



Vol. 7/No. 2 February 2024

Kitty's Chronicle

Mercy Associates Newsletter

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), Gabrielle Knight and Baxter Taylor (husband of Mary Taylor).

(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.**



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

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

Maya Angelou

Contemplative Presence

“Contemplative prayer is a deepening of faith that moves beyond thoughts and concepts. One just listens to God, open and receptive to the divine presence in one’s inmost being as its source. One listens not with a view to hearing something, but with a view to becoming aware of the obstacles to one’s friendship with God.”

Thomas Keating

Integrity of Creation

“Just now one of the significant historical roles of the primal people of the world is not simply to sustain their own traditions, but call the entire civilized world back to a more authentic mode of being.”

Thomas Berry

Diversity and Inclusion

“Inclusive leadership is like good cooking: you need a good chef (inclusive leader) who knows how to choose good ingredients (diversity) and how to combine them using a good recipe (inclusion).”

Thais Compoint, Award-Winning Global Specialist in
Inclusion and Diversity



Notes from the Associates/Sisters

ITEMS OF INTEREST



The word February is believed to have derived from the name 'Februa' taken from the Roman 'Festival of Purification'. The root 'februo' meaning to 'I purify by sacrifice'. As part of the seasonal calendar February is the time of the 'Ice Moon'

according to Pagan beliefs, and the period described as the 'Moon of the Dark Red Calf' by Black Elk. February has also been known as 'Sprout-kale' by the Anglo-Saxons in relation to the time the kale and cabbage was edible.



Saint Blaise's Basilica, containing his remains on [Monte San Biagio \(Maratea\)](#) in [Basilicata](#), Italy

[St. Blaise](#) is known by many titles, including “physician of souls” and “saint of the wild beasts.” However, he is most commonly known as the patron saint of throat illnesses. Many Catholic churches worldwide celebrate his feast day February 3 with a special blessing of throats, using two blessed candles in a “v” shape across each person’s neck.

Though little historical fact is known about St. Blaise, we do know that he was considered a miracle worker even in his day and lived much of his life as a hermit in a cave. It is said from being a healer of bodily ailments, Saint Blaise was to become an expert on souls, then he retired for a time to a cavern where he remained in prayer. As bishop of Sebastea, Blaise instructed people as much by his example as by his words, and many miracles attested to his great virtues and his sanctity. People were said to flock to him for cures of bodily and spiritual ills. He is said to have healed animals, who came to him on their own for his assistance, and in turn to have been helped by animals.

Many churches have been named after him, especially in the United Kingdom. In Kent, England, there exists St. Blaise’s Well, which is claimed to have water with healing properties in it.



Women in Canadian History



Doris Anderson (1921–2007)

Magazine editor and women’s movement champion. Doris Anderson was a long-time editor of *Chatelaine* magazine and a newspaper columnist. Through the 1960s, Doris Anderson pushed for the creation of the Royal Commission on the Status of Women, which paved the way for huge advances in women’s equality. She was responsible for women getting equality rights included in the Charter of Rights and Freedoms. She authored a number of books, including three novels and an autobiography – *Rebel Daughter* – and sat as the president of the National Action Committee on the Status of Women.

Anderson became an officer of the Order of Canada in 1974 and was promoted to Companion in 2002. She was also a recipient of a Persons Case Award and several honorary degrees. *Photo: Barbara Woodley; courtesy of Library and Archives Canada/1993-234 NPC.*



Kenojuak Ashevak (1927–2013)

An inspiring Inuit artist. Born in an igloo on the south coast of Baffin Island, Kenojuak Ashevak’s career as an artist began in 1958 when a government administrator recognized her talent. She quickly became a role model for many other Inuit women, who have become almost as recognized. Among her more well-known works is *Enchanted Owl*, created for Cape Dorset’s 1960 print collection; it was used on a postage stamp in 1970 to mark the centennial of the Northwest Territories and soon became an artistic icon. Ashevak lived most of her life in

Cape Dorset, where she had a large extended family of children and grandchildren. Gracious, composed, and thoughtful, she has been an inspiration and mentor for second- and third-generation Inuit artists. *Photo: Ansgar Walk*



Emily Carr (1871–1945)

A West Coast artist who has been described as “Canada’s Van Gogh.” Born in Victoria, Emily Carr began with few advantages. She studied art in San Francisco, London, and Paris while struggling to fund her education. Embracing the new modernist style, she came home in 1911 and applied her new skills to her favourite subjects — West Coast rainforests and the villages and artifacts of indigenous peoples. However, Canadian critics and buyers were not ready for her work and she abandoned painting for fifteen years. It wasn’t until the National Gallery mounted an exhibition of West Coast art in 1927 that she received the attention she deserved. By the time of her death she enjoyed international renown that has outlasted that of her contemporaries.



Mary Shadd Cary (1823–1893)

First black woman newspaper editor in North America. Mary Ann Shadd was a tireless advocate for universal education, black emancipation, and women’s rights. Born in Delaware, Shadd moved to Windsor in Canada West (now Ontario) to teach in 1851. She soon founded the *Provincial Freeman*, which was dedicated to abolitionism, temperance, and women’s political rights. During the American Civil War, she went back to the United States as a recruiter of African American soldiers for the Union army. After the war, she moved to Washington, D.C., to teach and to study law, becoming, at age sixty, the second black woman in the United States to earn a law degree. In 1994, Shadd Cary was designated a Person of National Historic Significance in Canada.



Poetry Pause

The February Hush

by

Thomas Wentworth Higginson

Snow o'er the darkening moorlands,
Flakes fill the quiet air;
Drifts in the forest hollows,
And a soft mask everywhere.
The nearest twig on the pine-tree
Looks blue through the whitening sky,
And the clinging beech-leaves rustle
Though never a wind goes by.
But there's red on the wildrose berries,
And red in the lovely glow
On the cheeks of the child beside me,
That once were pale, like snow.

Places to Go...

Date: Wednesday, February 14, 2024

Start Time: 7:00 pm - 9:00 pm

Address: The Loop, Bannerman Park



Event Details: Romance is in the air at the Bannerman Park Loop. We have your Valentine's date night covered. Treat your sweetheart or you

palentine to a fun evening under the lights with candles, decorations, free hot chocolate and valentine's themed music. This event is weather and ice dependent.

Please call the Loop Line 709-733-5667 to...

Website: <https://www.stjohns.ca/en/recreation-culture/chillfest.aspx>

Choices for Youth.....Coldest Night of The Year

February 24, 2014

Choices for Youth (CFY) is hosting its 11th **Coldest Night of the Year** (CNOY) event on February 24, 2024! That's the evening folks in St. John's will join thousands of others in 200+ cities across Canada in a winter walk for local charities supporting people experiencing hunger, homelessness or hurt.



TURNER CLASSIC MOVIES

Bell Aliant
Channel 204

Rogers
Channel 50

Sunday February 11, 2024

PILLOW TALK - 1959 - Comedy

Starring: Doris Day and Rock Hudson, Tony Randall

A man and woman carry their feud over the telephone line they share into their real lives.

Sunday February 25, 2024

Gaslight - 1944 - Mystery

Starring: Charles Boyer; Ingrid Bergman; Joseph Cotten

A newlywed fears she's going mad when strange things start happening at the family mansion.



February 14th is Ash Wednesday! It is also Valentine's Day!



From Kitty's Kitchen

Raspberry Pudding

Ingredients/Instructions:

- Cherry or Raspberry Jello pkg
- Pour contents of Jello pkg into a bowl
- Add 1 Cup of Boiling Water
- Mix until Jello is dissolved
- Add 1 Cup of plain yogurt or vanilla yogurt
- Whisk the Jello and yogurt until smooth - no lumps



- Pour mixture into one large bowl or individual bowls
- Garnish with fruit or coconut sprinkles
- Place in fridge to set



From Kitty's Library

A Good Read...

If I Cry I'll Fill the Ocean

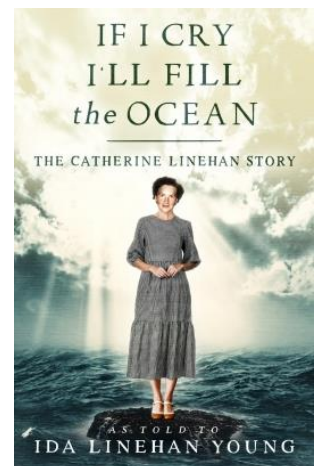
The Catherine Linehan Story

Set in North Harbour, Newfoundland, this is one woman's true story of fortitude and love.

In a life layered by tragedy and loss, Catherine Linehan's ingrained response is to put one foot in front of the other and not succumb to grief. For the mother of ten children, five of whom perished in a house fire, this means "making some kind of best" out of the rest of her life.

If I Cry I'll Fill the Ocean is the true story of how tears of cleansing and forgiveness are sacrificed to keep memories alive . . . and sanity in reach. This kind of courage only exists in the hearts and souls of those who have endured the unendurable.

"An amazing, shattering story told by an amazing, unshatterable woman." — Marjorie Simmins, Author, Journalist, and Teacher



Pause for Thought

"Each season of your life is here to help you write a different part of your story. Stop living inside past chapters. You've learned lessons and you're better for them. Honor where you are and soak up everything this season has to offer you."

-Unknown



Catherine And The Spider By Sr. Mary Wickham RSM

In late 2023, Mercy International Association was gifted a poem by Sr. Mary Wickham rsm entitled 'Catherine and the Spider'. The poem was inspired by Mary's visit to MIC and The Sacred Garden in September 2023. In 'Catherine and the Spider', Mary reflects on spending time with Catherine's bronze statue and the enduring influence of history and story. Commenting on 'Catherine and the Spider', Sr. Mary Wickham said: "Catherine's house and the sacred garden at Baggot St invite all of us to allow history, memory and imagination to lead us to a deeper understanding of Mercy and the ongoing Mercy story. As Carl Jung wrote, "Imagination is evidence of the divine."

Please click on the link below to read this beautiful poem.

<https://www.mercyworld.org/f/45074/x/1500221544/mary-wickham-poem-catherine-and-the-spider.pdf>



STORMS AND TEACUPS: AN ACROSTIC ON THE LEADERSHIP OF CATHERINE MCAULEY

(This article was first published in the ISMA Journal Listen, Vol. 22, No. 1, 2004.)

Part IV **Enabler**

One of Catherine's pre-eminent gifts as a leader was her ability to bring out the best in her companions. She seems to have been able to foster the unique gifts of each person, to extend their reach, and to impart confidence in them, enabling them to take on tasks they might have shrunk from, or in normal circumstances

been considered too young or inexperienced to perform. Mostly, they seem to have risen to the challenge.

The lynchpin of this enabling was Catherine's ability to trust. Not in a reckless or credulous manner, but in a way that freed the other person to blossom. To Sister Mary Teresa White at Dun Laoghaire (Kingstown) she wrote about a matter concerning the care of an indigent child, and after expressing her own view concludes: "...I leave you free to do what you think best. I am satisfied you will not act imprudently, and this conviction makes me happy as far as you are concerned." (p.137)

Another aspect of Catherine's ability to enable her companions, was her awareness, from the beginning, of the need to respect differences, and to accommodate them when the result would not compromise the work or spirit of the Order: "Every place has its own particular ideas and feelings which must be yielded to when possible."(p.147) That this understanding extended to people as well as places is clear from the following instance, where she writes from the newly established foundation at Limerick about someone whom she clearly had expressed misgivings about previously:

Sister Potter was certainly designed for the Institute. Her ardent zeal for Limerick made her uneasy and restless elsewhere, and her being on the spot with good connections and interest promoted the object very much... (p.146)

Related to the above is her intuitive understanding that people sometimes need change, a new arena, in order to thrive or reach their full potential, and that what suits one will not necessarily be right for the other. For instance, in a letter to Frances Warde, full of varied matters, written from Birr, and which she postscripts with the delightful challenge "I will expect a long letter for this..." is the observation about one of the Postulants resident in Birr. "(She) is quite a different person from what she was in Baggot St, useful in every way, nothing like foundations for arousing us all..." (286)

Of course, sometimes Catherine's letters reveal a less exalted humanity, which is also intrinsic to her leadership. There are instances, dare one say, of impatience and irritation, of "letting off steam" to a confidant, words she would never have expected to be read by eyes other than the original recipient of the letter. These make her more rather than less endearing. Her letter of March 5th 1841, to Frances Warde, is clearly written by a woman whose physical condition is deteriorating, even if she is not quite yet accepting of the seriousness of her condition herself. She

seems to be trying to reassure herself and her reader that her lungs are “pretty sound yet”:

I am sorry to find by your letter this morning that they are saying too much about my loss of health. My rather new visitant, a cough, has been with me very constantly since the first Sunday after my return... (p.311)

In several places in this letter, she expresses exasperation about some of her companions, and her annoyance about the timidity of a prospective candidate whose married sister had spoken for her during an interview:

She is not half alive and wishes to hide her little head. I was quite angry with her and really scolded...

Such self-perceived human limitation aside, another aspect of Catherine’s capacity for enabling others was her acceptance of others’ rights to express themselves, even when a contrary opinion was held. To Elizabeth Moore she wrote in response to some regret the other woman had expressed about a previously written viewpoint:

Now what could possess you to think I could feel the slightest displeasure? ...I could not even say that I felt any regret at what was written to me or had one serious thought about it. Never suppose you can make me feel displeasure by giving any opinion that occurs to you. I am sure you ought to know me well and I wonder you could mistake... (p.165)

Next month, Catherine: Risktaker



The Last Word...

“Compassion should be our animating principle when undertaking instruction with children and adults, since they are made in God's image.”

Catherine McAuley
