



Prayers for the Sick

Let us pray for the sick, especially our Associates, Sisters of Mercy, family members, friends and caregivers. 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), Sister Theresa Boland, George Bradbury (husband of Barbara Bradbury), Rick Mahon (son of Doreen Stone), and Anne Noseworthy (very good friend of Marie Higgins).

(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.](mailto: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.

Happy Birthday Wishes to ...



Michelle Furlong - October 2nd
Catherine Penney Ryan - October 16th



From the Wisdom Circles

Circle of Compassion

“Our uniqueness, our individuality, and our life experience molds us into fascinating beings. I hope we can embrace that.

I pray we may all challenge ourselves to delve into the deepest resources of our hearts to cultivate an atmosphere of understanding, acceptance, tolerance, and compassion.

We are all in this life together.”

Linda Thompson

Contemplative Presence

“The second stage of contemplation and the sixth of prayer is that of quiet. This is the union of the will with God, who, as highest Good, attracts it forcefully so that in Him alone it may find its rest. Infinite power, goodness, gentleness, and sweetness, with God’s gifts of fear, piety, fortitude, and wisdom, overwhelm it and at the same time take it captive, set it ablaze, fill it with caresses, and drawing it near...there the soul finds for a time every now and then - times that seem to it short however long they last - its full rest, its refreshment and strength, its peace and happiness.”

J.G Arintero, O.P., pp. 44-45 *Stages in Prayer*

Integrity of Creation

“Wonder and awe lead to reverence and reverence leads to responsibility. Reverence for and responsibility to the natural world are intimately connected to each other and to authentic religious experience.”

Heather Eaton

Diversity and Inclusion

Definitions:



Diversity: This is when people from all different backgrounds come together. It includes people of different races, genders, religious beliefs, sexual orientation, visible and **invisible disabilities**, class, or status.



Inclusion: Celebrating diversity requires thoughtful inclusion. *Everyone* must be recognized and appreciated for their talents, be provided with opportunities to get involved, and have their perspectives valued and heard.



Notes from the Associates/Sisters

ITEMS OF INTEREST

October is the tenth month of the year in the Julian and Gregorian calendars. Its length is 31 days. The eighth month in the old calendar of Romulus c. 750 BC, October retained its name (from Latin and Greek *ôctō* meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans. In Ancient Rome, one of three Mundus patet would take place on October 5, Meditrinalia October 11, Augustalia on October 12, October Horse on October 15, and Armilustrum on October 19. These dates do not correspond to the modern



Gregorian calendar. Among the Anglo-Saxons, it was known as Winterfylleth (ƿinterfylleþ), because at this full moon, winter was supposed to begin.

October is commonly associated with the season of spring in parts of the Southern Hemisphere, and autumn in parts of the Northern Hemisphere, where it is the seasonal equivalent to April in the Southern Hemisphere and vice versa.

Several renowned poets and authors of the likes of Katherine Arden, Elizabeth George Speare, Henry Ward Beecher, etc., have quoted October as the most beautiful month of the year.

Symbols

October's birthstones are the tourmaline and opal. Its birth flower is the calendula. The zodiac signs are Libra (until October 22) and Scorpio (from October 23 onward).

- Wikipedia, the free encyclopedia



The Holy Guardian Angels – October 2nd

The Church celebrates the **Memorial of the Holy Guardian Angels** on October 2nd. Each person on earth has a guardian angel who watches over them and helps them to attain their salvation. It has been a common theological opinion that this angelical guardianship begins at the moment of birth; prior to this, the child would be protected by the mother's guardian angel. But this is not certain, and since we now know that the soul is infused at the moment of conception, it may be that the angelic guardianship also begins at that moment. In any case, this protection continues throughout our whole life and ceases only when our probation on earth ends, namely, at the moment of death. Our guardian angel accompanies our soul to purgatory or heaven, and becomes our coheir in the heavenly kingdom.

Guardian Angels

Angels are servants and messengers from God. "Angel" in Greek means messenger. In unseen ways the angels help us on our earthly pilgrimage by assisting us in work and study, helping us in temptation and protecting us from physical danger.

The idea that each soul has assigned to it a personal guardian angel has been long accepted by the Church and is a truth of our faith. From the Gospel of today's liturgy we read: "See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father" (Matthew 18:10).

The *Catechism of the Catholic Church* states that "the existence of the spiritual, non-corporeal beings that Sacred Scripture usually calls 'angels' is a truth of faith (328)." From our birth until our death, man is surrounded by the protection and intercession of angels, particularly our guardian angel: "Beside each believer stands an angel as protector and shepherd leading him to life (336)." The Church thanks God for our helpers, the angels, particularly on this feast day and September 29 which is the feast of Saint Michael, Saint Gabriel, and Saint Raphael, archangels. Today's feast appeared in Spain during the sixteenth century. It was extended to the universal Church and made obligatory in 1670.



Be alert in your every action as one should be who is accompanied by angels in all your ways, for that mission has been enjoined upon them. In whatever lodging, in whatever nook or corner you may find yourself, cherish a reverence for your guardian angel. In his presence do not dare to do anything you would not do in mine. Or do you doubt his presence because you do not see him? Would it really help if you did hear him, or touch him, or smell him? Remember, there are realities whose existence has not been proven by mere sight.

Brethren, we will love God's angels with a most affectionate love; for they will be our heavenly co-heirs some day, these spirits who now are sent by the Father to be

our protectors and our guides. With such bodyguards, what are we to fear? They can neither be subdued nor deceived; nor is there any possibility at all that they should go astray who are to guard us in all our ways. They are trustworthy, they are intelligent, they are strong — why, then, do we tremble? We need only to follow them, remain close to them, and we will dwell in the protection of the Most High God. So as often as you sense the approach of any grave temptation or some crushing sorrow hangs over you, invoke your protector, your leader, your helper in every situation. Call out to him and say: Lord, save us, we are perishing. — St. Bernard

(This excerpt on Guardian Angels comes from *Catholic Culture*.)



Thanksgiving Day – October 14th

It is fitting for God's people to offer public thanks for all the gifts we have received. The bountiful produce of the earth is a visible sign of the many blessings God wants to shower on us through Christ (see Eph 1.3-10). Our God also wants us to share the goods of the earth with all people.



As Thanksgiving in Canada has historically been celebrated on several different dates, it is fitting that, even though it is observed on Monday, families are equally as likely to celebrate on Saturday or Sunday.



Parliament officially declares Thanksgiving as “a day of general thanksgiving to almighty God for the bountiful harvest with which Canada has been blessed.”

While this mandate for Thanksgiving may not be observed by all Canadians in its entirety, the ideas of being thankful, of spending time with family, and sharing a delicious meal still remain.

Our modern concepts of Thanksgiving were influenced by our American neighbours. Foods that are associated with a “traditional” Thanksgiving, such as North American turkey, squash, and pumpkin, were introduced to Nova Scotians in the 1750s.



English explorer Martin Frobisher and his crew had the first Canadian Thanksgiving in 1578.

Library and Archives Canada / e010775200-v6

As the story goes, in 1578, English explorer Martin Frobisher and his crew gave thanks and communion was observed, either on land at Frobisher Bay, in present day Nunavut, or onboard a ship anchored there. The explorers dined on salt beef, biscuits, and mushy peas and gave thanks through Communion for their safe arrival in then Newfoundland. This is now accepted as the first “Canadian” Thanksgiving, forty-three years before the first “American” Thanksgiving.

Forty-eight years later on November 14, 1606, inhabitants of New France under Samuel de Champlain held huge feasts of thanksgiving between local Mi’kmaq and the French. Though not known at the time by the settlers, cranberries, rich in vitamin C, are credited with helping avoid scurvy. The neighbouring Mi’kmaq likely introduced the French to cranberries, or as they called them, *petites pommes rouges* (little red apples).

Marguerite Bourgeoys canonized on October 31, 1982



Marguerite Bourgeoys was born in Troyes, France, in 1620. Even as a young girl, she demonstrated an aptitude for “gathering together the girls” of her age and for group life and organization. At twenty, she saw a statue of the Virgin that deeply “touched and changed” her. She enrolled in the “external” Congregation of Notre Dame in Troyes and pronounced a vow of chastity when she was 23.

In 1652, Governor Paul de Chomedey de Maisonneuve was trying to find a teacher who could come to Ville-Marie (Montreal). He and Marguerite met, and she offered her services. She set out on a ship in 1653, carrying only a small bag. She was 33. In the course of the voyage, she nursed people suffering from illness. For four years, she worked for the Governor. She gave up her mattress and blankets to people who had less than she did, and won over the settlers, for whom she became a trusted counsellor. In 1657, she organized the erection of a chapel that would serve as a place of pilgrimage in honour of Mary. The project was completed the next year. From that time, the chapel has housed the miraculous statue of Notre-Dame du Bon-Secours (Our Lady of Good Help), which had been given Marguerite in 1672.

In 1658, she formed a religious community for young women (today the Congregation of Notre Dame). She went back to France in 1659 and again in 1671, recruiting companions. She set out on a third voyage back to France, the Bishop refused to allow her to recruit further companions from Europe. Upon her return, she began to admit the first Canadian women, including two Iroquois.

Marguerite and her companions taught catechism and basics of literature, as well as virtue, etiquette and the love of work. She started up a needlework workshop and taught household arts to prepare the students for their role in family life.

She began to send her companions in pairs to new parishes to start classes for the children of the settlers. In 1697, the Most Reverend Jean-Baptiste de Saint-Vallier, recognized the community as “daughters of the parish”.

Marguerite Bourgeoys died January 12, 1700, and was acclaimed as the “Mother of the Colony”. She was canonized on October 31, 1982, by Saint John Paul II.



The Archival Moment

The Archival Moment is contributed by Sister Charlotte Fitzpatrick.

Sister M. Patrick O'Farrell

Margaret O'Farrell was born in County Tipperary in November of 1841, the only daughter of Mary and Patrick O'Farrell. She arrived in St. John's on March 17, 1865 to enter the Sisters of Mercy. At her reception into the Novitiate on August 2 of that same year she received the name Sister Mary Patrick Ligouri. A local newspaper, *The Newfoundlander*, in its August 3, 1865 issue, reported on her Reception Ceremony, noting that a couple of her brothers "our respected townsmen, the Messrs. Farrell" had immigrated to Newfoundland from Ireland and were well established in the business community of St. John's by the time their sister arrived.

After her profession, Sister M. Patrick spent most of her religious life teaching at St. Bridget's School in the east end of St. John's and at St. Peter's School on Queen Street. Both of these schools were under the care of the Sisters at Mercy Convent and the sisters would have made the daily walk to and from school in all kinds of weathers.

In August of 1884 Sister M. Patrick's niece, Mary O'Farrell (later known as Sister M. Genevieve) arrived in St. John's to enter the Sisters of Mercy. Sister M. Patrick had left Ireland before Mary had been born. Sadly, the two had little opportunity to spend much time with one another, as Sister M. Patrick died on May 10, 1885. Her obituary notice in *The Evening Telegram* of May 18 1885 speaks of her as follows:

She ministered consolation to many a poor sick and death-stricken family, as well as imparted the gift of a religious education to the destitute and the poor.



Reflection



In this season of autumn, the leaves falling from the trees onto the earth are subtle reminders that we are asked to let go of many things throughout our life... The ease at which the leaves sail through the air as the trees let go of their treasures stands in sharp contrast to our own tight grasp on life. We can see autumn standing in surrender as the winds sweep her trees bare and vulnerable.

Whenever we are called to let go of something safe, secure, and familiar whether it be relationships, beliefs, circumstances, expectations... we may encounter those chilling winds that can sweep our covering leaves away and leave us feeling naked as the trees.

Catherine McAuley as a little girl who lost so much, her father; her home; financial security, and had to move in with strangers...Catherine is a tree in autumn; slowly losing all that was her strength; losing the beauty of her leaves that protected all above and around her.

But we cannot grow without change. Much of this growth depends on whether we give ourselves to the process of change or run from it with our fears and insecurities. Sister Simone Campbell of the Sisters of Social Service has suggested that we need to develop a “theology of insecurity” to deal with our obsession with security and control. Perhaps looking again at autumn might give some perspective.

Catherine could have been bitter about all these changes yet she embraced the change. Along the way she brought new life to those at the Callanan House; she found a new family among those who were of another faith. The Callanans showed Catherine how to adapt to the autumn of her life.

Autumn, along with winter, is a part of the necessary transition between summer’s fruitfulness and spring’s new life. No new growth will come unless autumn agrees to let go of what has been. Dead leaves that seem to have no value are transformed by winter snows and rains for new growth. The bare branches already have the potential of new green in the terminal buds. The ground lies

fallow, but it is resting and gaining nutrients for the seeds to sprout in the spring. The earth waits in the process of growth for the unknown, unseen beauty yet to come.

Catherine's time with the Callanans she rested....she waited and finally found the strength to grow and imagine new life for her and others in her deepest autumn.

Autumn invites us to pause and to reflect on how we live with insecurity, challenges us to develop deeper trust in the unknowns of our eternal God, and believe more fully in the promises of our faith - we can accept the invitation to shed whatever hinders us and we create space for new life to emerge.

Catherine is a true Autumn and Winter; for in the darkest times of her life is when she found new life; new growth; a new imagination beyond all possibilities.....Catherine is our Autumn tree.

Catherine Penney Ryan



In the spotlight....



Sister Theresa March was a teacher by profession. She has always been a cat and dog lover and since her retirement years she has become a dedicated dog walker. Here she is with Maddy a regular visitor at the Residence at Littledale "The Mount".





While Sr. Anita was ministering in Peru she set up a workshop in 1974 where she held classes in sewing, cooking and formed a weaving shop that became quite successful and which continues to exist today. Here is Sister Anita next to one of her needle work creations. Most of her needle work has gone to charities for auction.



"Holiness consists simply in doing God's will, and being just what God wants us to be."

- St. Therese of Lisieux – the Little Flower

The Atlantic Religious Congregation Associate Network (ARCAN) Invites you to experience a morning with Sister Joan Lewis – “Showing Up”



Theme of Her Presentation: Showing Up - Mature transformation involves Showing Up: For Richard Rohr and Sister Joan, showing up means bringing our hearts and minds into the actual suffering and problems of the world. It means engagement, social presence, and sincere concern for justice and peace—and others beyond ourselves.

Spiritual Presenter - Sister Joan Lewis has been a sister of the Congregation of Notre Dame for over 65 years. During her ministry, she was a primary teacher for 30 years and was also involved in youth ministry and parish work. After retiring from teaching, she was missioned to Guatemala where she was responsible for the parish as there was no permanent priest in the community. During those 20 years, she trained catechists, counselled women involved in prostitution, and provided spiritual accompaniment for lay people, priests and sisters. Sr. Joan was influential in getting funding for the construction of 15 small chapels in the mountain areas.

Returning to Toronto, she worked with the homeless and special needs groups. She is now involved in visiting the sick, teaching English to newcomers and supporting refugees. On two occasions she has helped migrants at the Mexican, U.S.A. Border. She is also part of the vocation and spirituality committee of the community.

Sister Joan has a Bachelor Degree in Physiology and a Master's in Ministry and Spirituality. She is also a licensed Spiritual Director.

ARCAN invites you to join us via zoom on Saturday, October 19th, 2024, 10:00 to 12:00 AST (10:30 am to 12:30 NL Time)

This is a free session. To join. Go to www.zoom.com Click on “Join” (at the top of the page. Choose the option “By Meeting ID”

When prompted add the meeting ID 896 5231 5441

When prompted add the passcode 515141



Poetry Pause

Autumn Fires

In the other gardens
And all up in the vale,
From the autumn bonfires
See the smoke trail!

Pleasant summer over,
And all the summer flowers,
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

- Robert Louis Stevenson



From Kitty's Kitchen

Creamy Mushroom Stroganoff

Ingredients

- 2 tbsp butter/olive oil
- 1 onion finely chopped
- 4 garlic cloves crushed
- 500 g (1lb) mushrooms sliced
- 1 tsp fresh thyme
- 1 tbsp flour
- 1½ cups stock/broth
- 1 cup sour cream
- 1 tsp Dijon mustard
- 1 tsp salt
- ½ tsp black pepper
- fresh parsley to serve



Directions

1. Set a large sauté pan or large skillet over medium-high heat then add the butter/olive oil.
2. Add the chopped onions and sliced mushrooms and cook for 15 minutes until the mushrooms are golden brown and the onions are soft.
3. Add the garlic and thyme leaves then sauté for another minute.
4. Stir in the flour and cook for a minute then pour in the stock and whisk until the flour has been mixed into the liquid.
5. Reduce the heat then gently simmer for a few minutes until the sauce has thickened slightly then stir in the sour cream and mustard.
6. Season with salt and pepper and cook for another minute or two.
7. Taste and adjust the seasoning if necessary then serve over pasta or rice with a sprinkle of fresh parsley.



From Kitty's Library

A Good Read

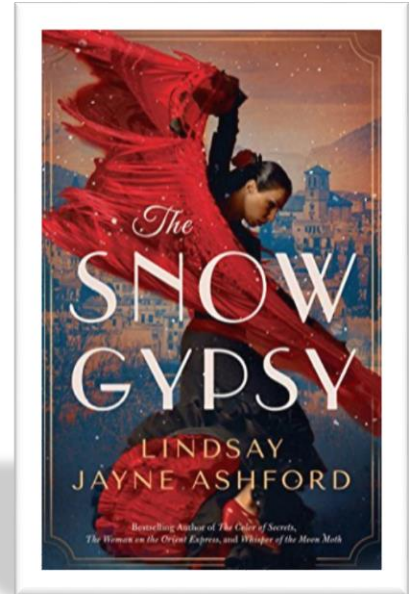
The Snow Gypsy

By: Lindsay Jayne Ashford

At the close of World War II, London is in ruins and Rose Daniel isn't at peace. Eight years ago, her brother disappeared while fighting alongside Gypsy partisans in Spain. From his letters, Rose has just two clues to his whereabouts—his descriptions of the spectacular south slopes of the Sierra Nevada and his love for a woman who was carrying his child.

In Spain, it has been eight years since Lola Aragon's family was massacred. Eight years since she rescued a newborn girl from the arms of her dying mother and ran for her life. She has always believed that nothing could make her return...until a plea for help comes from a desperate stranger.

Now, Rose, Lola, and the child set out on a journey from the wild marshes of the Camargue to the dazzling peaks of Spain's ancient mountain communities. As they come face-to-face with war's darkest truths, their lives will be changed forever by memories, secrets, and friendships.



Pause for Thought ...

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”

Roy T. Bennett, *The Light in the Heart*

The Last Word...

“Now and again bestow some praise.”

Letter to Elizabeth Moore December 1838

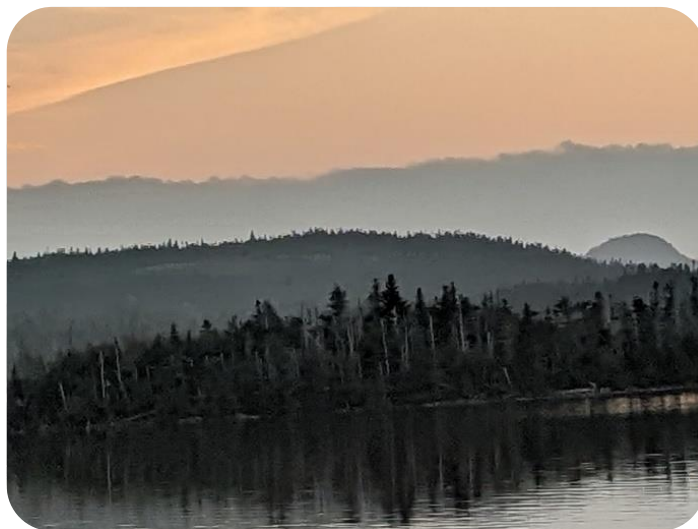


Photo Credit: Rick Coish