and bake, at 350°F, for 50-60 minutes or until a toothpick inserted in the middle comes out clean.
12. Transfer the bread (in the pan) to a cooling rack and cool 15 minutes. After 15 minutes, remove the loaf from the pan, and set it upright.



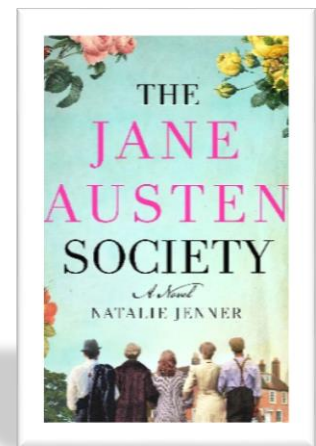
From Kitty's Library

A Good Read: ***The Jane Austen Society***

Author: Natalie Jenner

Just after the Second World War, in the small English village of Chawton, an unusual but like-minded group of people band together to attempt something remarkable.

One hundred and fifty years ago, Chawton was the final home of Jane Austen, one of England's finest novelists. Now it's home to a few distant relatives and their diminishing estate. With the last bit of Austen's legacy threatened, a group of disparate individuals come together to preserve both Jane Austen's home and her legacy. These people—a laborer, a young widow, the local doctor, and a movie star, among others—could not be more different and yet they are united in their love for the works and words of Austen. As each of them endures their own quiet struggle with loss and trauma,



some from the recent war, others from more distant tragedies, they rally together to create the Jane Austen Society.



Places to Go, Things to See....



We are thrilled to welcome Beyond Van Gogh: The Immersive Experience to the St. John's Convention Centre this summer. This unique experience uses cutting-edge projection technology to breathe new life into over 300 of Van Gogh's artworks. Occupying over 30k square feet, Van Gogh: Immersive Experience is the largest Van Gogh experience in the country, ensuring both intimacy and grandeur in every visit. For any questions or to attend this experience, please visit www.beyondvangogh.com.

The City of St. John's Downtown Pedestrian Mall/Open from June 20th to September 2nd

From noon until 10 p.m. daily, Water Street from Adelaide Street to Prescott Street will be closed to vehicles, with pedestrian traffic ramping up to take in the festivities and enjoy the energy and people-friendly vibe. This popular location is bustling with excitement as restaurants and bars create outdoor patios and other businesses expand into the street. Entertainment is also on offer with a variety of free performances and events taking place throughout the summer. For 2024, the Government of Newfoundland and Labrador announced it would provide



\$194,000 in funding to the City to support Year of the Arts initiatives. This funding will support the introduction of new initiatives for the Downtown Pedestrian Mall, including Markets on Water, Music on Water and Public Art displays.



Downtown St. John's Busker Festival Aug. 2nd - 4th, 2024

Three days of free family fun and entertainment in the heart of Downtown featuring international and local buskers. A show takes place every hour from 12 noon until 9 pm, last show is at 8 pm.

AFTERNOON TEA:

The Basilica Community Builders are excited to announce the following dates for Afternoon Teas at the Basilica, 2:00-3:30 pm: August 1, August 15 and August 22. It's a one-of-a-kind atmosphere where you can sit and relax while admiring the magnificent architecture of the **Basilica**. In addition to delicious homemade sweets, this year we will be featuring an assortment of sandwiches. Admission is only \$20 per person (cash only). Once again, we will be using our BEST chinaware, teapots and hand tailored napkins. First come, first served. At some of these teas, we will have available for purchase assorted handmade aprons, table runners and napkins. Quantities will be limited. Please consider marking your calendar to take in an *Afternoon Tea* at the Basilica.



Pause for Thought ...



the LAST WORD

"God does not look at the action but at the spirit motivating it, and he will judge and reward us accordingly."

Retreat Instructions, p. 82