



Kitty's Chronicle
Mercy Associates' Newsletter

Volume 5: No. 1 – January 2022



Prayers

Sick People

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, Sharon Keels (sister of Ros Hurley), Michael Kelly (husband of Anna Kelly, Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Mary Taylor, Edith Antle, Sylvia Flood and Geraldine Duhamel (sister of Sharon Drover).

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.

Catherine McAuley, Pray for us. Amen





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

Birthdays

Tomi Cleal – January 12th
Sharon Drover – January 15th
Sonia Harvey – January 16th



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

“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves





*from this prison by widening our circle of compassion
to embrace all living creatures and the whole of
nature in its beauty.*

- Albert Einstein

Contemplative Presence

*True contemplation is not a psychological trick but a
theological grace. It can come to us ONLY as a gift,
and not as a result of our own clever use of spiritual
techniques.*

- Thomas Merton

Integrity of all Creation

*Yet the integrity of the universe is the context in which
creativity is best expressed. The canvas does not limit
God's creativity but rather celebrates it. The elegant
complexity of creation is a beautiful reminder that
the creative mind is a disciplined mind, that the
creative act is not a struggle to be free of limitations
but a demonstration that when we embrace our
limitations, creativity has no boundaries.*

— Erwin Raphael McManus



Notes from the Associates/Sisters

Items of Interest

How did January get its name?

January is named after the Roman god Janus. As you can see in this print, he had two faces so he could see the future and the past! He was also the god of doors. ... The Roman calendar originally began in March, and the months of January and February were added later, after a calendar reform.

Christian Orthodox New Year

The Christian Orthodox New Year is celebrated on January 14th, because the Orthodox Church still follow the Julian calendar. The Chinese calendar is unisolar, following the Moon and the Sun. The Chinese New Year is celebrated sometime between January 21st and February 21st.



Saint Margaret Bourgeoys CND
(17 April 1620 – 12 January 1700)

Feastday: January 12th

Patron: Against poverty; loss of parents





At the age of twenty, Margaret Bourgeoys of Troyes, France, was walking in a procession for the feast of the Holy Rosary when her gaze fell upon a statute of the Blessed Virgin Mary atop a gate. The statute appeared to come to life, as Margaret saw Mary's eyes tenderly gaze upon her. The mysterious incident changed her life, as she would later attest: "I gave myself to God in the year 1640". After two convents had refused her requests for admission, she was asked to undertake a school-teaching apostolate in Canada. Agonizing over this decision, Margaret finally became convinced that the Canadian mission was God's will for her. In 1653 Margaret journeyed to Montreal, Canada, the colony of New France, now part of Québec, Canada. It was there that she founded the Congregation of Notre Dame, dedicated to the education and spiritual formation of young women.



From Kitty's Kitchen

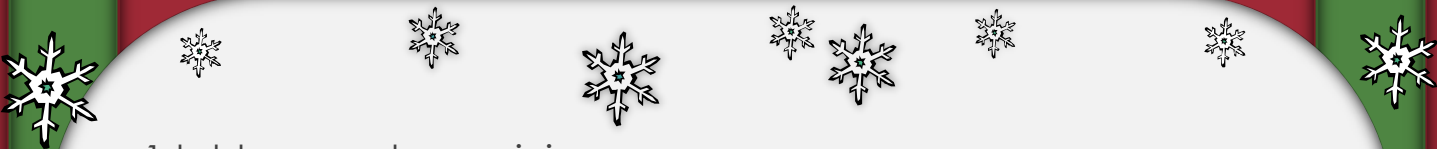
Fish Cakes – COD or SALMON with Tartar Sauce

Ingredients:



- 1 pound cooked cod or salmon
- $\frac{3}{4}$ cup panko
- 2 eggs
- $\frac{1}{4}$ cup thinly sliced green onion





1 tablespoon lemon juice
½ tablespoon coarse salt
¼ teaspoon black pepper
Cooking Oil

Directions:

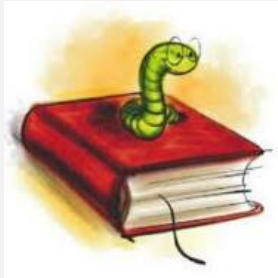
1. Place ingredients in a large mixing bowl. Stir the ingredients together with a fork, breaking apart the fish, until evenly combined.
2. Portion mixture into patties (about 2 tablespoons each).
3. Coat the bottom of a large skillet with cooking oil and heat to medium-high. Fry fish cakes in batches until golden brown, about 3 minutes per side.



Tartar Sauce

½ cup mayonnaise
1 small dill pickle, chopped very small (3 tablespoons)
1 tablespoon fresh lemon juice, plus more to taste
1 tablespoon chopped fresh dill or 1 teaspoon dried dill
½ to 1 teaspoon Worcestershire sauce
½ teaspoon Dijon mustard, optional
Salt and fresh ground black pepper





From Kitty's Library

A Good Read:



Lady in Waiting

My Extraordinary Life in the Shadow of the Crown

By: Anne Glenconner

Discover untold secrets with this extraordinary memoir of drama and tragedy by Anne Glenconner – a close member of the royal circle and lady-in-waiting to Princess Margaret.

Anne Glenconner has been at the center of the royal circle from childhood when she met and befriended the future Queen Elizabeth II and her sister, Princess Margaret. Though the firstborn child of the 5th Earl of Leicester, who controlled one of the largest estates in England, as a daughter she was deemed “the greatest disappointment” and unable to inherit. Since then she had needed all her resilience to survive court life with her sense of humor intact.

With unprecedented insight into the royal family, *Lady in Waiting* is a witty, candid, dramatic, at times heart-breaking personal story capturing life in a golden cage for a woman with no inheritance.





Twas the Week After Christmas

Twas the week after Christmas
and all through the house
Nothing would fit me,
not even a blouse.

The cookies I'd nibbled,
the eggnog I'd taste.
All the holiday parties
had gone to my waist.

When I got on the scales
there arose such a number!
When I walked to the store
...less a walk than a lumber.

I'd remember the marvelous
meals I'd prepared;
The gravies and sauces
and beef nicely rared,

The wine and the rum balls,
the bread and the cheese
And the way I'd never said,
"No thank you, please."

So – away with the last
of the sour cream dip,
Get rid of the fruitcake,
every cracker and chip.





Every last bit of food
that I like must be banished
Till all the additional
ounces have vanished.

I won't have a cookie --
not even a lick.

I'll want only to chew
on a long celery stick.

I won't have hot biscuits,
or corn bread, or pie,
I'll munch on a carrot
and quietly cry.

I'm hungry, I'm lonesome,
and life is a bore --
But isn't that what
January is for?

Unable to giggle,
no longer a riot.
Happy New Year to all
and to all a good diet!





The Legend of the Christmas Robin

The little red-breasted, cheerful robins, often called also the Christmas robins, indicate the season of sun and spring. This rather ordinary bird holds such tremendous importance to Christmas. Robins are known in fact for having shared the holy stable of Bethlehem.

According to the legend, that Christmas night was extremely cold in the stable where Mother Mary lay with her infant, Baby Jesus. The fire in the stable, the only source of heat for the baby, was about to go out and all that Mary could do was call the surrounding animals for help. She asked the sleeping ox, but he lay sound asleep on the stable floor and did not hear her. Next, Mary asked the lazy donkey to breathe life back into the fire, but he did not hear Mary either. Nor did the horse or sheep.

Suddenly, Mary heard the flapping sound of wings. A robin had heard cry for help and had flown to the stable to help her out. His wings were like little bellows puffing air onto the embers until they glowed bright red again. He continued to fan the fire, singing all the while, until the ashes began to kindle. With his beak, the robin picked up some fresh, dry sticks and tossed them into the fire. As he did, a flame suddenly burst forth and burned the little bird's breast a bright red. But the robin simply continued to fan the fire until it crackled brightly and warmed the entire stable, while Baby Jesus slept.

Mother Mary thanked the robin for his efforts and tenderly looked at his breast that was now red with the





burns and blessed him for his deed of selflessness. And to this day, the robin's red breast covers his humble heart.

New Year's Prayer

The Year Ahead

*May God make your year a happy one!
Not by shielding us from all sorrows and pain,
But by strengthening us to bear it, as it comes;
Not by making our path easy,
But by making us sturdy to travel any path;
Not by taking hardships from us,
But by taking fear from our heart,
Not by granting us unbroken sunshine,
But by keeping our face bright, even in the shadows;
Not by making our life always pleasant,
But by showing us when people and their causes need
us most,
and by making us anxious to be there to help.
God's love, peace, hope and joy to us for the
year ahead.*

- Author Unknown; Adapted by Debra Mooney





Pause for Thought



And now we
welcome the new year.
Full of things that
have never been.

—RAINER MARIA RILKE,
POET





the
LAST WORD

*Generosity is not in bestowing gifts ... but in bestowing ourselves
most freely and relying with unhesitating confidence on the
Providence of God.*

~Catherine McAuley~



Kitty's Chronicle

Mercy Associates' Newsletter

Volume 5: No. 2 – February 2022



Prayers

Sick People

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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.

Catherine McAuley, Pray for us. Amen

Birthdays

Laura Goss – February 8th
Hannah McGrath – February 13th
Barbara Bradbury – February 17th
Louise Brennan – February 18th
Kay McNally – February 22nd
Barbara Albrechtsons – February 28th



Wishing you a smile on your face,
happiness in your heart
and many blessings
in the year ahead.

*

Happy Birthday



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

*Until you extend the circle of compassion to include all living things,
you will not find peace.*

- Albert Schweitzer

Contemplative Presence

Contemplative living is living in true relationship with oneself, God, others and nature, free of the illusions of separateness.

- Thomas Merton

Integrity of all Creation

Laudato Si

*Let us be protectors of Creation,
Protectors of God's plan
Inscribed in nature, protectors of
One another and of the environment.*

- Pope Francis
Word on Fire

Notes from the Associates/Sisters

Items of Interest

February

Did you know

February 4th, 1965

Hamilton Falls in Labrador becomes Churchill Falls. The Premier of Newfoundland, Joey Smallwood, renames the falls to pay tribute to British Prime Minister Sir Winston Churchill, who had died in



London on January 24, 1965, at the age of 90. An inspiration to many Canadians during the Second World War, the legendary British prime minister will have several Canadian locations named after him, including a town, two rivers, and the falls.



February 2nd - Groundhog Day

Groundhog Day is celebrated in Canada and the United States every year on 2 February. Legend has it that watching a groundhog emerge from its burrow can determine the weather forecast for the coming weeks. Accordingly, if it is a sunny day and the groundhog sees its shadow, it goes back to sleep for six more weeks of winter. If the weather is cloudy and the groundhog does not see its shadow, it stays outside, meaning that the worst of winter is over and spring will soon arrive. Approximately 10 communities in Canada keep up this tradition today, attracting the attention of tourists and media alike.



February 2nd - Candlemas Day

Candlemas Day is another name for the feast of the Presentation of the Lord. Forty days after His birth, Mary and Joseph brought Jesus to the temple for the rites of purification and dedication as prescribed by the Torah.

In many Eastern European countries, the feast of the Presentation officially closes the celebration of Christmas. For this reason, Blessed John Paul II began the custom of keeping the Nativity scene in St. Peter's square until Feb. 2.

Candlemas Day also was important in the lives of farmers. An old English song went as follows:

“If Candlemas be fair and bright,
Come, Winter, have another flight.
If Candlemas brings clouds and rain,
Go, Winter, and come not again.”

So if the bright sun “overshadows” the brightness of Candlemas Day, there will be more winter. However, if the light of Candlemas Day radiates through the gloom and darkness of the day, the end of winter is near.



February 8th - Feast Day
Patron saint to South Sudan and Human Trafficking Survivors

On 7 December 1893, Josephine Bakhita entered the novitiate of the Canossian Sisters, and on 8 December 1896, she took her vows, welcomed by Cardinal Sarto. In 1902 she was assigned to the Canossian convent at Schio, in the northern Italian province of Vicenza, where she spent the rest of her life. A strong missionary drive animated her throughout her entire life - "her mind was always on God, and her heart in Africa".

During her 42 years in Schio, Bakhita was employed as the cook, sacristan, and doorkeeper and was in frequent contact with the local community. Her gentleness, calming voice, and ever-present smile became well known and Vicenzans still refer to her as "little smiling sister". Her special charisma and reputation for sanctity were noticed by her order.

Her last years were marked by pain and sickness. She used a wheelchair but she retained her cheerfulness, and if asked how she was, she would always smile and answer: "As the Master desires."

Bakhita died at 8:10 PM on 8 February 1947. For three days, thousands of people arrived to pay their respects. Her remains were transferred to the Church of the Holy Family of the Canossian convent of Schio in 1969.

February is Black History Month in Canada



Canada celebrates Black History Month for the first time. Every February, Canadians are invited to attend festivities that honour the legacy of black Canadians.

February 15 - National Flag of Canada Day!

George Stanley's original flag design, as rendered by heraldic artist Alan Beddoe, incorporated a stylized maple leaf with 13 points. While Stanley's design was selected to become Canada's new National Flag, the maple leaf had to be changed, because the 13-point maple leaf lost its detail when seen from far. The leaf was redesigned with 11 points by graphic artist Jacques St-Cyr. Today this adapted design is now found on Canada's National Flag.



February is the shortest month of the year.

The Welsh call February "y mis bach" which means "little month".





Dates to Remember

February 2nd

The Presentation of The Lord aka Candlemas Day – Blessing of the Candles

World Day of Consecrated Life

The purpose of the day is “to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels” as well as “to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervor which should inspire their offering of themselves to the Lord” (Saint John Paul II, 1997).

February 3rd

Feast of St. Blaise – Blessing of the Throats

February 11th

World Day of the Sick

February 11th (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those affected with illness and disease.



From Kitty's Kitchen

Zucchini Carrot Fritters



Ingredients for 8 fritters

1 cup chickpeas (200 g)
1 zucchini, grated
1 carrot, grated
2 eggs
½ cup whole wheat panko (10 g)
2 teaspoons fresh basil, chopped
½ teaspoon garlic powder
½ teaspoon salt
½ teaspoon pepper
Olive oil

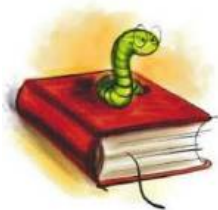
GARNISH

Plain Greek yogurt
Green onion, diced

Preparation

Mash chickpeas with a fork in a large bowl. Set aside.
Grate zucchini. Place in a clean dish towel or cloth.
Grate carrots. Place in a clean dish towel or cloth with zucchini.
Squeeze out as much moisture as possible.
Add veggies, panko, egg, basil, garlic powder, salt, and pepper to the bowl with the mashed chickpeas.
Stir until completely combined.
Heat olive oil in a large skillet on medium heat.
Scoop 2 tablespoons of mixture into your hand press to compress it into a patty.
Cook for about 1-2 minutes, until the underside, is golden brown then flip and repeat.
Serve with a dollop of plain Greek yogurt and diced green onion.
Enjoy!





From Kitty's Library

A Good Read

Three Words For Goodbye

By: Hazel Gaynor and Heather Webb



Three cities, two sisters, one chance to correct the past . . .

New York, 1937: When estranged sisters Clara and Madeleine Sommers learn their grandmother is dying, they agree to fulfill her last wish: to travel across Europe—together. They are to deliver three letters, in which Violet will say goodbye to those she hasn't seen since traveling to Europe 40 years earlier; a journey inspired by a famed reporter, Nellie Bly.

Constantly at odds with each other as they explore the luxurious *Queen Mary*, the Orient Express, and the sights of Paris and Venice, Clara and Madeleine wonder if they can fulfill Violet's wish until a shocking truth about their family brings them closer together. But as they reach Vienna to deliver the final letter, old grudges threaten their reconciliation again. As political tensions rise, and Europe feels increasingly volatile, the pair are glad to head home on the *Hindenburg*, where fate will play its hand in the final stage of their journey.



From Kitty's Movies

Turner Classic Movies

Bell Aliant: Channel 204

Rogers: Channel 50

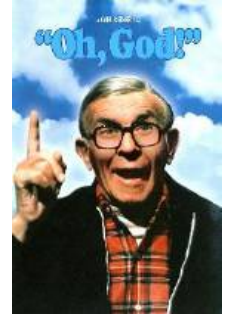


Oh, GOD

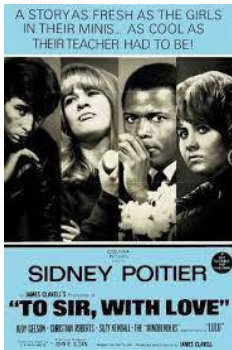
Tuesday, February 8th at 6:15 pm

A grocer is selected by God to help spread a message.

Starring: George Burns, John Denver, Terri Garr



To Sir With Love



Sunday, February 20th at 2 pm

A new teacher changes the lives of a rowdy class of youngsters and gains their respect.

Starring: Sidney Poitier, Christian Roberts, Judy Geeson



Pause for Thought

On God's Team



"Your will be done on earth as it is in heaven."

Jesus, in Matthew 6:10

One of the greatest differences between earth and heaven is that in heaven everything is done according to one will - God's will. Earth is currently operating with over six billion wills because each of us has our own. That's why there are ethnic conflicts, racial strife, and fights within families. But in heaven, God's will rules. His will is everyone's will.

The best comparison I can think of is those unusual moments in team sports when every member works perfectly together. It's the synergism of five basketball players smoothly moving the ball down the court for basket after basket. It's the rhythm of a rowing crew skimming over the water. It's the indescribable coordination of a World Cup soccer team. It's hard to describe and tough to beat.

Maybe that's a little of what heaven is like. It's everyone on God's team together, pulling in the same direction.



Our Father in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven. Make me an example of your ways and your will. May I move in perfect harmony with what you want. My prayer is that I will make all choices and carry them out so that others will see a preview of heaven in my life. Amen.

Leith Anderson

The Last Word...

The only return God requires of us for all His favours is a return of love.

Catherine McAuley



Kitty's Chronicle

MERCY ASSOCIATES NEWSLETTER



Prayers

Prayers for the Sick

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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.
Catherine McAuley, Pray for us.
Amen*



Recently Deceased

We extend sincere sympathy to the family of our Associate, Maureen Hynes who passed away recently and to the family of Barbara Bradbury, whose mother, Mona Myler, passed away on February 20th, 2022. Let their families be assured of our prayers in their bereavement and our prayer that Maureen and Mona are enjoying eternal happiness in the company of our God of Mercy.

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

“Empathy is about finding echoes of another person in yourself.”

- Mohsin Hamid

Contemplative Presence

“Contemplative prayer is natural, unprogrammed; it is perpetual openness to God, so that in the openness his



Happy Birthday Wishes to:

Regina Shapter – March 2nd

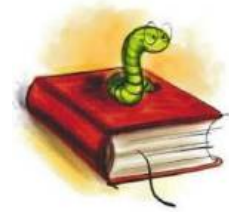
Anne Bown – March 7th

Bess Collins – March 28th



concerns can flow in and out of our minds as he wills.”

– Ray Simpson, *Exploring Celtic Spirituality*



Integrity of Creation

“The Church has a responsibility towards creation and she must assert this responsibility in the public sphere. In so doing, she must defend not only earth, water and air as gifts of creation that belong to everyone. She must, above all, protect humankind from self-destruction.”

– Benedict XVI *Caritas in Veritate*

Diversity and Inclusion

“We all should know that diversity makes for a rich tapestry and we must understand that all the threads of the tapestry are equal in value, no matter what their color is.”

– Maya Angelou



From Kitty's Library

A Good Read



By Any Other Name

by [Lauren Kate](#)

With a successful career as a romance editor, and an engagement to a man who checks off all ninety-nine boxes on her carefully curated list, Lanie's more than good. Then she's given the opportunity of a lifetime: to work with world-renowned author and her biggest inspiration in love and life—the Noa Callaway. All Lanie

Notes from the Associates/Sisters

Items of Interest

March 19th – The Feast of St. Joseph



The feast of St. Joseph is celebrated annually on March 19th in honor of St. Joseph, the husband of Mary and stepfather of Jesus. This holiday takes place during Lent, a time of fasting.

Saint Joseph is well-known as the **patron saint of fathers**, both families, workers, especially carpenters, expecting mothers, and unborn children. Among many others, he is the patron saint of attorneys and barristers, emigrants, travelers, and house hunters.

March Facts and Trivia

- Every year, March and June finish on the same day of the week.
- March is the time of year when animals start waking up from hibernation.
- The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

March 1st

As the saying goes, March comes “in like a lion, out like a lamb.” ..I think Newfoundland went out like a lamb this year.

has to do is cure Noa's writer's block and she'll get the promotion she's always dreamed of. Simple, right?

But there's a reason no one has ever seen or spoken to the mysterious Noa Calloway. And that reason will rock Lanie's world. It will call into question everything she thought she knew. When she finally tosses her ninety-nine expectations to the wind, Lanie may just discover that love By Any Other Name can still be as sweet.



March 14th

Daylight saving time begins, freeing us from the constant refrain of “it’s dark before I even leave work!!!”



March 17th

St. Patrick’s Day - Named “*Talamh an Éisc*”, or the land of the fish, by the many fisherman emigrants who came to these shores in the 18th century, Newfoundland is the only place outside of Ireland that has an indigenous Irish language name.

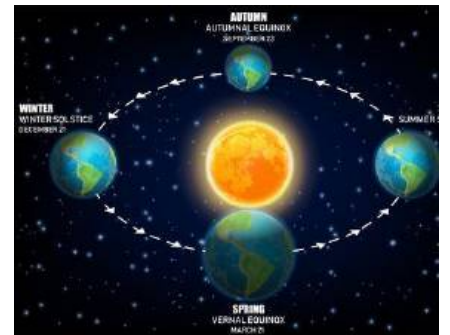
On any other day, it is easy to see the influence of our Irish heritage but on St. Patrick’s Day, we turn that dial-up full tilt.

It will be two years almost to the day on St. Patrick’s Day weekend that our province closed its doors to keep us safe from the COVID pandemic. Have a great St. Patrick’s Day and don’t forget all we have learned these past two years. We still have to stay safe and respect others’ space ... so wear something green and give a toast to St. Patrick.



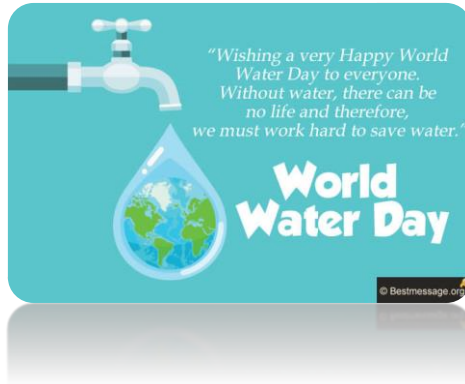
March 20th

The sun shines on the equator for the Vernal Equinox giving us a near 50-50 split of day and night.



March 22nd

World Water Day



March 27th

Why Does Earth Hour 2022 Matter?

This year's Earth Hour is more than a one-night event. It could also decide the state of our environment in the next 10 years and beyond. In short, Earth Hour 2022 is an hour for the future.

Focusing on biodiversity and nature, this year's event hopes to gain the support of more people. This is to show a symbol of collective support for the urgent call to address nature loss and climate change.

Another importance of this event is the support it would rally to convince world leaders and representatives in the upcoming United Nations Convention on Biological Diversity in China. This convention will produce a global plan for the state of our nature and biodiversity for the decades to come.

With enough support from the population for Earth Hour, we could have the chance to make world leaders commit to a plan to reverse biodiversity loss by 2030.





From Kitty's Kitchen

Carrot, Sweet Potato & Feta Fritters

Ingredients

800g carrots
2 large potatoes
1 large onion
600g sweet potatoes
5 medium free-range eggs
200g feta, crumbled

6 tbsp. wholemeal flour
25g fresh coriander, chopped
2 tbsp. cumin seeds
300ml vegetable oil
Green salad, lime wedges & yogurt to serve

Directions

Peel and grate carrots, potatoes, onion and sweet potatoes. Put in a colander over the sink with a big pinch of salt to drain for 30 minutes.

In a large bowl, combine the eggs, feta, flour, coriander and cumin seeds, then beat with a fork until mixed. Squeeze as much liquid from the vegetables as you can, pressing down hard into the colander for 1-2 minutes, then added to the egg mixture. Stir to combine and season well. Heat the oven to 200.

Heat the oil in a wok or saucepan. Put a small handful of the mix in a slotted spoon and lower into the oil. Cook 2-3 at a time: fry for 1-2 minutes, then turn and repeat until golden. Put on a plate and keep warm in a low oven.



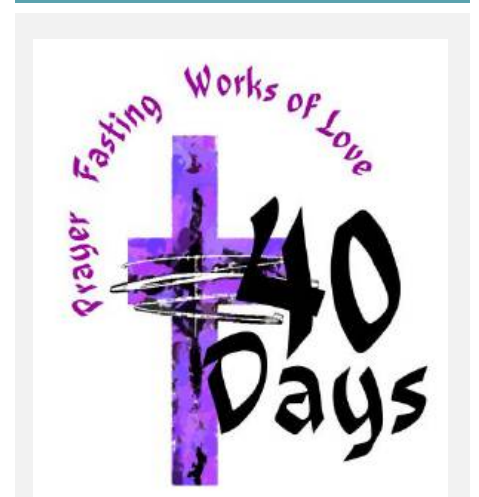
Lenten Litany of Fasting and Feasting

Fast from judging others - Feast on seeing Christ within them.
Fast from emphasis on differences - Feast on the unity of life.
Fast from thoughts of illness - Feast on the healing power of God.
Fast from words that pollute - Feast on phrases that purify.
Fast from discontent - Feast on gratitude.
Fast from anger - Feast on patience.
Fast from pessimism - Feast on optimism.
Fast from complaining - Feast on appreciation.
Fast from negatives - Feast on affirmatives.
Fast from unrelenting pressures - Feast on unceasing prayer.
Fast from hostility - Feast on non-resistance.
Fast from bitterness - Feast on forgiveness.
Fast from self-concern - Feast on compassion for others.
Fast from personal anxiety - Feast on eternal truth.
Fast from discouragement - Feast on hope.
Fast from lethargy - Feast on enthusiasm.
Fast from suspicion - Feast on truth.
Fast from thoughts that weaken - Feast on promises that inspire.
Fast from shadows of sorrow - Feast on the sunlight of sincerity.
Fast from idle gossip - Feast on purposeful silence.
Fast from problems that overwhelm - Feast on prayer that undergirds.
Fast from instant gratification - Feast on self-denial.
Fast from worry - Feast on divine providence and trust in God.
Fast from sin - Feast on the abundance of God's mercy.

Adapted from text of William Arthur Ward - American author, teacher and pastor, 1921-1994

The joy in doing this type of fasting and feasting is that these practices truly lead to rending our hearts and to conversion. And this conversion is a turning from those things that do not give life and a turning to God, who gives life to us in abundance. As you keep your gaze on the Father's love and mercy, may this season of Lent be filled with every grace and blessing!

Faith Matters, 365 Daily Devotions by Leith Anderson



the LAST WORD

“Crosses, no matter how great, must be received with cordial acquiescence in the Divine Will, which fashions and sends them.”

Catherine McAuley

KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 4 – April 2022



Anniversary:

Barbara & Eric – April 5th

PRAYERS

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), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover) and Geraldine Duhamel (sister of Sharon Drover).

(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)



*May you be continually blessed with great love
and happiness!*





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

*Praise be to the God and
Father of our Lord Jesus
Christ, the Father of*

*compassion and the God of all comfort, who
comforts us in all of our troubles, so that we can comfort those in any trouble
with the comfort we ourselves have received from God.*



~ 2 Corinthians 1:3-4

Contemplative Presence

“Contemplation is a gaze of faith, fixed on Jesus...

*Contemplative prayer is silence,
the “symbol of the world to come” or “silent love.”*

*Words in this kind of prayer are not speeches;
they are like kindling that feeds the fire of love...*

*“Contemplative prayer is a communion of love
bearing Life for the multitude, to the extent that
it consents to abide in the night of faith...
We must be willing to “keep watch with [him] one hour.”*

- Excerpt CCC 2709-2719

Integrity of Creation

Oneness of Earth and the Poor

*Jesus took up the biblical faith in God, the Creator, emphasizing a fundamental
truth: God is Father (cf. Mt. 11:25). In talking with His disciples, Jesus would
invite*

*them to recognize the paternal relationship with all his creatures. With moving
tenderness God would*

remind them that each one of them is important in God’s

*eyes: “Are not five sparrows sold for two pennies? And not one of them is
forgotten before God.”*

- (Luke 12:6) (Laudato Si)

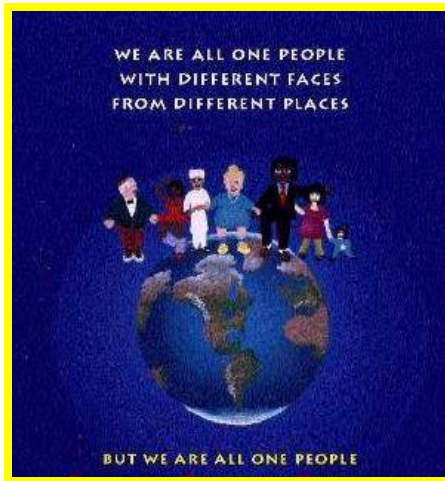
Diversity and Inclusion

When I see you through my eyes.

I think you are different

*When I see you through my heart,
I know we are the same.*

- Doe Zentamata



Notes from the Associates/Sisters

Items of Interest

The Month of April

The month of April gets its name from the Latin word *aperio*, meaning “to open [bud],” because plants really begin to grow now

April Fools’ Day - April 1st

Although the origin of playing practical jokes and pranks on this day is hazy, many folklorists believe it may go back to 16th-century France. At that time, New Year’s Day was March 25, with a full week of partying and exchanging gifts until April 1. In 1582, the Gregorian calendar moved New Year’s Day to January 1. Those who forgot or refused to honor the new calendar were teasingly called, “April Fool!”

Weather folklore states, “*If it thunders on All Fools Day, it brings good crops of corn and hay.*”

World Autism Awareness Day – April 2nd

Celebrate the Spectrum is our theme for World Autism Day 2022 celebrations.



There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness.

National Pet Day – April 11th

If you have a pet at home we would love to see a picture of your furry friend.

Why not send a picture to Sharon or Catherine and we could put a picture in our newsletter.



Catherine's furry friend called "Mister" is 14 years old.



National Scrabble Day – April 13th

Pull out the board and find a friend!





Easter Sunday - April 17th

Why Is Easter So Late This Year?

This year, Easter will be observed on **Sunday, April 17**. (Eastern Orthodox Easter will take place on Sunday, April 24.)

Easter is a “movable feast,” so it doesn’t happen on the same date from year to year. However, it is always observed on a Sunday between March 22 and April 25.

Easter this year happens just one day after April’s Full Moon (Saturday, April 16), which is the first full moon to occur after the Spring Equinox (March 20, 2022) and is therefore known in the Christian calendar as the “Paschal Full Moon”. To make a long story short, Easter always occurs on the first Sunday after the Paschal Full Moon, which is why Easter is so late this year.



Earth Day – April 22nd



Today, not only is Earth Day a day meant to increase awareness of environmental problems, but it is also becoming a popular time for many communities to gather together to clean up litter, plant trees, or simply reflect on the beauty of nature.

Looking for something to do for EARTH DAY -

- **Clean Up Plastic in Your Neighborhood or Local Park**
- **Reduce, Reuse, Recycle in the Garden**
- **Stop Pesticides and Chemicals in the Garden**
- **Conserve Water**



Dates to Remember

April 6th – Mass of Chrism

April 14th – Holy Thursday – Mass of the Lord’s Supper

April 15th – Good Friday – Celebration of the Lord’s Passion

April 16th – Holy Saturday – Easter Vigil – Resurrection of the Lord

April 17th – Easter Sunday – Resurrection of the Lord



After a shocking wave of Russian military strikes across Ukraine, Catholic Ukrainians, and those around the world praying for their country.

Blessed Michaelina Josaphata Hordashevka

Born in Lviv in 1869, Michaelina was known for her unusual piety in childhood. At 18, she felt called to be consecrated entirely to God and made a private vow of chastity.

Michaelina planned to enter a contemplative and cloistered order of nuns until her spiritual director urged her to consider instead a new apostolic community of sisters, which would serve the poor as nurses, teachers, catechists, and caretakers for children.



The Sister Servants of Mary Immaculate were founded in 1892. Michaelina, taking the name Sister Josaphata. Within 10 years, there were 128 sisters in Ukraine, and sisters soon went to Canada to serve Ukrainian immigrants living there.

Under Sister Josaphata’s leadership, the community’s active life was attractive and evangelically effective, and it became eventually the largest community of women religious in the Ukrainian Greek Catholic Church.

She faced health problems: in her 40s she was diagnosed with tuberculosis, and after a long and painful illness, she died at 49 in April 1919.

She was beatified in 2001, during Pope St. John Paul II's pastoral visit to Ukraine.



From Kitty's Kitchen

Braided Easter Bread

Makes two loves...one for you and one for a friend...Happy Easter

Ingredients

1 and 1/2 Cups very warm milk
1 cup white sugar + 1 tsp sugar
1/2 cup (8 Tbsp) unsalted butter, softened
1 tsp salt
2 envelopes active dry yeast (1 and 1/2 Tbsp)
3 eggs, well beaten
6 1/2 Cups unsifted all-purpose flour ***measured correctly**
1 egg
1 tsp water
3/4 cup to 1 cup white or brown raisins + 2 cups boiling water

Instructions

1. Place 1 cup white or brown raisins in a bowl with 2 cups boiling water for 10 minutes. Drain well and set the raisins aside.
2. Pour 1/2 cup warm milk (heated 30 seconds in micro) into a **large measuring cup**. Add 1 tsp sugar and sprinkle yeast over the top. Stir and let it stand to proof until bubbly and doubled in volume, about 10 minutes.

- Combine 1 Cup of very warm milk (1 minute in micro), with the 1 Cup sugar, softened butter and 1 tsp salt in a large bowl. Stir until most of the butter is melted.
- Stir in 3 well-beaten eggs, then yeast mixture into the butter mixture. Using the dough hook attachment (or a wooden spoon if mixing by hand), Beat in 6 1/2 cups flour, one cup at a time until a soft dough forms. Knead for 8-12 minutes or until smooth and elastic.

Dough will still be a little sticky and will stick to the bowl, but should not stick to your fingers. If kneading by hand, turn out onto a well-floured surface and knead 8-12 minutes (using only enough flour necessary to prevent sticking to your hands).

- Stir in the raisins until evenly distributed. Transfer the dough to a large buttered bowl, turning it to bring the buttered side up. Cover with a tea towel and let rise in a warm place, away from draft, about 1 and 1/2 hours or until double in volume.

(I set my oven to low, then turned it off and let the dough sit in a warm oven; about 100°F).



- Punch dough down. Turn out onto a lightly floured surface. Divide the dough in half. Divide one half into four equal pieces and form about 15" strips with each quarter.

- Pinch the four strips together on one end and let the braiding begin.

- Cross the far right strip over its neighbor.

- Tuck the far left strip under its neighbor and over the next strip. Repeat step 8 & 9 until you finish the braid, then pinch together the other end.

- Place each braid in a buttered baking dish (they would have expanded even better if I had used a large baking pan). Cover loosely with a towel and let them sit for 30 minutes.



- After the braids have been sitting for 30 minutes, now pre-heat the oven to 375 °F. It's hard to tell, but they did rise!

- Beat together 1 egg and 1 tsp water. Generously brush the top and sides of the bread with the egg mix just before baking.

13. Bake each loaf separately for 20-22 minutes or until golden brown.



From Kitty's Library



A Good Read

They Left Us Everything: A Memoir.

A warm, heartfelt memoir of family, loss, and a house jam-packed with decades of memories.

After almost twenty years of caring for elderly parents--first for their senile father, and then for their cantankerous ninety-three-year old mother, author Plum Johnson and her three younger brothers have finally fallen to their knees with conflicted feelings of grief and relief.

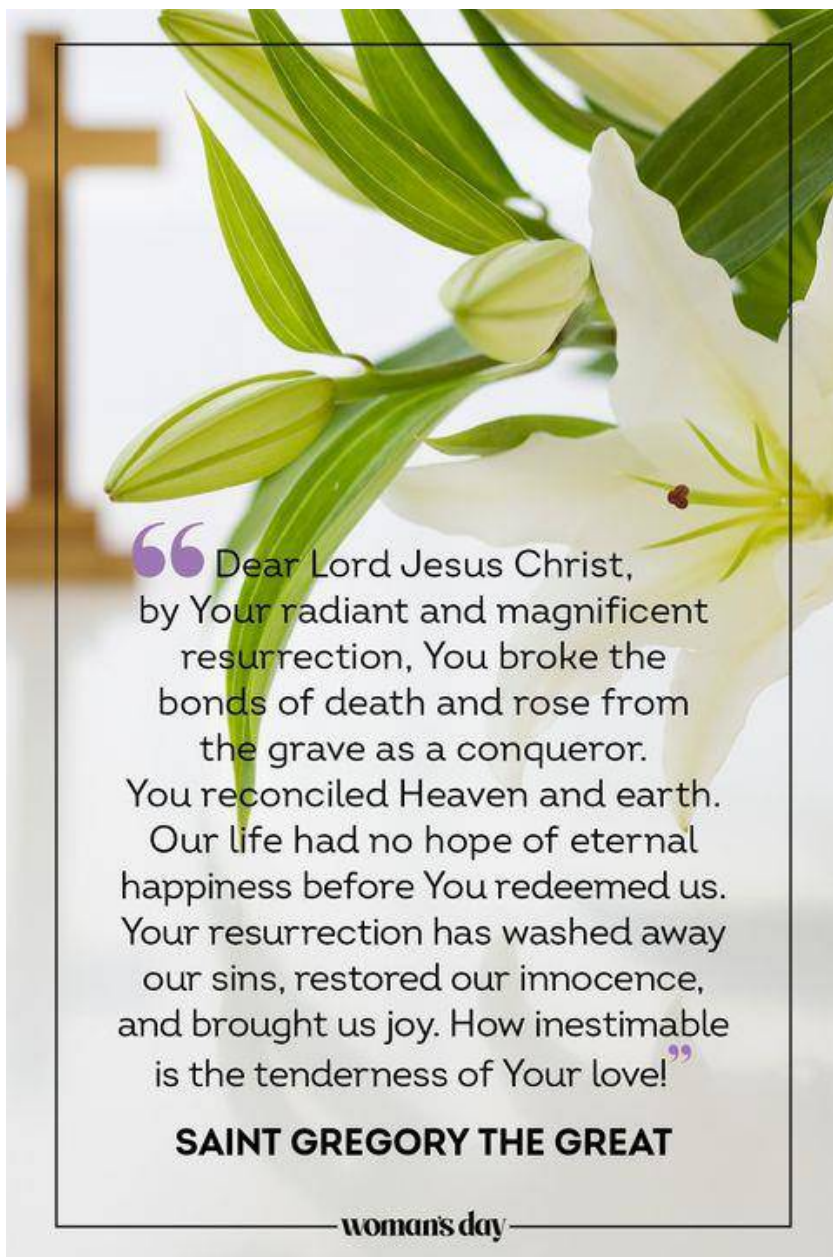
Now they must empty and sell the beloved family home, 23 rooms bulging with history, antiques, and oxygen tanks. Plum thought: *How tough will that be? I know how to buy garbage bags.*

But the task turns out to be much harder and more rewarding than she ever imagined. Items from childhood trigger difficult memories of her eccentric family growing up in the 1950s and '60s, but unearthing new facts about her parents helps her reconcile those relationships, with a more accepting perspective about who they were and what

they valued.

They Left Us Everything is a funny, touching memoir about the importance of preserving family history to make sense of the past and nurturing family bonds to safeguard the future.

Pause for Thought



“Dear Lord Jesus Christ, by Your radiant and magnificent resurrection, You broke the bonds of death and rose from the grave as a conqueror. You reconciled Heaven and earth. Our life had no hope of eternal happiness before You redeemed us. Your resurrection has washed away our sins, restored our innocence, and brought us joy. How inestimable is the tenderness of Your love!”

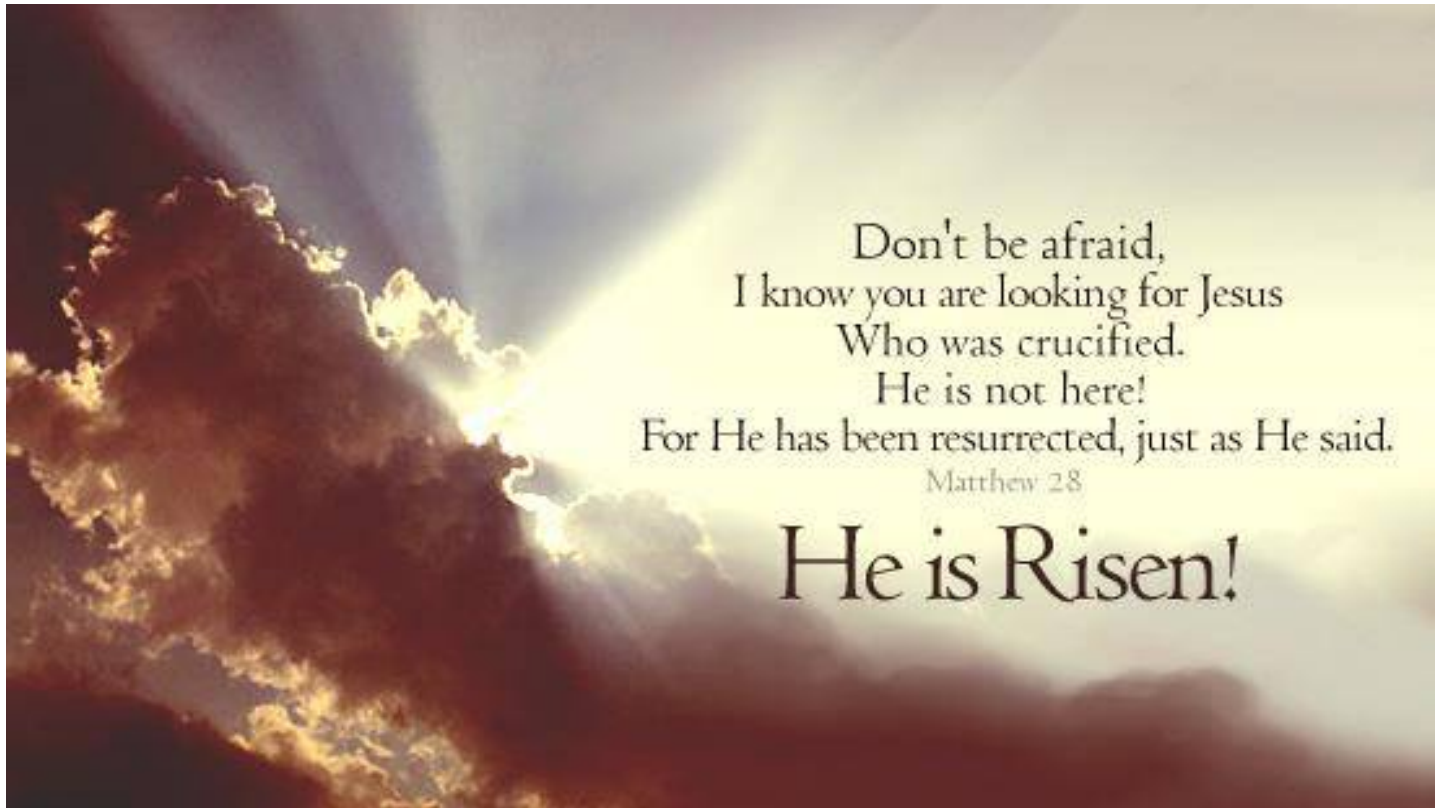
SAINT GREGORY THE GREAT

—woman's day—

The Last Word...

*It is therefore by being united to Jesus Christ that we will be united
with each other.*

Catherine McAuley



KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 5 – May 2022



PRAYERS

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), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Michael Hickey (brother of Cathy Hickey), Geraldine Duhamel (sister of Sharon Drover), and Louise Foley (aunt of Sharon Drover).

(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)



*May you be continually blessed with great love
and happiness!*

Happy Birthday Wishes to ...

Geraldine Vicars	-	May 3 rd
Marilyn Stack	-	May 11 th
Marie Higgins	-	May 16 th
Sr. Monica Hickey	-	May 25 th
Gerri Stapleton	-	May 26 th
Lois Craig	-	May 28 th
Barbara Hawley	-	May 29 th





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

“Our human compassion binds us the one to the other – not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future.”

~ Nelson Mandela

Contemplative Presence

We’re already in the presence of God.

What’s absent is awareness.

- Richard Rohr

Integrity of Creation

*Every person on earth depends entirely on the
quality of earth's ecosystems.*

*So, every person on earth, not just a few scientists,
bears a responsibility for good earth stewardship.*

- Pope Francis – Care for the Earth

Diversity and Inclusion

At the heart of creativity is diversity.

*Diversity is at the core of the universe
and is its art form. We need to embrace
and appreciate the differences in places
and people.*

- James Conlon



Notes from the Associates/Sisters

Items of Interest

May Month



“May” is **likely named for the Roman goddess Maia, who oversaw the growth of plants.** Alternatively, the name might have come from the Latin *maiores*, meaning “elders”.

Mother’s Day - May 8th

Mother’s Day endures and evolves. Modern Mother’s Day celebrates the varied roles of mothers today. We commemorate the many ways mothers have fought to better the lives of their children, from social welfare to non-violence. Many women have taken on the role of mothers over the years when circumstances arose. So we also honor the grandmothers; aunts, stepmothers and friends who stood in to play such an important role in the lives of others. We honor the way "mothers" have raised and nurtured their children with love and courage.

For our mothers who are no longer with us.....



World Day for Cultural Diversity - May 21st



Every year on May 21st, the World Day for Cultural Diversity for Dialogue and Development urges everyone to do their part to bridge the gap between cultures. The day is often referred to as Diversity Day.

According to the UN, bridging this gap is essential for peace, development, and stability. When we deepen our understanding of the values of cultural diversity we can achieve so much.

UNESCO encourages members of society to take part in this day.

These events include concerts, educational seminars, workshops, and exhibitions. Here are some of the many ways to celebrate this day:

- Visit an art exhibition or a museum dedicated to other cultures
- Learn about another religion
- Watch an International film
- Listen to a musical tradition from a different culture

- Cook traditional food from a different culture
- Learn about traditional celebrations from other cultures
- Volunteer with an organization working for diversity and inclusion
- Learn another language



Oh! fragrant is the breath of May,
In the tranquil garden closes,
And soft yet regal is her sway
Among the springtide roses.



— William Hamilton Hayne, American poet (1856–1929)

The National Nursing Week "We Answer the Call" May 9-15, 2022:

Annual celebrations take place from the Monday to the Sunday of the same week as Florence Nightingale's birthday, May 12.

The theme this year is **#WeAnswerTheCall** and was developed by CNA to showcase the many roles that nurses play in a patient's healthcare journey. The pandemic

brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community.



Florence Nightingale (the Lady with the lamp) at the Barrack Hospital

World Bee Day – May 20th

World Bee Day seeks to raise awareness about the importance of bees. Bees are important insects that help preserve balance within ecosystems. They play an important role as they help pollinate flowers and agricultural plants. According to worldbeeday.org, 1/3 of all food produced in the world depends on pollination. Unfortunately, bee populations have been decreasing due to climate change, pollution, and intensive agriculture. This day aims to encourage new solutions to prevent bee populations from declining.



World Bee Day was established in 2017 by the UN General Assembly. It is observed annually on May 20th, the birthday of Anton Janša, a pioneer in modern beekeeping. So maybe this year keep that lawnmower stowed away for a little longer and let the bees help the ecosystem.

Saints

Isidore the Farm Labourer, and Saint Maria Torribia

May 15 Feast day.....

Isidore was a Spanish farmworker known for his piety toward the poor and animals.

Isidore was born in 1070 to a peasant family near Madrid, Spain.

Isidore the farmer was actually a day laborer, working on the farm of the wealthy John de Vergas at Torrelaguna, just outside Madrid. He married a poor girl, Maria Torribia. Their only child, a son, died in infancy.

The couple took a vow of continence to serve God. Isidore's life is a model of simple Christian charity and faith. He prayed while at work. He shared what he had with the poor, even his meals. He often gave them more than he had for himself. Isidore often came later to work in the fields than other laborers because he would first attend Mass in the morning. Yet his work never suffered and he always met the chores required of him. It was said two angels, one on either side of Isidore, appeared and joined their pious companion in plowing the fields.

St. Maria (feast day, September 9) always kept a pot of stew on the fireplace in their humble rural dwelling. She knew that her husband Isidore would often bring home anyone who was hungry. One day he brought home more hungry people than usual. After she served many of them, Maria told him that there simply was no more stew in the pot. He insisted that she check the pot again, and she was able to spoon out enough stew to feed them all.

After Isidore's death, Maria became a hermit, but she too performed miracles and merited after her death the name of "Santa Maria de la Cabeza". Often her prayers of rain from heaven were answered for an afflicted dry countryside. Her remains are honored by all of Spain by pilgrimages and processions at Torrelaguna, where they were transferred in 1615. She was beatified in 1697.



Saints Isidore and Maria remind us that no matter how ordinary our lives seem we can lead lives of holiness.





From Kitty's Kitchen

Chicken Parmesan

No need to boil or drain the pasta in this dish. Just stir the uncooked pasta right into your saucy chicken mixture and simmer away. The pasta is extra delicious from absorbing all of the fabulous flavors.



Ingredients:

2 tbsp Olive Oil
1/2 lb boneless, skinless chicken breast, cut into 1-inch pieces
3 cloves garlic, minced
1 can CAMPBELL'S Condensed Cream of Chicken Soup
3 cups CAMPBELL'S Chicken broth
3 cups uncooked Penne pasta
2 cups frozen peas
1/2 cup grated parmesan cheese
1/4 cup fresh basil leaves

Directions:

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook for 5 minutes, stirring occasionally, until browned. Add garlic; cook and stir for 30 seconds.
2. Stir in the soup and broth; mix well. Stir in the penne and bring to boil. Reduce heat to medium. Cook, uncovered, stirring occasionally, for 15 minutes.
3. Stir in peas. Cook 3 minutes or until the penne is tender and the chicken is cooked through. Sprinkle with cheese and basil.



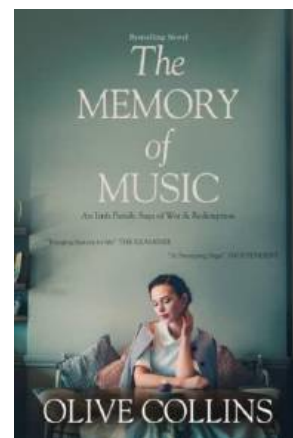


From Kitty's Library

A Good Read

The Memory of Music

By: Olive Collins



The bestselling novel, *The Memory of Music One Irish Family* – One hundred turbulent years: 1916 to 2016 Betty O’Fagarty is proud and clever. Spurred on by her belief in her husband Seamus’s talent as a violin-maker and her desire to escape rural life, they elope to Dublin. She expects life there to fulfill all her dreams. To her horror, she discovers that they can only afford to live in the notorious poverty-stricken tenements. Seamus becomes obsessed with republican politics, neglecting his lucrative craft. And, as Dublin is plunged into chaos and turmoil at Easter 1916, Betty gives birth to her first child to the sound of gunfire and shelling. But Betty vows that she will survive the war and move her little family out of the tenements. Nothing will stand in her way. One hundred years later, secrets churn their way to the surface and Betty’s grandchildren and great-grandchildren uncover both Betty’s ruthlessness and her unique brand of heroism.

Pause for Thought



Garbage In, Garbage Out



Whatever is true, whatever is noble, whatever is right,
Whatever is pure, whatever is lovely, whatever is admirable – if
Anything is excellent or praiseworthy think about such things.

Philippians 4:8

You're probably familiar with the expression "garbage in, garbage out." Every day we are bombarded with words and images that compete for our attention. Some people continually dwell on negative thoughts that eventually destroy them from the inside out. Others are habitually positive, thinking good thoughts that in turn produce a good life. Both extremes illustrate you are what you think.

"Yeah, yeah," you say. "But I don't have any control over what I think. I just think what I think. Thoughts float into my head."

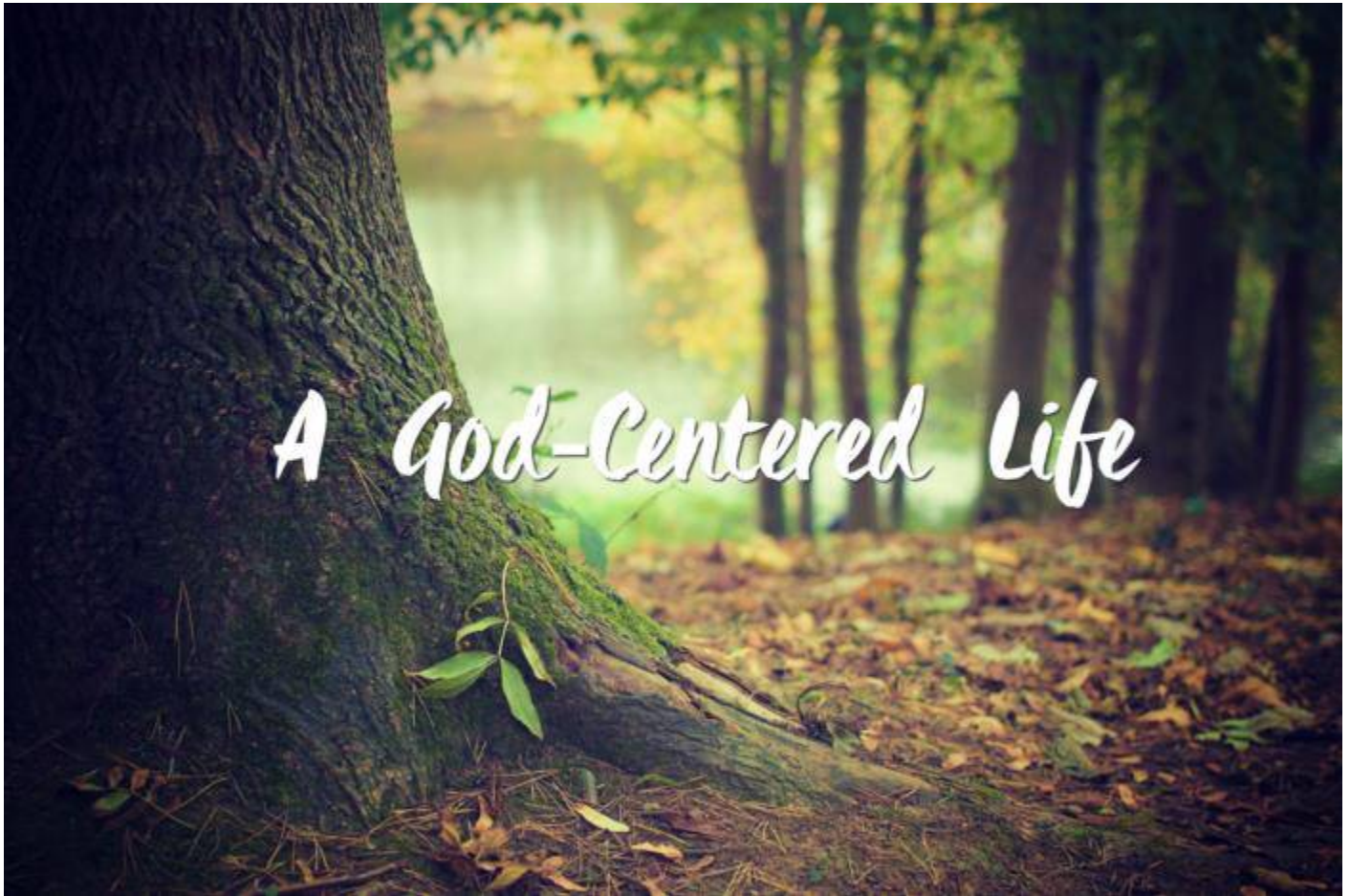
But you're wrong. According to God, you do have control over what you think. When an idea or image floats into your mind, you choose whether to dwell on it or let it go by. If you use the Bible as a filter, you'll let good thinking in and keep bad thinking out.

If you are what you think, it's important to make sure you think good thoughts!



Father, forgive me for all the garbage I think about. My brain needs a good cleaning by your Holy Spirit. I commit to think better. I will make a conscious effort to unthink the bad and rethink the good. Be the Lord of my thoughts. Amen

- Leith Anderson – Faith Matters



The Last Word ...

We have one solid comfort amidst this tripping about, our hearts
can always be in the same place centred in God,
for whom alone we go forward or stay back.

- Catherine McAuley

KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 6 – June 2022



PRAYERS

Prayers for the Sick

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(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)

May you be continually blessed with great love and happiness!

Happy Birthday Wishes to ...

Cathy Hickey - June 18th
Sister Maureen - June 18th

Happy Anniversary Wishes to ...

Joanne & Ed - June 10th
Sharon & Bill - June 26th
Barbara & George - June 28th



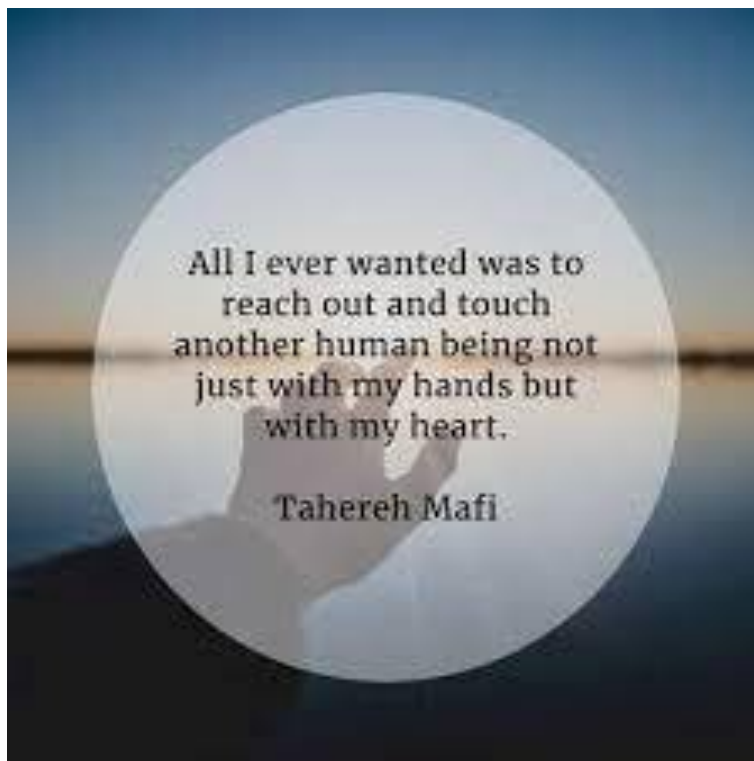


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From the Wisdom Circles

Circle of Compassion



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

Let us be “protectors” of creation, protectors of God’s plan inscribed in nature, protectors of one another & of the environment...to be “protectors,” we also have to keep watch over ourselves! Let us not forget that hatred, envy & pride defile our lives!

- Pope Francis

Diversity and Inclusion



*The greater the diversity,
the greater the perfection.*

- Thomas Berry



Notes from the Associates/Sisters

Items of Interest



When is June Day?

June Day is a provincial holiday in Newfoundland and Labrador. It is celebrated on the Monday nearest June 24th.

June Day was previously called Discovery Day, which commemorated the discovery of the province in 1497 by John Cabot... Discovery Day, also known as Cabot Day, commemorates John Cabot's arrival to Newfoundland and Labrador.

Critics of the holiday have pointed out that John Cabot didn't 'discover' Newfoundland and Labrador when he landed on its shores in 1497. Instead, his arrival played a role in centuries of conflict between European visitors and Indigenous people.

June Day is a provisional name and the government will consult with the province's Indigenous groups before choosing a new name for the holiday.

History of June Day

The expedition left Bristol on 2 May 1497 in a ship called 'Matthew' and made landfall somewhere on the coast of North America on 24 June 1497 (St. John's Day). This discovery marked the first Europeans to set foot on the North American continent since the Vikings in the 11th century.

Though historians have argued where exactly Cabot made landfall, in 1997 the Canadian and UK governments designated Cape Bonavista in Newfoundland as the official place of Cabot's landing.

Discovery Day had been a statutory holiday from 1962 until 1992, when it was removed from the Shops Closing Act.

Since 1997, Discovery Day has also been known as **Cabot 500 Day** marking the 500th anniversary of the discovery.

Other important dates in June

- **June 19 is Father's Day**

A time to celebrate our fathers and those who have been role models in lives where a father was absent. Whether to celebrate this day worldwide or not remained a debatable topic. In 1908, Grace Golden Clayton proposed the day to honor those men who had lost their lives in a mining accident in the US. Though it was not accepted then, in 1909 Sonora Smart Dodd, who along with her five brothers was raised by her father alone, after attending Mother's Day in a church, convinced the Spokane Ministerial Association to celebrate Father's Day worldwide. In addition to Father's Day, International Men's Day is celebrated in many countries on November 19 in honor of both men and boys

- **June 21** is the **summer solstice**, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.

- **June 21** is **National Indigenous Peoples Day** (Canada). This holiday is meant to remind Canadians of the contributions of the many First Nations, Métis, and Inuit peoples.
- Newfoundland and Labrador is home to three distinct Indigenous groups: **the Inuit, Innu, and the Mi'kmaq**. Descendants of the Thule Inuit, the Inuit have made Labrador their home for centuries.
- **June 24** brings **Midsummer Day**, traditionally the midpoint of the growing season, halfway between planting and harvesting. It is celebrated in many cultures on the night of June 23, as Midsummer Eve.



Saint of the Day for June 15

Saint Marguerite d'Youville's Story

We learn compassion from allowing our lives to be influenced by compassionate people, by seeing life from their perspectives, and by reconsidering our own values.

Born in Varennes, Canada, Marie Marguerite Dufrost de Lajemmerais had to interrupt her schooling at the age of 12 to help her widowed mother. Eight years later she married François d'Youville; they had six children, four of whom died young. Despite the fact that her husband gambled, sold liquor illegally to Native Americans, and treated her indifferently, she cared for him compassionately until his death in 1730.

Even though she was caring for two small children and running a store to help pay off her husband's debts, Marguerite still helped the poor. Once her children were grown, she and several companions rescued a Quebec hospital that was in danger of failing. She called her community the Institute of the Sisters of Charity of Montreal; the people called them the "Grey Nuns" because of the color of their habits. In time, a proverb arose among the poor people of



Montreal, “Go to the Grey Nuns; they never refuse to serve.” In time, five other religious communities traced their roots to the Grey Nuns.

The General Hospital in Montreal became known as the Hôtel Dieu (House of God) and set a standard for medical care and Christian compassion. When the hospital was destroyed by fire in 1766, Mère Marguerite knelt in the ashes, led the *Te Deum*—a hymn to God’s providence in all circumstances—and began the rebuilding process. She fought the attempts of government officials to restrain her charity and established the first foundling home in North America.

Pope Saint John XXIII, who beatified Mère Marguerite in 1959, called her the “Mother of Universal Charity.” She was canonized in 1990, and her liturgical feast is celebrated on October 16.

Reflection

Saints deal with plenty of discouragement, plenty of reasons to say, “Life isn’t fair” and wonder where God is in the rubble of their lives. We honor saints like Marguerite because they show us that with God’s grace and our cooperation, suffering can lead to compassion rather than bitterness.



From Kitty's Kitchen

Best Roasted Potatoes
Great to go with any BBQ this summer



Preheat oven to 425.

Slice the potatoes into wedges - (you can peel or leave the skin on the potatoes).

Bring a large pot of water to a boil.

Place potato wedges in boiling water for 4 (Four) minutes

Drain potatoes and pat dry.

In another bowl combine 1/8 cup of olive oil, 1/2 tsp of paprika, 1/4 salt, pepper, garlic .

Place potato wedges in a bowl and mix.

Arrange potatoes on a pan lined with parchment paper.

Roast for 40 minutes - turn potatoes and continue to roast for 30 minutes.

When potatoes are deeply golden on the underside they are ready to be seasoned with fresh parsley to give an enticing green color and some light flavor. Then stir to help the parsley stick. Serve while warm.

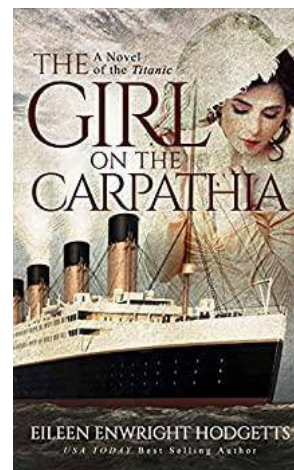


From Kitty's Library

A Good Read

THE GIRL ON THE CARPATHIA

By: Eileen Enwright Hodgetts



“SOS TITANIC TO ALL SHIPS, SINKING HEAD DOWN 41.46 N 50.14 W. COME AS SOON AS POSSIBLE”

North Atlantic Ocean, 1912. Kate Royston is a witness to history as the RMS Carpathia responds to the Titanic's desperate SOS. Kate plans to escape personal tragedy by fleeing to Europe but everything changes when the Carpathia races to save the Titanic's survivors.

Forced to return to New York, Kate abandons her hope of escape and becomes embroiled as a vital witness in the high-profile Senate investigation of the disaster.

Can Kate find happiness in the midst of tragedy?

Meticulously researched and using actual witness testimony, *The Girl on the Carpathia* begins where most Titanic stories end and answers the questions “What happened next?” and “Who was to blame?”



Pause for Thought



Cooling the Conflict



His speech persuaded them.

Acts 5:40

A huge conflict erupted in first-century Jerusalem between the followers of Jesus and the religious establishment. Change was in the wind, and the Sanhedrin was protective of the status quo. Several Christian leaders had been thrown into jail, only to be set free by an angel. They were then rearrested, and the Sanhedrin was called into session to determine what to do with them. Many of the Sanhedrin wanted the Christians killed to quell the movement.

Before the vote was taken, Gamaliel, a leading rabbi, advised, “Leave these men alone. Let them go. For if their purpose or activity is of human origin, it will fail. But if it is from God, you will not be able to stop these men. You will only find yourself fighting against God.”

Good for Gamaliel. This veteran of conflict knew how to deescalate conflict. I want to be like him, understanding that while conflict is inevitable, it can be a force for good, if handled correctly.



There is no shortage of conflict in our world – from wars between nations to family feuds. It’s too easy to join the fight and make things worse. God, I want to be more like Gamaliel, who cooled the crowd and trusted you for the outcome. May I be the one who throws water, not fuel, on the fires of hostility. Amen

- Leith Anderson – Faith Matters

the LAST WORD

“Generosity is not in bestowing gifts ... but in bestowing ourselves
most freely and relying with unhesitating confidence
on the Providence of God.”

- Catherine McAuley

Kitty's Chronicle

MERCY ASSOCIATES NEWSLETTER



Prayers

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), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Michael Hickey (brother of Cathy Hickey), Geraldine Duhamel (sister of Sharon Drover) and Rick Stone (son of Doreen Stone).

(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.
Catherine McAuley, Pray for us.
Amen*



Happy Birthday Wishes to ...

Mary Norman - July 6th
Joanne - July 26th

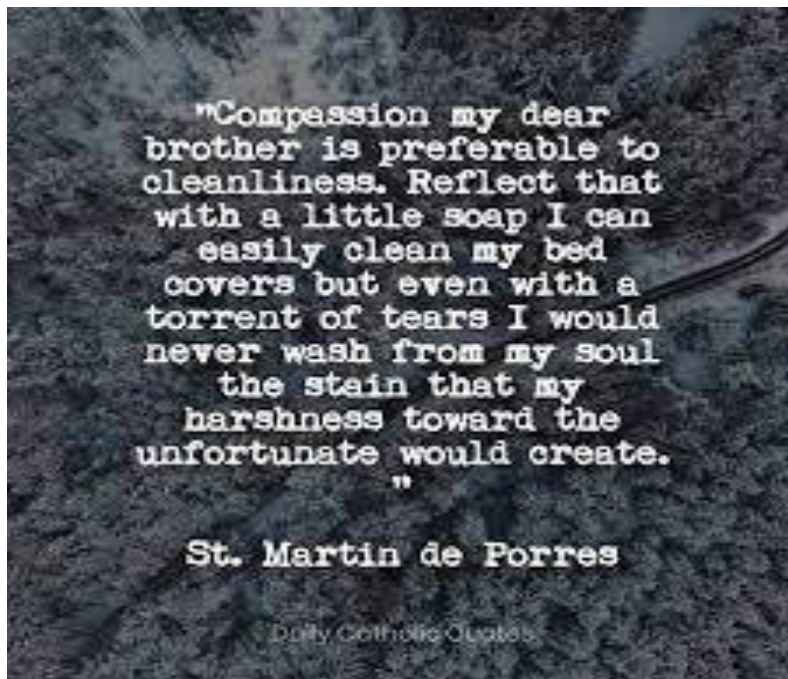


Light a Candle

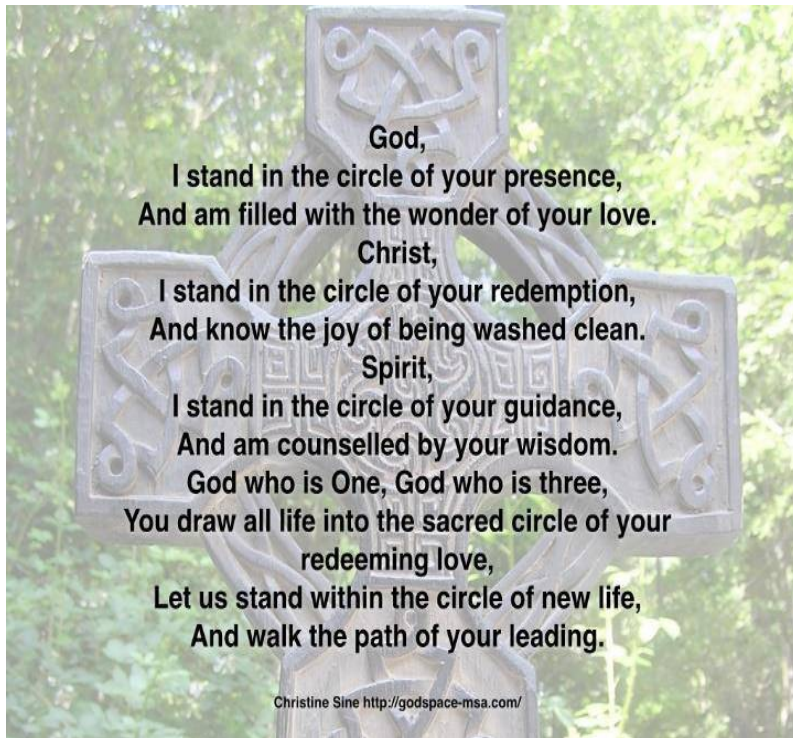
Let us continue, in solidarity with Mercy Sisters, Associates and Colleagues around the world, to light a candle and pray for justice and peace.

From the Wisdom Circles

Circle of Compassion

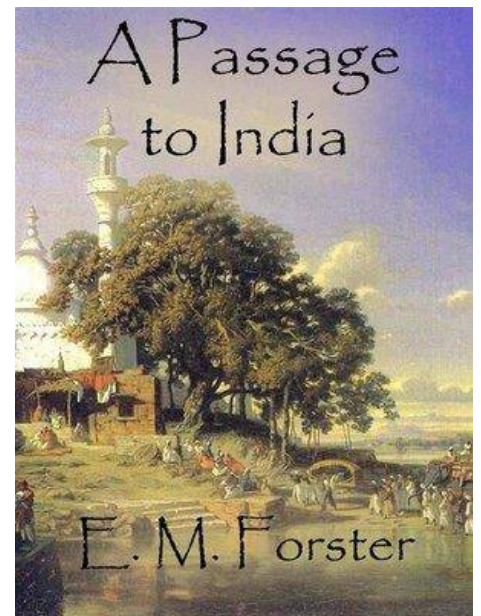


Contemplative Presence



From Kitty's Library

A Good Read



Integrity of Creation

Reflection

Open our hearts through scripture, prayer, theology and liturgy.

Every element of creation is a gift of God and a revelation of God.

Justice Peace and Integrity of Creation JPIC-TSSF

A Passage to India

AUTHOR:

E.M. Forster

When Adela Quested and her elderly companion Mrs Moore arrive in the Indian town of Chandrapore, they quickly feel trapped by its insular

Diversity and Inclusion

Diversity is about all of us and
about us having to figure out
how to walk through this world
together.

Jacqueline Woodson

Notes from the Associates/Sisters

Items of Interest

July fun Facts:

July was named in honor of **Julius Caesar**. Quintilis, which was his birth month, was renamed July when he died. Quintilis means "fifth month" in Latin, which represents where this month originally fell in the Roman calendar.

The name Canada derives from an Iroquoian word for "village," *kanata*, that French explorers heard used to refer to the area near present-day Quebec City.

July 1 is **Memorial Day** for the people of Newfoundland and Labrador. It is the day Canada's youngest province remembers the Newfoundland Regiment during the Battle of the Somme in 1916.

and prejudiced 'Anglo-Indian' community. Determined to escape the parochial English enclave and explore the 'real India', they seek the guidance of the charming and mercurial Dr Aziz, a cultivated Indian Muslim. But a mysterious incident occurs while they are exploring the Marabar caves with Aziz, and the well-respected doctor soon finds himself at the centre of a scandal that rouses violent passions among both the British and their Indian subjects. A masterful portrait of a society in the grip of imperialism, *A Passage to India* compellingly depicts the fate of individuals caught between the great political and cultural conflicts of the modern world.

The Somme....July 1st, 1916 Newfoundland Regiment

- The Newfoundlanders were to be in the second wave of attack to move into the German front lines & capture enemy positions near the French town of Beaumont-Hamel
- For these men waiting in their reserve trenchesthey can't see what was happening to the first waves of attackers but they can hear the disaster that was unfolding in front of them



Newfoundland & the Great War

11



Benedict of Nursia

For three years Benedict dwelt in a cave located in the mountains near Subiaco, Italy. Assisted by a monk from a nearby monastery who brought food and clothing, Benedict lived in solitude. His life changed dramatically when the abbot of the monastery died and Benedict was asked to take his place. His reputation as a man of deep prayer and spirituality and soon people from around the country began coming to him for spiritual guidance.

Late in his life, Benedict wrote a book known as the Rule as a way to draw together the wisdom of a monastic tradition that had been in place for over three hundred years. His rule stressed the importance of living in community rather than in total isolation or as a vagabond. He also valued continuity and stability and the implementation of common practices that would further strengthen the communal bond. The walls of the monastery were not meant to close people in, however, but to remain open to the stranger.



Thus, one of the most vital aspects of Benedict's Rule is not only to welcome the stranger but also to receive them as one would receive Christ. This is the essence of Benedictine hospitality.

The hospitable heart is one ultimately open to Christ and that means making ourselves vulnerable to change and challenge.

It also offers multiple opportunities to grow more loving, compassionate, forgiving, and generous. That's a rule all of us can take to heart.



From Kitty's Kitchen

Apple Glazed Chicken and Potato Wedges

Spend beautiful summer days outside instead of in the kitchen with quick summer dinners that go from start to table in just 30 minutes.

Preheat oven to 375.

Sprinkle chicken with pepper. In a large skillet, brown chicken in oil on both sides. In a small bowl, combine the remaining ingredients; pour over chicken. Cover and place in oven and cook for 20 minutes.



Ingredients:

- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 2/3 cup chunky applesauce
- 2/3 cup spicy barbecue sauce
- 2 tablespoons brown sugar
- 1 teaspoon chili powder

Potatoe Wedges

Preheat oven to 375

4 medium potatoes

1/2 tsp salt

1/2 tsp pepper

1 tsp of garlic powder

1 tsp of paprika.

Start with quality Russet potatoes - You'll need about four medium potatoes.

Slice the potatoes into even wedges so they bake evenly.

The secret to making *ultra* crispy potato

wedges: Soak your raw potato wedges in hot water for 10 minutes before baking. This step releases some of the starch in the potatoes and lets them absorb moisture, which leads to crisp outsides and moist interiors.

After soaking the potatoes pat the wedges dry and put them in a bowl and add 1/2 tsp salt...1/2 tsp pepper.... 1 tsp of garlic powder....1 tsp of paprika. Mix well and place wedges on a parchment lined baking sheet and bake for 20 minutes.

A side salad or vegetable can be added to the meal.

Summer scenes ...

MUN Botanical Gardens located at 306 Mt. Scio Road



From Kitty's Movies

Turner Classic Movies

Bell Aliant: Channel 204

Rogers: Channel 50

Saturday July 16th

It's a Mad, Mad, Mad, Mad World (1963)

Comedy

A group of greedy clowns tears up the countryside in search of buried treasure.

Cast: Spencer Tracy;
Ethel Merman; Milton Berle



In the large Pippy Park, on the outskirts of the city, Memorial University (MUN) Botanical Garden has themed gardens and trails through different ecosystems, which include a bog, a marsh, and various types of forest. The flower gardens feature extensive collections of native wildflowers and plants, along with display beds of cultivated annuals, perennials, and herbs. In June and early July there is a splendid **display of rhododendrons**.

Also in Pippy Park, at the edge of Long Pond, is the **Fluvarium**, an underwater viewing station that year-round gives a close-up view of the fish, insects, and plants that live underneath the water. **Rennie's River Trail** connects Long Pond, in Pippy Park to Quidi Vidi Lake, following the river that runs between the two.

Salmonier Nature Park

Not far from the City of St. John's are miles and miles of wild parklands where moose, caribou, and other wild animals and birds roam free. But tourists rarely have a chance to observe these woodland creatures.

A 45-minute drive from St. John's, Salmonier Nature Park is home to moose, caribou, lynx, foxes, otters, mink, beavers, snowy owls, and other wildlife, which you can see as you follow a two-mile loop of forest trails and boardwalks across wetlands. Enclosures are sensitively designed to assure that each species is in its own natural habitat.

Address: Salmonier Line, Holyrood, Newfoundland

Friday July 22nd

Killer's Kiss (1955)

Suspense/Mystery

When he rescues a girl from her gangster lover, a prizefighter is marked for death.

Cast: Frank Silvera; Irene Kane; Jamie Smith

Saturday July 23rd

The Thomas Crown Affair (1968)

Romance

A bored tycoon turns to bank robbery and courts the insurance investigator assigned to bring him in.

Cast: Steve McQueen; Faye Dunaway; Paul Burke

Downtown Pedestrian Mall



St. John's pedestrian mall will operate from June 30th to September 5th.

The Rooms



Admission information: <https://www.therooms.ca/visit-us>

Free Friday Evenings

Admission to all exhibition galleries is free every Friday from 6-9 pm from June 3 – September 30, 2022.

Free Student Friday

Admission to all exhibition galleries is free for all day Fridays for post-secondary students with a valid student ID.

The Rooms (continued)

Please Note:

Admission to all exhibition galleries is free between 6 – 9 pm on the first Wednesday evening of the month. There may be a charge for some Wednesday evening programs and events.

General admission fees do not apply to the Archives. First-time users of the Archives pay a one-time \$10.00 fee (plus HST) to obtain a permanent Researcher Registration number.

Access to Red Oak Café on Level 4 does not require admission.

My Beloved Dumbo



“Man looks at the outward appearance, but the Lord looks at the heart.”

The Lord, in 1 Samuel 16:7

As a little boy, I had a beloved stuffed elephant named Dumbo. Over the years, he lost an eye, his color faded, and I sort of lost interest. But after my daughter, Jill, came along, I gave Dumbo to her, and it was love all over again.

Jill is now grown with a daughter of her own, but Dumbo is prominently displayed in her living room. He doesn't look as good as he once did; in fact, his market value is probably zero. But I doubt Jill would sell him for any price. Dumbo is still loved – not because of his looks, but because of his value to her. She values Dumbo because of his relationship to her father.

Isn't that the way we want to be loved? Not because of our looks, but for ourselves? It is our relationship to God the Father that gives us value. It was while we were at our worst, with nothing to offer, that God loved us and sent his Son to die for us.



Loving Lord, I live in a world where I am continually judged by the way I look. My heart yearns to be loved and accepted just as I am – not because of clothes, age, or appearance. That's the way you love me. You see me exactly the way I am and you love me completely. I am so grateful. Amen.



As you talk to Heavenly Father and pour out your heart to Him, you will draw closer to Him. Then pause, stop, and listen to the feelings of your heart. Seek to understand the promptings of the Spirit. As you pray sincerely, you will come to feel Heavenly Father's great love for you.

Margaret D. Nadauld

A page from our Mercy Associates History....

A TRUE FRIEND OF OUR MERCY ASSOCIATES HAS GONE TO HER ETERNAL
REWARD

Sister Elsie Lahey passed peacefully away on June 24th at The Residence at Litledale. She was surrounded by sisters praying for her as she went off to God.

Sister Elsie was a dear friend to many of our Mercy Associates. In 1994 she and Sister Maureen O'Keefe gathered nine ladies together at the Baie Verte Renewal Centre and began the Baie Verte Mercy Associate Group, now named "The Seeds of Mercy". These nine ladies made their commitment as Mercy Associates on June 11, 1997. Since that time just two of the original group, Madonna Clarke and Mary Walsh, remain. They have been joined by a number of women who continue to flourish today under the leadership of Ellie Gavin and Geraldine Drover. Sister Elsie and Sister Eileen Osborne left Baie Verte and continued to work with Associates on Bell Island until their retirement from Active Ministry.

We remember Sister Elsie and her happy smile and generous heart and ask her to continue to watch over all our Mercy Associates especially those in Baie Verte and on Bell Island.



In His Mercy, Jesus Christ did not say, "Come to me, you who are free from sin" – but, "come to me all you who labour and are burdened, and I will refresh you."

Catherine McAuley

Kitty's Chronicle

MERCY ASSOCIATES NEWSLETTER



Prayers

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), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Michael Hickey (brother of Cathy Hickey), Geraldine Duhamel (sister of Sharon Drover) and Rick Stone (son of Doreen Stone).

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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.
Catherine McAuley, Pray for us.
Amen*



Happy Anniversary Wishes to ...

Barbara 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



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 at 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



From Kitty's Library

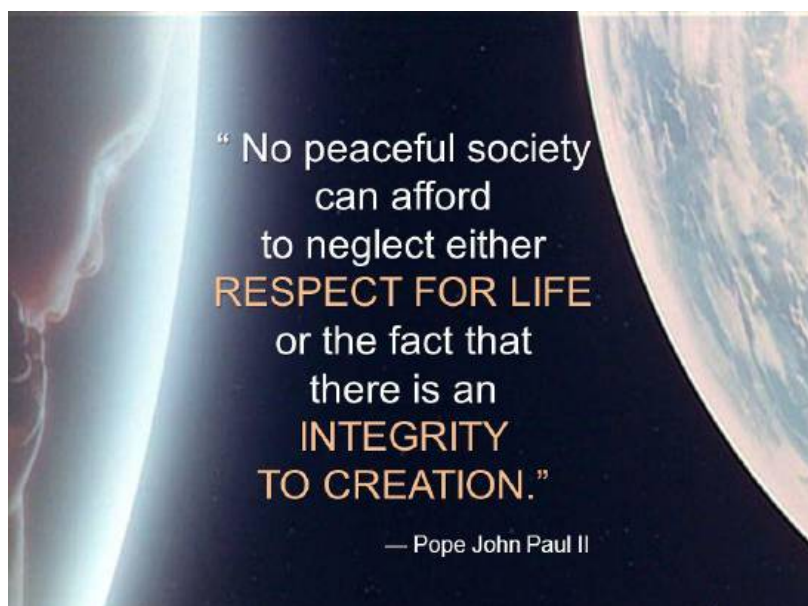
A Good Read



The Kite Runner by Khaled Hosseini (2003)

Khaled Hosseini's debut novel has been read by millions of people all over the world, clearly marking it as one of the best books of all time. It tells the touching story of two boys in modern-day Afghanistan: one wealthy, the other poor. Themes of friendship, redemption and familial love make it a universal chronicle that will keep readers of all ages riveted until the end.

Integrity of Creation



Diversity and Inclusion

Diversity may be both the hardest thing to live with and the most dangerous thing to be without.

- William Sloan Coffin



Notes from the Associates/Sisters

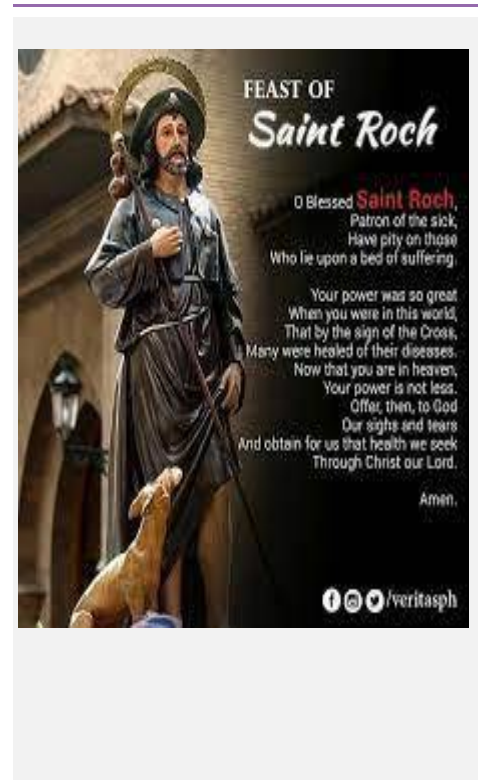
Items of Interest

August 16 is the annual feast day of St. Roch, the patron saint of dogs. Saint Roch (pronounced "rock") was a Frenchman born to nobility in 1295, so it may seem strange that he is recognized as the patron saint of dogs.

But, there's a lot more to the story... While he was born into wealth he was well-known for donating not only his money, but his time, to the peasants who suffered from plague.

After years of helping others and donating nearly his entire fortune to others, Saint Roch eventually caught the plague himself. Not wanting to burden others with his care, he entered the forest to die alone.

As he suffered, starved and alone, he was discovered by a stray dog.



Roch fully expected the animal to attack him and end his suffering. Instead, the animal brought him bread to eat. Every day, the dog returned with food, then stayed by his side to care for him.

Eventually, Roch recovered. He and his newly acquired dog went to town and discovered that the dog was owned by a local Count who had been a friend over the years. Surprised and impressed, the dog was presented to Roch by the owner.

Together, Roch and his newfound four-legged friend began traveling again, eventually returning to Montpellier, France.



S. ROCCO



From Kitty's Kitchen

Sweet and Sour Ribs

INGREDIENTS

- 3 lb. spareribs
- 2 tbsp. brown sugar
- 2 tsp. kosher salt
- 1 tsp. garlic powder

1 tsp. onion powder
1 tsp. oregano
1/2 tsp. freshly ground black pepper
1/2 tsp. chili powder
1/2 tsp. mustard powder
1/4 tsp. cayenne pepper
4 tbsp. butter, cut into cubes
1 c. [barbecue sauce](#)

DIRECTIONS

1. Preheat oven to 300° and line a baking sheet with aluminum foil.
2. In a small bowl, combine brown sugar and seasonings. Rub mixture all over ribs until well coated.
3. Evenly distribute butter cubes over ribs, wrap tightly in foil, and place on prepared baking sheet. Bake until very tender, about 2 1/2 hours.
4. Switch oven to broil, unwrap ribs, and brush all over with barbecue sauce. Place back on baking sheet and broil until sauce starts to caramelize, 5 minutes.



Sights and Scenes in August

St. John's at the Downtown Pedestrian Mall – June to September



MUN Botanical Gardens Tour – June to September
Weekly on Thursday at 2:00 pm
206 Mount Scio Road

Join the Garden Staff on a guided walk through the gardens and learn about the many varieties of flora on display.

You may even get a gardening question or two of your own answered.



Farmer's Market - 245 Freshwater Road

Everyone's welcome at the St. John's Farmers' Market! We've created an experience for you that celebrates the best from local farmers, food artisans, craftspeople, and more. Discover new tastes and connect to your community like never before. We're looking forward to seeing you!



George Street Festival

Thursday, July 28th to August 3rd

Featuring: The Celtic Fiddlers, St. Pat's Dancers, The Masterless Men and The Navigators, the Celtic Connection, Alan Doyle, Kellie Loder, Shanneyganock & Signal Hill with Rum Ragged



August 22nd at 2PM

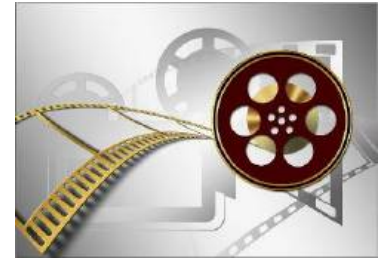
The Stanley Cup parade, featuring the Music Collection Drumline, will depart Bannerman Park at 2 p.m. and travel down the following streets: Military Road, Ordnance Street, Duckworth Street, Prescott Street, and Water Street. See [map of the parade route](#).

The parade will travel through the Downtown Pedestrian Mall (east to west) until it reaches George Street, where Alex will take the stage with the Stanley Cup. Alex will be joined by Mayor Danny Breen, and special guests.

METROBUS PARK N' RIDE AND GOBUS

Metrobus will operate on a load and go schedule between 12:30 and 2 p.m. from The Village Shopping Centre parking lot and will drop off in front of the St. John's Convention Centre (SJCC), 50 New Gower Street. Services from SJCC back to Village Mall will start immediately at the end of the event. A low-floor accessible bus will be available during the Park N' Ride.

GoBus stops are located in various areas downtown, GoBus customers may reserve their ride by contacting [GoBus directly](#).



From Kitty's Movies

Turner Classic Movies

**Bell Aliant: Channel
204**

Rogers: Channel 50

Saturday, August 6,
2022, at 8:00 pm

Roman Holiday (1953) / Romance

A runaway princess in Rome finds love with a reporter who knows her true identity. Starring: Gregory Peck, Audrey Hepburn, and Eddie Albert



**Join us this summer
for Wisdom Healing
Qigong on the
lawn of
Government House
with Sheila Leonard
– T'ai Chi Chih and
Wisdom Healing
Qigong.**

Every Thursday; June 30 – September 15, 2022. Wellness Breaks are returning to the grounds of Government House! Join us on the lawn this summer for free and accessible healthy living activities for all members of the community.



Mount Pearl Renaissance Festival

Aug 27th to Aug 28th

Rugby Field - 46 Ruth Avenue

Coming this summer is the Mount Pearl Renaissance Festival! Celebrating all things from the medieval and renaissance periods, this will be a unique historical event.

Tickets: Children ages five to 12: \$10 Per Day/ Adults: \$15 per day.

Wednesday, August 17, 2022
at 12:00 pm

Keeper of the Flame (1942) Drama

A reporter digs into the secret life of a recently deceased political hero.

Starring: Spencer Tracey, Katharine Hepburn, and Richard Whorf

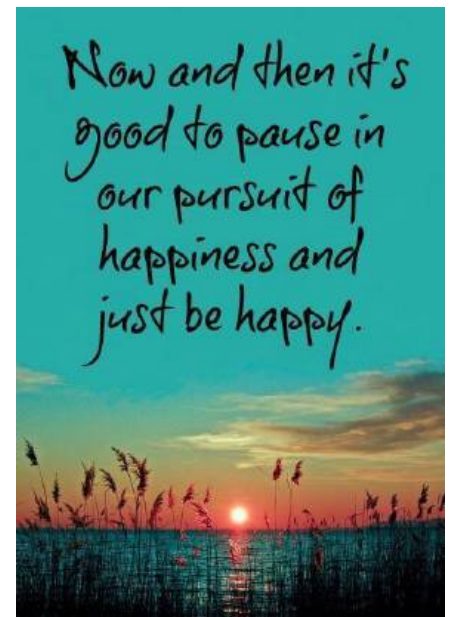
Saturday, August 20, 2022 at 1:15 pm

Queen Bee (1955) Drama

A manipulative Southern socialite sets out to destroy the lives of all those around her.

Starring: Joan Crawford, Barry Sullivan, Betsy Palmer, and John Ireland.

Pause for Thought ...



the LAST WORD

Catherine McAuley's world did not differ greatly from our own. She found ways to be courteous to poor people and her coworkers, and she encouraged simple living. She fostered a welcoming spirit within her works of mercy. In naming her first foundation the House of Mercy, she identified a fundamental value in her spirituality and in Christian living: hospitality. Indeed, all Christian homes should be houses of merciful hospitality.



KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 9 – September 2022



PRAYERS

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(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.*

Catherine McAuley, Pray for us. Amen

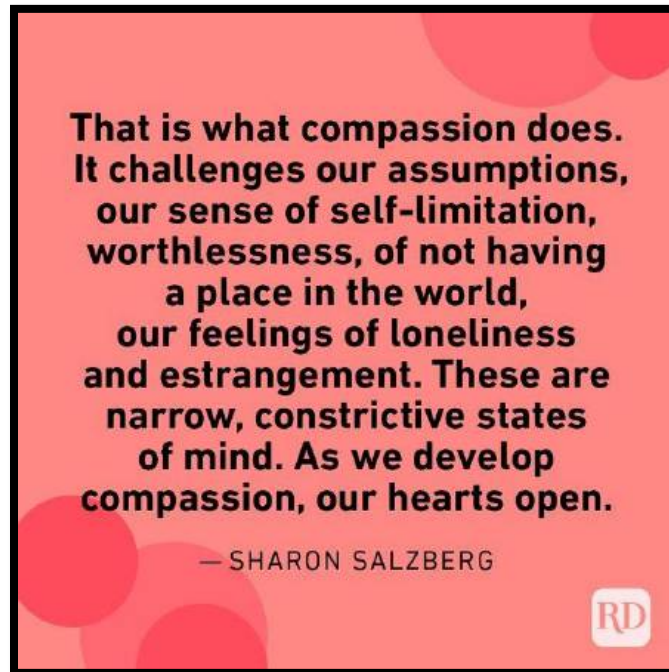
Light a Candle

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

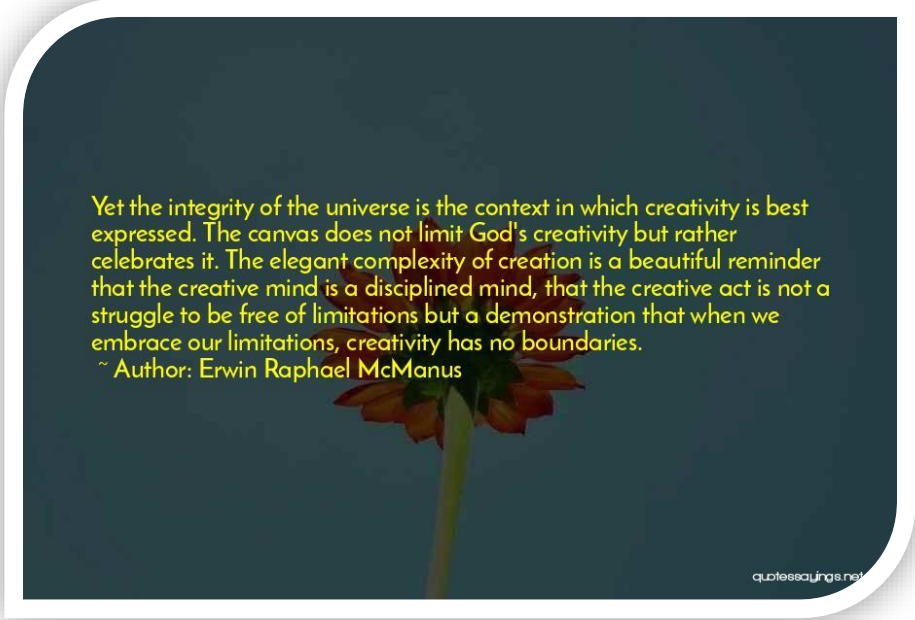
Circle of Compassion



Contemplative Presence




Integrity of Creation

A quote about the integrity of creation is presented in a dark blue rounded rectangle with a white border. The background of the rectangle features a close-up of a sunflower with its head tilted. The text is in a yellow, sans-serif font.

Yet the integrity of the universe is the context in which creativity is best expressed. The canvas does not limit God's creativity but rather celebrates it. The elegant complexity of creation is a beautiful reminder that the creative mind is a disciplined mind, that the creative act is not a struggle to be free of limitations but a demonstration that when we embrace our limitations, creativity has no boundaries.
~ Author: Erwin Raphael McManus

quotesaying.net

Diversity and Inclusion

A quote about diversity and inclusion is presented in a dark blue rounded rectangle with a white border. The background of the rectangle features a wide, flat desert landscape under a clear blue sky, with rocky hills in the distance. The text is in a white, sans-serif font.

We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion.

Max de Pree

BrainyQuote

Notes from the Associates/Sisters

Items of Interest



Died age 81 - September 17, 1179

St. Hildegard, was a Doctor of the Church. She was also a writer, composer, philosopher, Christian mystic, and German Benedictine abbess. She was born around 1098 to a noble family as the youngest of ten children.

Her parents had promised their sick daughter to God, so they placed her in care of a Benedictine nun. Her holiness and strong piety made her adored by all who met her. It is said, from this young age, Hildegard began experiencing her visions.

When Hildegard turned 18, she became a Benedictine nun at the Monastery of St. Disibodenberg. After Jutta died in 1136, Hildegard was elected superior.

Hildegard quickly became recognized for her immense knowledge of all things faithful, music and natural science, with knowledge of herbs and medicinal arts, despite never having any formal education and not knowing how to write.

She is the patron saint of musicians and writers.





Newfoundland and Labrador Public Library

Did you know that you can borrow E-talk or audiobooks from the NL Public Libraries? You can sit back and let the book talk to you!!

If you don't already have a library card and are a resident of Newfoundland and Labrador, you can [obtain a library card from any library branch](#) or you may [register online for a library card](#).



Save the Dates.....

Sept 21-25th

This year the St. John's International CircusFest is partnering with artists and world from Quebec and Europe to join us at the edge of the world.

Innovative new performances, interactive industry panels, keynote speakers and workshops is partnering with artists and world renowned contemporary circus companies from Quebec and Europe to join us at the edge of the world.





Port Blandford Applefest – September 23rd – 25th, 2022

Celebrate all things apples at Port Blandford during the last weekend of September. There will be family activities at the municipal park, including a car show, a pig roast, an outdoor concert, and many apple-themed items.



Fall Market Etsy St. John's - Join us on Sunday, September 25 from 10-4 for the Etsy St. John's Fall Market taking place at 245 Freshwater Road, home of SJFM.

This year's event features local handmade and vintage sellers from across Newfoundland. The St. John's Etsy Made in Canada Market is the 'place' to be if you are looking for great handmade and vintage items.

ACC & Come Home Year 2022 Present COME FROM AWAY: THE CONCERT

2022 TOUR

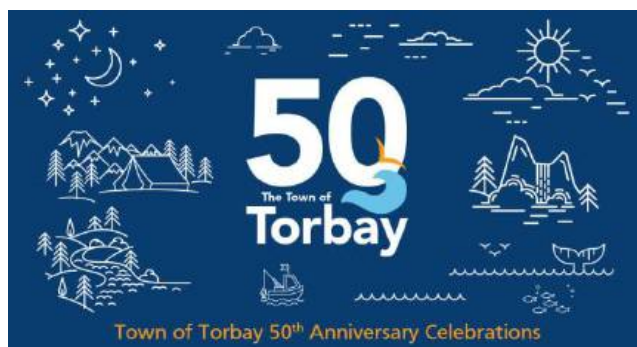
Gander - Steele Community Centre
September 13-15, 2022

St. John's - Mary Brown's Centre

September 19-20, 2022
September 21, 2022 **NEW DATE ADDED**



The international hit Olivier-winning and Tony-nominated musical *Come From Away* returns home in a concert version to be presented at the [Steele Community Centre](#) in Gander and [Mary Brown's Centre](#) in St. John's. *Come From Away* takes you into the heart of the remarkable true story of 7,000 stranded passengers and how the people of Gander, Appleton, Gambo, Glenwood, Norris Arm and Lewisporte welcomed them. [Details](#)



Town of Torbay 50th Anniversary Celebrations

Celebrate the 50th Anniversary of the Town of Torbay. Many events are planned to celebrate this momentous occasion. Check out the event calendar and attend the events happening in September.

SEPTEMBER 9-10

COMMON THREADS – QUILT SHOW & SALE

Time:

Friday, September 9, 4:00-9:00pm

Saturday, September 10, 10:00am-5:00pm

Tearoom on Saturday, September 10

12:00-4:00pm

A monetary donation for the Torbay local food bank is appreciated.

Location: Torbay Common Community Centre (8 Kinsmen Place)

Free Admission. The Torbay Quilters and The Watt's Cove Quilting Bees present the Quilt Show. Quilted items for sale at the Quilt Boutique.


Check the Town of Torbay website for more community events.



Easter Seals NL's Run Walk Stroll & Roll

Join us for an amazing afternoon at Bowring Park. You will have the options of a 2km loop (paved) or a 5km loop (trail). Feeling like you want to push it to 10km?

We will cheer you on every step of the way!

 **DATE:** Saturday, September 17, 2022

 **TIME:** 1:00pm - 3:00pm

 **LOCATION:** Bowring Park (Parking lot - 399 Waterford Bridge Rd, St. John's)





From Kitty's Kitchen

Stuffed bell pepper rings

Ingredients:

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil



Instructions:

1. Preheat oven to 350 degrees. Prepare your rice and set aside. You will need two cups of cooked rice.
2. Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
3. In a large skillet add the olive oil, garlic and onion, sauté until tender. Add the turkey and brown until thoroughly cooked.
4. Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.
5. Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice. Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes or until the cheese is melted.



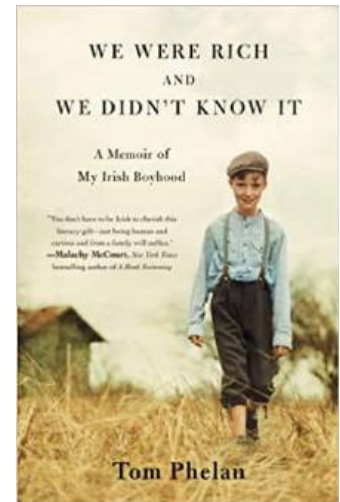
From Kitty's Library

A Good Read

We Were Rich and We Didn't Know It

Author: Tom Phelan

Tom Phelan, who was born and raised in County Laois in the Irish midlands, spent his formative years working with his wise and demanding father as he sought to wrest a livelihood from a farm that was often wet, muddy, and back-breaking.



It was a time before rural electrification, the telephone, and indoor plumbing; a time when the main modes of travel were bicycle and animal cart; a time when small farmers struggled to survive and turkey eggs were hatched in the kitchen cupboard; a time when the Church exerted enormous control over Ireland.

We Were Rich and We Didn't Know It recounts Tom's upbringing in an isolated, rural community from the day he was delivered by the local midwife. With tears and laughter, it speaks to the strength of the human spirit in the face of life's adversities.

Pause for Thought

Pause and remember - Every single event in your life, especially the difficult lessons, have made you smarter, stronger, and wiser than you were yesterday. Be thankful!

— Jennifer Young —

AZ QUOTES

“I realize as never before that the Lord is gentle and merciful; He did not send me this heavy cross until I could bear it. If He had sent it before, I am certain that it would have discouraged me ... I desire nothing at all now except to love until I die of love. I am free, I am not afraid of anything, not even of what I used to dread most of all ... a long illness which would make me a burden to the community. I am perfectly content to go on suffering in body and soul for years, if that would please God. I am not in the least afraid of living for a long time; I am ready to go on fighting.”

- St. Teresa of Avila – Teresa of Jesus




the
LAST WORD

“If we looked more to our suffering Lord, our trials would seem light, and consolation would soon come to our hearts.”

- **Catherine McAuley**

Kitty's Chronicle

MERCY ASSOCIATES NEWSLETTER



Prayers

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), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Geraldine Duhamel (sister of Sharon Drover) and Rick Stone (son of Doreen Stone).

(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.
Catherine McAuley, Pray for us.
Amen*



Recently Deceased

We extend sincere sympathy to the family of our Associate, Mary Craig, on the passing of her beloved son, Aiden Craig, on August 7, 2022. We also extend sincere sympathy to one of our Coordinators of Mercy Associates NL, Sister Maureen, on the passing of her loving sister, Clara Young, on September 11th. We again extend sincere sympathy to our Associate, Cathy Hickey, on the passing of her beloved brother, Michael, on September 28th. Let their families be assured of our prayers in their bereavement and our prayer that they are enjoying eternal happiness in the company of our God of Mercy. 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

“I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness.”

- Mother Theresa



Happy Birthday Wishes to:

Michelle Furlong – October 4th

Catherine Ryan – October 16th

Mary Craig – October 30th



Contemplative Presence

“Seeking the face of God in everything, everyone, all the time, and his hand in every happening; This is what it means to be contemplative in the heart of the world. Seeing and adoring the presence of Jesus, especially in the lowly appearance of bread, and in the distressing disguise of the poor.”

– Mother Teresa, In the Heart of the World: Thoughts, Stories and Prayers

Integrity of Creation

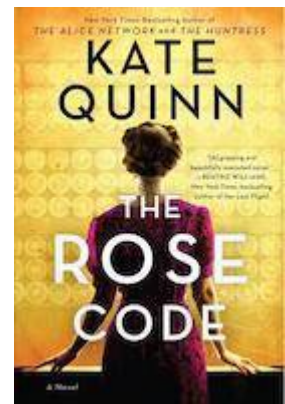
“We must extend our circle of community to include all that lives. Can we ever reach the point where our sensitivities to the loss of a species will be felt as the loss of a family member? When you realize that you have enough, then you are truly rich.”

- Tao te Ch'ing



From Kitty's Library

A Good Read



The heart-stopping World War II story of three female code breakers at Bletchley Park and the spy they must root out after the war is over.

1940. As England prepares to fight the Nazis, three very different women answer the call to mysterious country estate Bletchley Park, where the best minds in Britain train to break German military codes.

Diversity and Inclusion

“Diversity is not about how we differ. Diversity is about embracing one another’s uniqueness.”

Notes from the Associates/Sisters

Items of Interest

October 5th – Blessed Francis Seelos



Like so many others in the litany of America’s saints, Blessed Francis Xavier Seelos was filled with missionary zeal. His boyhood desire to follow in the footsteps of his namesake — the patron of missionaries, St. Francis Xavier led Seelos to spend his life leading many souls to the Lord through preaching and the sacraments. And his saintly example

continues this work today, as Pope St. John Paul II prayed when beatifying Seelos in 2000, “Today, Blessed Francis Xavier Seelos invites the members of the Church to deepen their union with Christ in the Sacraments of Penance and the Eucharist.”

The German native was baptized on the day of his birth in 1819. Early on, Seelos felt called to the priesthood. After entering the seminary, he became familiar with the Redemptorist order, known for works of evangelization and care for the poor.

Cheerful and kind, Seelos always was smiling. He enjoyed a good joke and wasn’t afraid of humor. Devotion to prayer and dependence on the will of God also characterized Seelos.

Imperious self-made Mab, product of east-end London poverty, works the legendary code-breaking machines as she conceals old wounds and looks for a socially advantageous husband.

The local village spinster Beth, whose shyness conceals a brilliant facility with puzzles, and soon Beth spreads her wings as one of the Park’s few female cryptanalysts. But war, loss, and the impossible pressure of secrecy will tear the three apart.

Then as the royal wedding of Princess Elizabeth and Prince Philip whips post-war Britain into a fever, three friends-turned-enemies are reunited by a mysterious encrypted letter. Now Osla, Mab, and Beth must resurrect their old alliance and crack one last code together. But each petal they remove from the rose code brings danger--and their true enemy--closer...

Quickly developing a reputation as an ideal pastor, Seelos was known for his empathy and understanding as a very popular spiritual director and confessor.

From 1863 to 1866, Seelos was a travelling missionary. He preached in English and German throughout many states between Rhode Island and Missouri. After spending a few months at a Detroit parish, Seelos arrived as pastor of Assumption Church in New Orleans in 1866, prophetically stating, "I have come here to pass the rest of my days and find a last resting place."

In New Orleans, Seelos was known for his devoted service to the poor and marginalized. Caring for the victims of an outbreak of yellow fever, Seelos contracted the disease himself. Suffering intensely but patiently, Seelos died on Oct. 4, 1867, at the age of 48. A miracle was attributed to Seelos' intercession the next day, when the sickly Christine Holle touched his hand and was instantly cured of all pain. His remains were buried that day in the New Orleans church where he died.



From Kitty's Kitchen

LEFTOVER TURKEY FRIED RICE

Leftover cooked turkey / chicken - you will need 1 1/2 cups of leftover shredded or cubed cooked turkey.

2 cups of cooked white rice

1 egg - a staple in fried rice dishes

Leftover Turkey Fried Rice (Con'd)



1 Tablespoon of vegetable oil - required for any stir-fry.

1/2 small onion

1 clove of garlic

1 cup of frozen vegetable mix. You can add them into the stir fry from the freezer.

Seasonings - 1 tsp soy sauce, dash of salt and pepper.

Sesame seeds and green onion (for garnish)

Leftover turkey fried rice is so easy and convenient to make. It takes about 5 minutes to prep, and just 10 minutes to stir-fry.

Directions: First, heat oil in a large wok or skillet over medium high heat for 2 minutes until the oil sizzles and shimmers. Add onions and garlic and saute with a spatula for 2 minutes until fragrant.

Throw in frozen vegetables or whatever vegetables that you have on hand, just chop them up into bite-sized pieces. Let simmer for a few minutes.

Push ingredients to the side and cook egg in the wok/skillet and mix in with the vegetables.

Add salt and pepper to taste.

Add 1 tsp of soy to the cooked rice then add rice and turkey/chicken to the mixture

Garnish with sesame seeds and green onion.

Customize the seasoning:

- Add in a spoonful of teriyaki sauce for a Japanese twist.
- Add in spoonful of satay sauce for a Malaysian twist.
- Replace the soy sauce with fish sauce and add in some roasted peanuts for a Thai variation.
- Add in a spoonful of BBQ sauce for another variation.

Things to Do & Places to Go

Sunday Morning Bird Walk

WHEN: Sunday, October 17th

WHERE: MUN Botanical Gardens

Things to Do & Places to Go (cont'd)

Time: 9:00am

Take a guided walk on the Gardens' nature trails with a Friend of the Garden volunteer and learn about Newfoundland birds.

Dog Days at the Garden

WHEN:

Saturday, October 16, 2021

- 1:00pm to 4:00pm

WHERE: MUN Botanical Gardens

We're breaking our own rules again, this time on a fine autumn afternoon.

Puppies big and small are invited in to enjoy a walk around our trails and gardens. Does Fido have a costume for

love to see it!

Water bowls and dog treats included. General admission rates apply. Remember physical distancing rules - stay 6 paces apart!

Ground rules for dogs visiting the Gardens. Dogs should be:

- Kept on a lead at all times.
- With their handlers at all times.
- Only walked on paths.
- **#1 RULE:** dog mess (waste) is promptly and properly disposed of in the special bins provided.
- Aggressive dogs are not permitted. We reserve the right to refuse entry to, or remove, any dog thought to be dangerous to visitors or other dogs.

Annual Rennie's River Duck Race

WHEN: Sunday October 16th at 12:00pm

WHERE: The Duck drop begins at the Herder Bridge and the finish line is near Winter Avenue and Kings Bridge Road.

The Rennie's River Duck Race has been a St. John's tradition since 1988, attracting large crowds to the banks of Rennie's River. Help us celebrate at our Family Fun day! Then join us river side to watch up to 2,500 of Rennie's yellow rubber ducks race down the

Things to Do & Places to Go (cont'd)

River to the finish line. The first three ducks across the finish line win one of 3 prizes.



Fall Craft Fair

The City's Annual Fall Fair takes place on Thanksgiving Monday, October 10th. Vendors showcase handmade crafts, fall-inspired décor, and delicious food.

You can find fantastic gifts and unique home décor that is handcrafted at the Fall Craft Fair. There is also a kiddie corner that will keep the kids entertained while you are shopping and checking out the vendor's tables.

Pumpkinfest

WHEN: Weekends October 2-24th

WHERE: Lesters Farm Market

Find your way through the corn maze, wagon rides, giant slide, other mazes, fall props and designs, petting barn and more at Lester's Farm Market! There will also be special guests from time to time such as Princesses from Spoonful of Sugar, music lessons from School of Rock, and balloon animals from Squeak-eez Balloon Animals.



Prayer for the Victims of Hurricanes Fiona and Ian

We ask that you intensify your prayers for everyone in the midst of these natural disasters. In particular, for those facing the aftermath of Hurricanes Fiona and Ian. Please pray for the safety of the people affected and pray for those suffering and struggling to rebuild their lives. We pray for the first responders and the volunteers who put their own lives at risk at times like this to

Prayer (cont'd)

be of service to others. We pray now especially for those who lost their lives in this disaster, we ask that the Lord grant them a place of rest "where there is neither sickness, nor sorrow, nor sighing, but life everlasting." Amen.



It Takes Time



I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.

2 Corinthians 11:27

St. Paul lived a life of contrasts. He received the best possible education available in his generation. He traveled the empire, conversed with the rich and powerful, and was God's leader in bringing the gospel to Europe. He also wrote much of the New Testament.

But Paul also did and said stupid things. He made bad mistakes, suffered serious illness, and knew poverty and distress firsthand. He was run out of town on several occasions, beaten, imprisoned, shipwrecked, and misunderstood. Yet through all his successes and difficulties Paul learned that every difficulty in life is a lesson from God in how to be content even if things go wrong.

Learning contentment takes time, just as a mighty oak requires time to mature. It takes the combination of winter's cold, the budding of spring, summer's warmth,

and the fallen leaves of Autumn over a cycle of many years to make a mighty oak tree that can stand solid in a storm.

Contentment doesn't come in a day or in one lesson. It's learned over a lifetime.



*Be patient with me, God. I am slow to learn from life's experiences. Use my difficulties for good. Use them all and let none go to waste. May defeats, discouragements, and difficulties all teach me contentment and shape me for good.
Amen.*

**Faith Matters, 365 Daily Devotions
by Leith Anderson**

the LAST WORD

“When God sends you a cross, be sure He has in store for you some extraordinary consolation.”

Catherine McAuley



May God bestow on you all his bountiful Blessings!

Happy Thanksgiving!

KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 11 – November 2022



PRAYERS

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), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Geraldine Duhamel (sister of Sharon Drover) and Rick Stone (son of Doreen Stone).

(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)



We extend sincere sympathy to the family of our beloved Associate, Ida Bruce, who passed away on October 7, 2022. Let her family be assured of our prayers in their bereavement and our prayer that she is enjoying eternal happiness in the company of our God of Mercy. Amen



Light a Candle

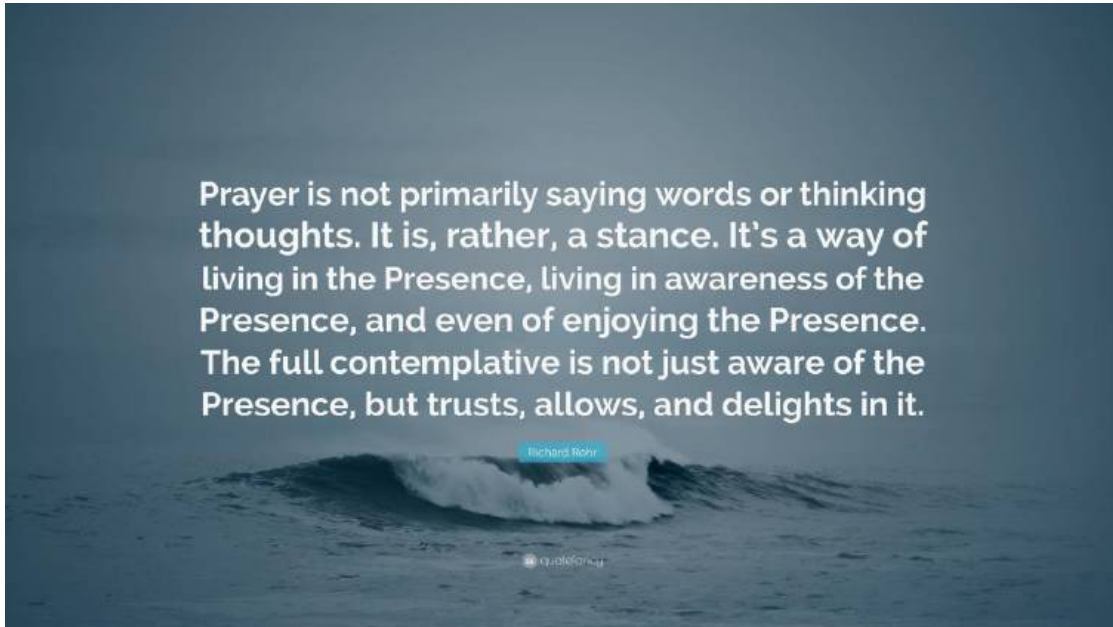
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From the Wisdom Circles

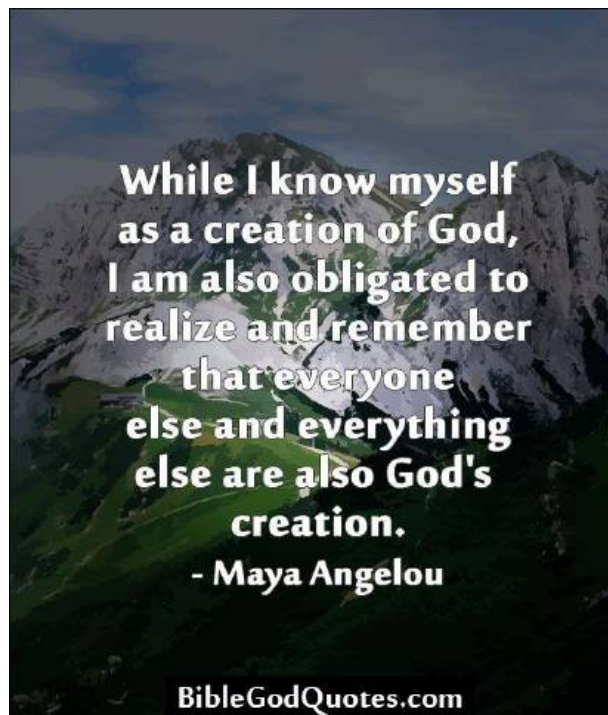
Circle of Compassion



Contemplative Presence



Integrity of Creation



Diversity and Inclusion



Notes from the Associates/Sisters

Items of Interest

November





"Fall Back in the Fall".....Don't forget to set your clocks BACK one hour on November 6th.

Prayers of remembrance

All Souls' Day, and throughout out the month of November is traditionally a time in which the Catholic community remembers those who have died. It is related to the fact that the end of November is the end of the Liturgical Year with a new year starting the First Sunday of Advent – the four-week period of preparation before Christmas. The Church then uses this end of the year period as a time to think of the end of life and the end of all things and the great hope that our earthly end is transition into a new life in God's heavenly reality. We give thanks for those who have gone before us and we look with prayer and hope to their new life in heaven and our desire to join them there one day.

A Litany of Remembrance –
We Remember Them by Rabbi Sylvan Kamens and Rabbi Jack Riemer

In the rising of the sun and in its going down,
we remember them.

In the blowing of the wind and in the chill of winter,
we remember them.

In the opening of buds and in the rebirth of spring,
we remember them.

In the blueness of the sky and in the warmth of summer,
we remember them.

In the rustling of leaves and in the beauty of autumn,
we remember them.
In the beginning of the year and when it end,
we remember them.
When we are weary and in need of strength,
we remember them.
When we are lost and sick at heart,
we remember them.
When we have joys we yearn to share,
we remember them.
So long as we live, they too shall live,
for they are now a part of us,
as we remember them.

The light of God's promise

May you be held by the God of compassion
as you remember your loved ones today.
May God be with you in your sorrow,
and comfort you in your loss.
May your God, your family and your friends,
give you strength and confidence.
May your spirit be lifted, may your heart be filled with peace,
and may the light of God's promise fill you with joy and hope.
Amen.

On Remembrance Day, Canadians pause to honour the men and women who have served and continue to serve Canada during times of war, conflict, and peace. More than 2,300,000 Canadians have served and more than 118,000 made the ultimate sacrifice.



The poppy is the symbol of Remembrance Day. In the run-up to Remembrance Day, replica poppies are sold by the Royal Canadian Legion to provide assistance to veterans.

The reason that the poppy is worn for Remembrance Day is due to a Canadian physician and poet who noticed how quickly poppies had grown over the graves of soldiers who had died during the Battle of Ypres. This symbolism of the blood-red flowers was beautifully captured by Lieutenant Colonel John McCrae in his 1915 poem "In Flanders Fields." The poem was apparently discarded by McCrae but was found by soldiers who sent it to a London-based magazine named Punch.

In Flanders Fields

In Flanders Fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
 In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
 In Flanders fields.

by John McCrae



Gertrude the Great

November 17th

St. Gertrude the Great, or St. Gertrude of Helfta, was born on January 6, 1256 in Germany. She eventually chose to follow the Lord by pursuing a vocation as a

Benedictine Nun. Her deep relationship with the Lord in prayer led to her being hailed as a mystic. She was also regarded as a great theologian and went on to become one of the great mystics of the 13th century.

Although little is known about Gertrude's childhood, it is widely accepted that at just four-years-old, she was enrolled in the Cistercian monastery school of Helfta in Saxony, under the governance of Abbess Gertrude of Hackerborn.

Gertrude, known for being charming and able to win people over, entered the Benedictine Order at Helfta and became a nun. She devoted herself to her studies, and received an education in many different subjects. Gertrude was both fluent in Latin and very familiar with scripture and works from the Fathers of the Church, including Augustine.

In 1281, 25-year-old Gertrude experienced her first series of visions that would continue until the day she passed away. Her priorities turned away from secular teachings and focuses more on studying Scripture and theology. Her life became full with this awakening and she was an enthusiastic student, writing for the spiritual benefit of others.

On November 17, 1301, Gertrude passed away. Throughout her life, Gertrude produced numerous writings, although only a few still exists today. One of her longest surviving works is *Legatus Memorialis Abundantiae Divinae Pietatis (The Herald of Divine Love)*.

Although Gertrude was never formally canonized, Rome approved a liturgical office of prayer and readings in her honor. To separate her from Abbess Gertrude of Hackeborn, Pope Benedict XIV gave her the title, "the Great," making her the only woman saint to be called, "the Great."





From Kitty's Kitchen

Baked Cod with Tomato and Thyme

Ingredients

1 medium onion
6 oz. mini sweet peppers
salt
1 tbsp. extra-virgin olive oil
1 pt. grape tomatoes, halved
8 springs fresh thyme
1 1/2 lb. cod fillets
1/4 c. water
pepper
whole-grain rolls, for serving



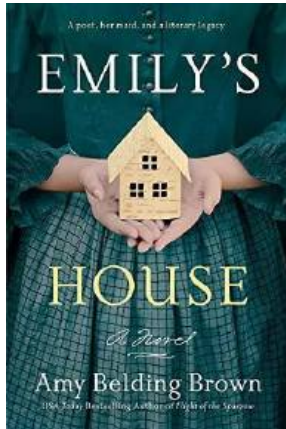
Directions

1. In a 7 to 8 quart wide-bottomed over-safe saucepot on medium-high, cook onion, peppers, and 1/4 teaspoon of salt in olive oil for 5 minutes or until onions are almost tender, stirring occasionally.
2. Add tomatoes and thyme; cook 2 minutes. Add cod fillets and water; sprinkle cod with 1/4 teaspoon each salt and pepper. Cover and bake at 450 degrees F for 15 minutes or until cod is cooked. Discard thyme sprigs. Serve with whole-grain rolls.





From Kitty's Library



Emily's House: A novel by: Amy Belding Brown

An evocative new novel about Emily Dickinson's long-time maid, Irish immigrant Margaret Maher, whose bond with the poet ensured Dickinson's work would live on.

Massachusetts, 1869. Margaret Maher has never been one to settle down. At twenty-seven, she's never met a man who has tempted her enough to relinquish her independence to a matrimonial fate, and she hasn't stayed in one place for long since her family fled the potato famine a decade ago.

When Maggie accepts a temporary position at the illustrious Dickinson family home in Amherst, it's only to save money for her upcoming trip West to join her brothers in California. Maggie never imagines she will form a life-altering friendship with the eccentric, brilliant Miss Emily or that she'll stay at the Homestead for the next thirty years.

In this richly drawn novel, Amy Belding Brown explores what it is to be an outsider looking in, and she sheds light on one of Dickinson's closest confidantes—perhaps the person who knew the mysterious poet best—whose quiet act changed history and continues to influence literature to this very day.

Save the Dates

Christmas at Commissariat - by Candlelight

Hot chocolate by the fire, carols, a tour through the Commissariat lit by candlelight. Kick off the Christmas season 1830's style! Get into the festive spirit with the sights, sounds, tastes and traditions of a St. John's Christmas.



11 - 13 King's Bridge Road, St. John's

Nov 25 - 26, 2022

Dec 3 - 4, 2022

Admission is a non-perishable food item to be donated to the Community Food Sharing Association.

For more information ...

+1 (709) 729 6717

+1 (709) 729 0592

Record Fair NL - Farmers Market
November 13th from 10-4pm



November 10 – 13, 2022

THE CRAFT FAIR
Jack Byrne Arena, Torbay, NL

95 Exhibitors



“Dancing into Christmas” Craft Fair
Nov 19, 10:00 a.m.–3:00 p.m

St. Lawrence Anglican Church Hall
1824A Portugal Cove Road
Portugal Cove-St. Philip's

They have approximately 25-30 homemade and direct sales vendors so come do some Christmas shopping or buy a treat for yourself.

Admission will be \$2 with kids under 12 free. They will have a canteen, 50/50, and an awesome door prize!

Miracle on 34th Street

Holy Heart Theatre
55 Bonaventure Avenue

Friday, November 25th, 7:00–9:00 p.m.

Saturday, November 26th 7:00–9:00 p.m.

WOMEN'S CHRISTMAS RETREAT

Thursday, 6 January 2023, 12pm (Dublin) virtual Women's Christmas is an Irish tradition to mark the Feast of the Epiphany. This programme will uncover stories of women who made a great impact on the birth of Christ, and provide space for rejuvenation for the women who work tirelessly during the holidays. Join via Zoom from 12pm - 2:30pm (Dublin). Cost: €30



Pause for Thought for Advent





the LAST WORD

A little before the elevation at Mass each day let us beg of God that he would grant us that day his supporting, animating grace, which will enable us to discharge all the duties of the day in such a manner as will give him glory, and sanctify our souls.

- Catherine McAuley

Kitty's Chronicle

Mercy Associates' Newsletter

Volume 5: No. 12 – December 2022



Prayers

Sick People

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), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Geraldine Duhamel (sister of Sharon Drover) and Rick Stone (son of Doreen Stone).

(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).

Recently Deceased



We extend sincere sympathy to the family of our beloved Associate, Regina Shapter, of Baggot Street Circle, on her passing on November 3, 2022. We also extend sincere sympathy to our Associate, Lois Craig of Cooklock House and her family on the passing of her beloved brother, Robert Carew, on November 11, 2022. Let their families be assured of our prayers in their bereavement and our prayer that they are enjoying eternal happiness in the company of our God of Mercy. Amen

Birthdays



Betty Pomroy – December 5th

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

*There is a nobility in
compassion, a beauty in
empathy, a grace in
forgiveness.*

John Connolly

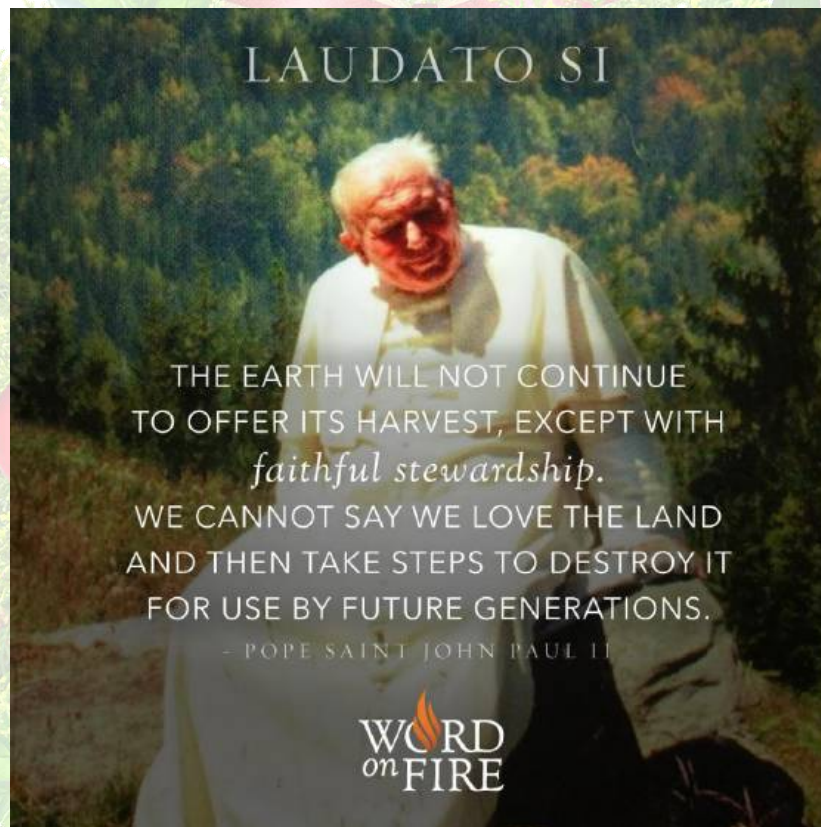
Contemplative Presence

“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



Diversity and Inclusion

*We have become not a melting pot but
a beautiful mosaic. Different people,
different beliefs, different*

*yearnings, different hopes, different
dreams.*

Jimmy Carter

Items of Interest



Frances Xavier Cabrini
Patron Saint of Immigrants
Feast Day: December 22

Frances Xavier Cabrini was the first United States citizen to be canonized. She herself was an immigrant to the U.S. having traveled from Italy to NY City in 1889 to work with the thousands of Italian immigrants living there.

Pope Francis has described St. Frances Xavier Cabrini as a woman who understood that the modern world would be marked by people fleeing their homes in search of peace, and that these were the people she wished to take care of.

Advent

The Advent season is a time of preparation for our hearts and minds for the anniversary of the Lord's birth on Christmas.



The wreath and candles are full of symbolism tied to the Christmas season. The wreath itself, which is made of various evergreens, signifies continuous life. The circle of the wreath, which has no beginning or end, symbolizes the eternity of God, and the everlasting life we find in Christ.

The candles also have their own special significance. The four candles represent the four weeks of Advent, and one candle is lit each Sunday. Three of the candles are purple because the color violet is a liturgical color that signifies a time of prayer, penance, and sacrifice.

The first candle, which is purple, symbolizes hope. It is sometimes called the "Prophecy Candle" in remembrance of the prophets, especially Isaiah, who foretold the birth of Christ.

The second candle, also purple, represents faith. It is called the "Bethlehem Candle" as a reminder of Mary and Joseph's journey to Bethlehem.

The third candle is pink and symbolizes joy. It is called the "Shepard's Candle", and is pink because rose is a liturgical color for joy. The third Sunday of Advent is Gaudete Sunday and is meant to remind us of the joy that the world experienced at the birth of Jesus.

On the fourth week of Advent, we light the final purple candle to mark the final week of prayer and penance as we wait for the birth of our Savior. This final candle, the "Angel's Candle", symbolizes peace. It reminds us of the message of the angels: "Peace on Earth, Good Will Toward All People".

The white candle is placed in the middle of the wreath and lit on Christmas Eve. This candle is called the "Christ Candle" and represents the life of Christ. The color white is for purity.

Pause for Thought

"In face of the hatred and anger of the world we must bring the gentleness and the smile of the Infant Jesus of Bethlehem. In face of the pride of the world we must bring the littleness and powerlessness of the tiny new born baby of the crib."

Little Sister Magdeleine



From Kitty's Kitchen

Spinach Chicken Casserole

- 2 large boneless skinless chicken breasts cut horizontally
- 8 oz. cream cheese softened
- 2 cups spinach, rinsed
- 2 tablespoons olive oil, divided
- 4 oz. Mozzarella cheese, shredded
- 1 clove garlic, minced
- 1/2 teaspoon red pepper flakes, optional
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon Italian seasoning, optional



1. To prepare the spinach chicken casserole: Add olive oil, garlic, Italian seasoning, and red pepper flakes into a Ziplock bag along with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Seal the bag and shake until mixed. Add the chicken breasts, seal, and massage so the chicken breasts are covered in the marinade, set aside for 10-15 minutes on the counter while you prep the remaining ingredients. Position a rack in the center of the oven and preheat the oven to 400°F (200°C).
2. Quickly wilt the spinach in a skillet with 1 tablespoon of olive oil and set aside.
3. Arrange chicken breasts drained from the marinade in a baking dish. Spread the softened cream cheese over the chicken

breasts and lay spinach on top of the cream cheese. Finally, sprinkle mozzarella over the top.

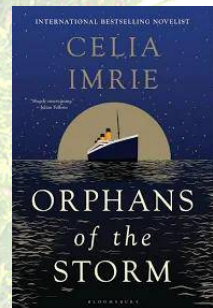
4. Bake the spinach chicken casserole for 20-30 minutes. Chicken casserole is done when cooked to an internal temperature of 165° F (75° C). Serve the spinach chicken casserole warm with a side of cauliflower rice, or baked veggies. Enjoy!

A Good Read...

Orphans of the Storm

Author: Celia Imrie

Based on a sensational true story, Celia Imrie's *Orphans of the Storm* follows Marcelle and Margaret: two women leading very different lives, whose paths cross in the aftermath of the Titanic's sinking.



From Kitty's Movies



Turner Classic Movies

Bell Aliant: Channel 204

Rogers: Channel 50

King of Kings (1961)

Saturday, December 17th at 5:00 p.m.

Brief Synopsis: *King of Kings* is a 1961 American epic film adapted from the New

Testament. The film tells the story of Jesus of Nazareth from his birth and ministry to his crucifixion and resurrection.

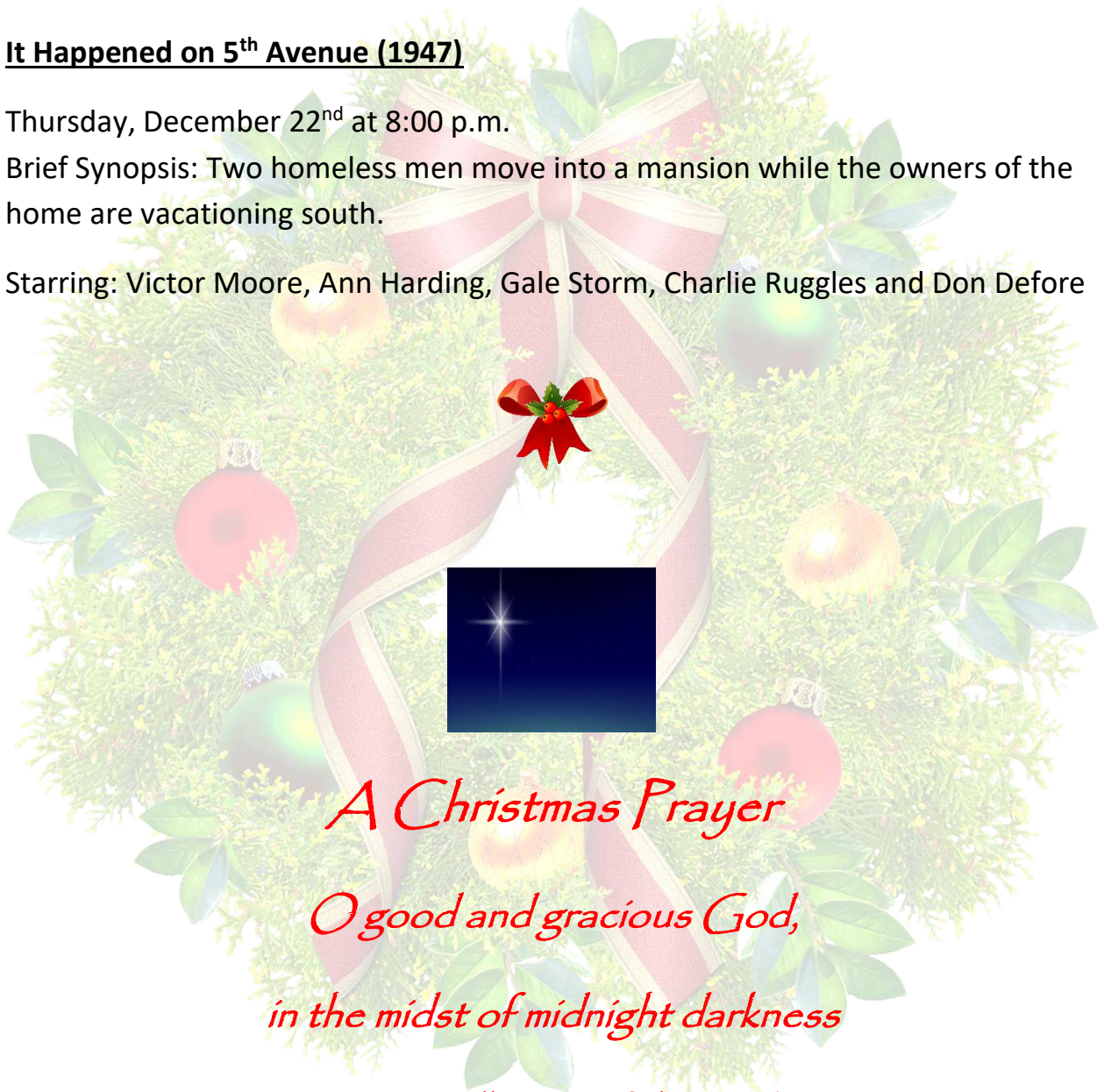
Starring: Jeffery Hunter, Robert Ryan, Vica Lindfors, Siobhan Kenna, Ron Randell, Hurd Hatfield and Rip Torn

It Happened on 5th Avenue (1947)

Thursday, December 22nd at 8:00 p.m.

Brief Synopsis: Two homeless men move into a mansion while the owners of the home are vacationing south.

Starring: Victor Moore, Ann Harding, Gale Storm, Charlie Ruggles and Don DeFore



A Christmas Prayer

*O good and gracious God,
in the midst of midnight darkness
your All-powerful Word
once again leaps from heaven*

as a beam of light.

In breathless awe

we hear the angels' joyful shout:

*Jesus, Son of God and Son of Mary
is born and He is to be called "Emmanuel,
God with us." Amen.*



El Niño

While they were there, the time came for El Niño to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger.

Luke 2:6-7

The weather phenomenon El Niño is a climatic change that raises the temperatures of the Pacific Ocean just a few degrees but has consequences around the globe. In some places it brings warm weather during winter. In others it brings flooding or drought.

In Spanish, *El Niño* means "the child." It's named after Jesus because the warm waters of El Niño always come around Christmastime. It's a fitting title because

the El Niño weather phenomenon has far-reaching results – some of them good and others difficult and devastating. So it is with the coming of the child Jesus; it has far-reaching results. For some, his coming is wonderfully good and pleasant; for others, it is dangerous and devastating. Depending on how we respond, the Christ child may bring us peace and salvation and eternal life or judgment and eternity without God.

At Christmastime the most important El Niño is not the climate, but the Christ. May we welcome his warm coming and all the wondrous changes he can and will bring into our lives.

El Niño! Happy birthday, Jesus! Your warm love has reached all the way to me, and I am blessed. Thank you ten thousand times. I love you and celebrate you today. Amen.

—
Faith Matters - Leith Anderson

The Last Word...

“Thanks be to God who has left us His holy peace.”

Catherine McAuley

A Blessing From our House to Yours!



*Merry Christmas and a Happy New Year to
you and your family!*