



**Vol. 7/No. 1 January 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**



## **PRAYERS**

### ***Year of Prayer – 2024***

After the year devoted to reflecting on the documents and studying the fruits of the Second Vatican Council, Pope Francis has proposed that 2024 should be marked as a year dedicated to prayer.

### ***Prayers for the Sick***

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

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

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



### **Prayer for the Sick**

#### **Through the Intercession of Catherine McAuley**

**God of Love and Mercy,  
You inspired Catherine McAuley,  
To serve your Son by responding  
To the needs of her time.  
Moved by her care for the Sick,  
We ask that through Her Prayers  
You reach out with Your Healing Love  
And restore them to full health  
We ask this in complete  
Confidence through Jesus Christ, Your Son  
Amen.  
Catherine McAuley, Pray For Us  
Amen.**





## ***Light a Candle***

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



## **From the Wisdom Circles**

### ***Circle of Compassion***

*“Let our Hearts be  
stretched out in  
compassion  
toward others,  
for everyone is  
walking his or her  
own difficult  
path.”*

Dieter F. Uchtdorf

## **Contemplative Presence**

*“God is always present  
Where can I go from your spirit?  
Or where can I flee  
from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol,  
you are there.  
If I take the wings of the morning and  
settle at the farthest limits of the sea,  
even there your hand shall lead me,  
and your right hand  
shall hold me fast.”*

Psalm 139:7-10

## **Integrity of Creation**

*“Take good care of creation. St. Francis wanted that.  
People occasionally forgive, but nature never does. If we*



*don't take care of the environment, there's no way of getting around it."*

\_\_\_\_\_  
Pope Francis

## ***Diversity and Inclusion***

*"Inclusion is not bringing people into what already exists; it is making a new space, a better space for everyone ."*

\_\_\_\_\_  
George Dei



## **Notes from the Associates/Sisters**

### **ITEMS OF INTEREST**



January's name comes from the Roman god Janus, the god of beginnings and endings. According to historians, January is believed to have been named after Jupiter, the king of the Roman gods. The ancient Romans celebrated the beginning of each new year on January 1st, the same day as the modern western world.

## ***January 1 – Solemnity of Mary, the Holy Mother of God***

<https://www.vaticannews.va/en/liturgical-holidays/solemnity-of-mary--the-holy-mother-of-god.html>

### ***Epiphany Blessing***

Sunday, January 7, 2024, is the Feast of the Epiphany of the Lord, one of the oldest of all Christian feasts. It is also known as Three Kings' Day. It commemorates the visit of the Magi to the Christ Child.

Marking our doorways or front porch steps with blessed chalk is a centuries-old Epiphany custom and a visible way to dedicate our homes and the New Year to God. The inscription this year is:

**20 + C + M + B + 24**

“20” and “24” stand for the new year (2024). The plus signs represent the Cross. CMB are the first initials of the traditional names given to the Magi — Caspar, Melchior and Balthasar. They also abbreviate the Latin *Christus mansionem benedicat*, or “May Christ bless the house.”

To mark your home, you will need two things: Chalk that has been blessed by a priest and a prayer. As you prepare to mark the front door or porch, say the following:

*The Three Wise Men, Casper, Melchior and Balthasar, followed the star of God's Son who became human 2,022 years ago. May Christ bless our home and be with us throughout the New Year. Amen.*

Then, as you make the marks, offer the following prayer:

*Visit, O blessed Lord, this home with the gladness of Your presence. Bless all who live or visit here with the gift of Your love. Grant that we may manifest Your love to each other and to all whose lives we touch. May we grow in grace and in the knowledge and love of You. Guide, comfort and strengthen us in peace, O Jesus Christ, now and forever. Amen.*



## ***Women in Canadian History***

- January 3, 1827  
Letitia Creighton (Youmans) was born in a log cabin in Hamilton Township, Upper Canada. Raised in the Methodist Church, she became a school teacher and married widower Arthur Youmans. Her concerns about the evils of alcohol led to her involvement in the temperance movement, and Letitia Youmans became a prominent speaker and campaigner. She was the first president of the Dominion Women's Christian Temperance Union.



- January 19, 1989  
Heather Erxleben became the first female combat soldier in Canada, after completing her training at the Canadian Forces Base in Wainwright, Alberta.
- January 22, 1992



Roberta Bondar, Canada's first female astronaut, blasted into space on the US space shuttle *Discovery*. [More](#) from our Biographies section.

- January 23, 1789  
Author Frances Brooke died in England. While living in Quebec with her husband, a military chaplain, Frances Brooke wrote *The History of Emily Montague*. The book is recognized as the first Canadian novel and Frances is said to be the first novelist in North America.



***Frances Brooke***  
***(Library and Archives  
Canada/Acc. No. 1981-88-1)***

- January 24, 1927  
Phyllis Lambert was born in Montreal, the daughter of industrialist Samuel Bronfman. A graduate of Vassar College, she became a renowned architect who founded the Canadian Centre for Architecture in Montreal.
- January 28, 1914  
In a campaign to secure the right to vote for women in Manitoba, suffragist Nellie McClung and the Political Equality League organized a mock "Women's Parliament" in the Walker Theatre in Winnipeg. Nellie and her team wanted to get the people of the province laughing at the absurdity of denying the vote to women. Nellie was a hit in her role as Premier Roblin. The play was a great success, as reported in *The Winnipeg Telegram* the following day:

### WOMAN SUFFRAGISTS GAMBOL AT WALKER THEATRE

Judging from the aggregation of femininity at the Walker Theatre last night, Winnipeg homes must have been masculine manned for once in their existence during the evening. The big theatre was packed to the roof with all ages and types of "the female of the species," undoubtedly as a demonstration of sympathy with the women who sought in vain the other day for the extension of the franchise to women in Manitoba.

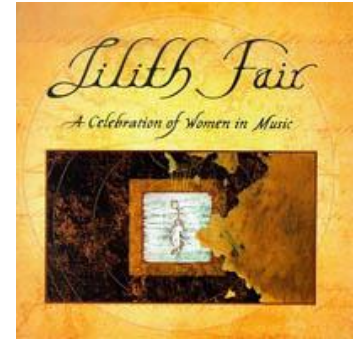
From the standpoint of an entertainment, it was excellent and few burlesques or light comedy productions have ever met with a heartier response than last night's burlesque on the system of government as it exists today. The performers may have been amateurs, but they were only amateur in name. As a matter of fact they were the real thing so far as woman suffrage is concerned so they were naturally quite at home in their roles, even if they were a wee bit nervous at first. But the spirit of the thing seemed to catch them all and consequently the performance was an entire success, from both the point of view of artists and the audience. The women who portrayed the characters of politicians both in and out of office appeared to take quite naturally to their parts; in fact, it might be said that they actually revelled in the pretence of holding office and that secret ambition they all shared is undoubtedly



Nellie McClung  
(Cyril Jessop/Library and  
Archives Canada/PA-030212)

accountable for the great success of the entire program.  
(*The Winnipeg Telegram*. January 29th, 1914)

- January 28, 1916  
Manitoba granted the vote to women, becoming the first province in Canada to do so.
- January 28, 1968  
Sarah McLachlan was born in Halifax, Nova Scotia. After studying at the Nova Scotia Conservatory of Music, she became a famous singer and songwriter. In 1996 Sarah founded an all-female music festival called Lilith Fair, which toured widely for three years. Because of this initiative and her efforts to advance the careers of women in the music business, Sarah McLachlan received the Elizabeth Cady Stanton Visionary Award in 1998.



## Poetry Pause



## Places to Go and See...

Take a walk through Bowring Park and enjoy the Lights



Skating at the Loop in Bannerman Park



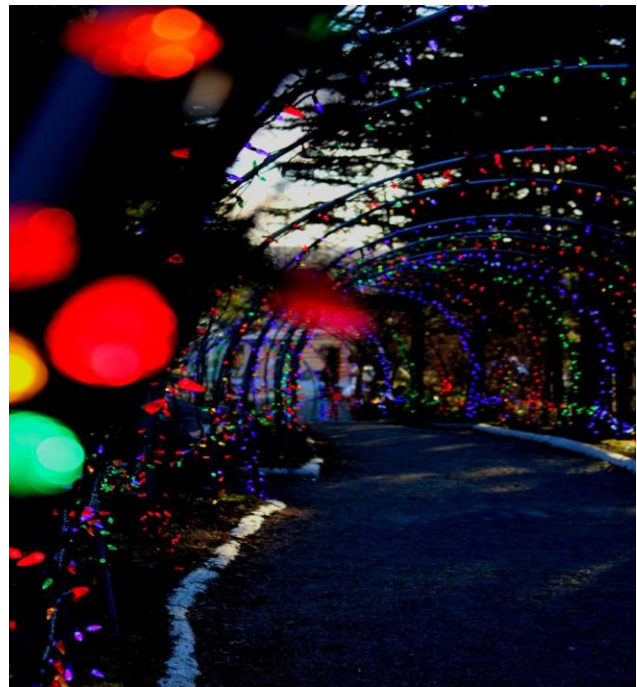
Take a drive down Water Street and the Water front to see the lights



Port De Grave Boat Light festival



Memorial University Botanical Gardens  
Merry and Bright Light Festival





## From Kitty's Kitchen

# Quick & Easy Honey Pear and Apple Tart

### Ingredients:

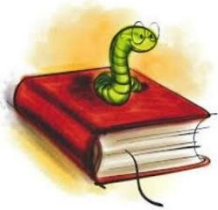
- 1 package (2 sheets) frozen puff pastry, thawed
- Egg wash: 1 large egg beaten with 1 Tablespoon milk
- 2 large pears, thinly sliced
- 1 Apple thinly sliced
- 1/2 cup of raisins
- 2 Tablespoons coarse sugar (or brown sugar)
- 1/4 cup sliced almonds
- Sea salt for sprinkling
- Honey for drizzling



### Instructions:

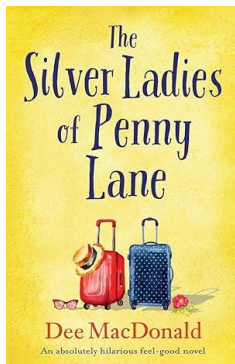
1. Preheat oven to 375° F (191° C). Line a 9 x 12 baking sheet with parchment paper or a silicone baking mat.
2. Unroll the pastry sheets on a floured work surface. Place the edge of one over the other and use a rolling pin to adhere them together. Roll the whole thing out into 9 x 12-inch rectangle. Fold over the edges and crimp down with a fork. Crimping is much easier the colder the pastry is, so place into the refrigerator to chill if needed.
3. Brush the entire pastry, edges included, with egg wash.
4. Toss the pear slices, apple slices and coarse sugar together. Line the pears and apples on top of the pastry. Sprinkle with almonds and raisins and sea salt.

- Bake for 35-40 minutes until the edges are golden brown. Remove from the oven, place on a wire rack, and allow to cool for 10 minutes. Drizzle with honey before slicing and serving. Can be served with ice cream or whipped cream.



## From Kitty's Library

### A Good Read...



#### THE SILVER LADIES OF PENNY LANE

BY DEE MACDONALD

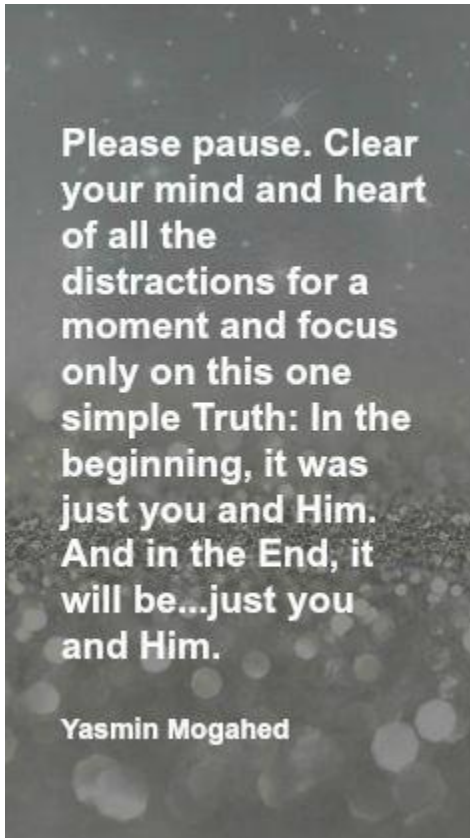
**Tess** and **Orla** have been best friends throughout most of their adult lives. So when life gave them lemons and their loved ones let them down, they pooled their resources and bought a dressmakers shop on the corner of Penny Lane. And they've been doing just fine ever since.

But one day, while studying her tired eyes and shapeless figure in the mirror, sixty-two-year-old Tess realised that she doesn't want her life to be *just fine* anymore. She wants it to be *extraordinary*. For as long as she can remember she's put everyone else first. Now she wants to rediscover herself – and experience the kind of whirlwind adventure that will have the power make her smile when she's confined to the armchair of a retirement home.

With the encouragement of fun-loving and quirky Orla, Tess joins an over-the-hill dating agency and the two friends book a singles cruise around the Mediterranean. And that's when their adventure of a lifetime really begins...



## Pause for Thought



### Catherine McAuley: Dates of Interest

#### January 27, 1822

William Callaghan signs his last will and a codicil designating Catherine McAuley as his sole Beneficiary.



### **January 25, 1829**

Death of Catherine McAuley's brother-in-law, Dr William McAuley. Each of his five children chooses her as legal guardian. She is now the adoptive mother of nine, including Catherine and Teresa Byrn, Ellen Corrigan, an orphan, and Ann Rice, a homeless child.

### **January 23, 1832**

Seven women at Baggot Street receive the habit of the Sisters of Mercy at the first reception ceremony; Mary Josephine (Catherine) Byrne, Mary Frances (Frances) Warde, Mary Angela (Margaret) Dunne, Mary Teresa (Mary) Macauley, Mary Clare (Georgiana) Moore, Mary Magdalen de Pazzi (Mary Anne) Delany, and Mary Agnes (Anna) Carroll. Mary Aloysius (Anne) O'Grady is also received on her deathbed.

### **January 24, 1833**

Four women profess their vows at the first profession ceremony on Baggot Street: Mary Frances Warde, Mary Angela Dunne, Mary Clare Moore and Mary de Pazzi Delany.

### **January 28, 1834**

Catherine McAuley's niece, Mary McAuley, who had lived in Baggot Street since 1828 – 1829, enters the community. She will receive the habit and the name Mary Anne Agnes on July 3, 1834 and profess her vows on October 22, 1836.

## **STORMS AND TEACUPS:**

### **AN ACROSTIC ON THE LEADERSHIP OF CATHERINE MCAULEY**

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

#### **Part IV**

## **Humorist**

Her letters reveal Catherine as a woman of gentle whimsy and determined optimism, qualities sorely tested by circumstances, but enduring. She used humour for herself, to cheer her own heart; she used it to lighten difficult circumstances and to create a sense of camaraderie and perspective. She reminds us that joy is a gift of the Spirit, to be relished.

To Elizabeth Moore she writes in October 1840, about trying to make up her mind about a request from the English novices to visit Limerick, a foundation she has praised much in their presence. Outlining the travel costs of such a visit she asks “ought I to sanction such application of money as if it were found on a hill?” She then proceeds with a whimsical dialogue between her Rational and Irrational Self, tossing the pros and cons back and forth. Towards the end of the letter she exclaims: “If you wrote a letter such as this, I would be seriously alarmed for your poor head.” (p.241)

Catherine also uses humour as a way of connecting with the younger members of the Order, appealing to their sense of fun and mischief. It is a winning quality in a leader, and again, it invites camaraderie. Was Catherine the original anti-institutionalizer, whose wit and humour display an anarchic (albeit very gentle) disposition? One of the earliest extant letters to a Sister of Mercy is, perhaps not insignificantly, a light-hearted one. To Sister Mary Delamere at Tullamore she writes in July 1836 what she heads “A Preparatory Meditation.” Its contents, however, belie the earnest title! It begins with warm greetings and then the statement “I am determined not to behave well, and you must join me.” In similar vein it continues, tongue in cheek:

*We will set up for a week what is called a Nonsensical Club. I will be President, you Vice-President, and Catherine can give lectures as Professor of Folly...(p.79)*

We perhaps need to remind ourselves when reading this frivolity that life was tough in nineteenth century Ireland, and that disease, death and physical hardship were daily realities. In addition, Catherine seems to have intuitively recognized that the asceticism of convent life, both the voluntary and the involuntary, needed to be balanced by the occasional “nonsense”. The letter concludes with an affectionate return to reality:

*Of one thing, however, I am sure and seriously so, that I seldom look forward to any change in this world with such happiness as I do to our meeting...(p.79)*

Catherine’s use of humour sometimes has a more overtly serious intent. She occasionally uses it to reprimand and “chide with love”<sup>[vii]</sup>. She writes in simple verse form to couch her comment in the comical, whilst nevertheless making a serious point. For instance, in a letter of March 1841, she reminds Cecilia



Marmion, the Mistress of Novices, of the inadvisability of showing favouritism, clearly a matter of valid concern to her. (p.313)

Catherine used humour as a way of leading with affection and lightness of touch. There is a deftness about how she communicates criticism that must have made it easier for her companions to receive it without rancour. She was no stentorian, but neither was she insipid: she seems to have had the knack of challenging without humiliating others.

### **Next month, Catherine: Enabler**



### *The Last Word...*



*Catherine McAuley*



**Vol. 7/No. 2 February 2024**

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

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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  
Amen.  
Catherine McAuley, Pray For Us  
Amen.**



### ***Light a Candle***

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



### **From the Wisdom Circles**

#### ***Circle of Compassion***

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

\_\_\_\_\_  
Maya Angelou

## **Contemplative Presence**

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

---

Thomas Keating

## **Integrity of Creation**

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

---

Thomas Berry

## **Diversity and Inclusion**

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

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



## **Notes from the Associates/Sisters**

### **ITEMS OF INTEREST**



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

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



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

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

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

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





## ***Women in Canadian History***



### **Doris Anderson (1921–2007)**

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

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



### **Kenojuak Ashevak (1927–2013)**

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

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



### **Emily Carr (1871–1945)**

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



### **Mary Shadd Cary (1823–1893)**

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



## Poetry Pause

*The February Hush*

by

*Thomas Wentworth Higginson*

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

## Places to Go...

**Date:** Wednesday, February 14, 2024

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

**Address:** The Loop, Bannerman Park



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

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

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

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

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

February 24, 2014

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



## TURNER CLASSIC MOVIES

**Bell Aliant**  
**Channel 204**

**Rogers**  
**Channel 50**

Sunday February 11, 2024

**PILLOW TALK** - 1959 - Comedy

Starring: Doris Day and Rock Hudson, Tony Randall

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

Sunday February 25, 2024

**Gaslight** - 1944 - Mystery

Starring: Charles Boyer; Ingrid Bergman; Joseph Cotten

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



February 14<sup>th</sup> is Ash Wednesday! It is also Valentine's Day!



*From Kitty's Kitchen*

## **Raspberry Pudding**

### **Ingredients/Instructions:**

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



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



## From Kitty's Library

### A Good Read...

#### **If I Cry I'll Fill the Ocean**

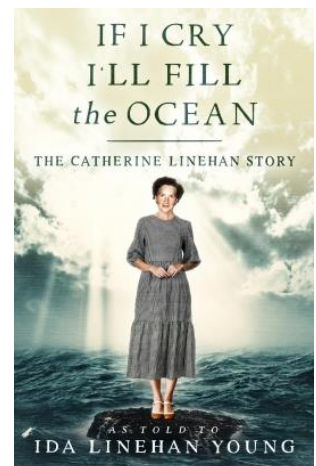
The Catherine Linehan Story

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

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

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

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





## *Pause for Thought*

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

*-Unknown*



[www.LaurenGiersberg.com](http://www.LaurenGiersberg.com)



## Catherine And The Spider By Sr. Mary Wickham RSM

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

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

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



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

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

#### ***Part IV*** **Enabler**

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

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

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

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

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

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

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

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

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

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

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

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

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

## **Next month, Catherine: Risktaker**



## *The Last Word...*

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

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*Catherine McAuley*

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**Vol. 7/No. 3 March 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**

### ***Prayers for the Sick***

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

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

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



### **Prayer for the Sick**

**Through the Intercession of Catherine McAuley**

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



**To the needs of her time.  
Moved by her care for the Sick,  
We ask that through Her Prayers  
You reach out with Your Healing Love  
And restore them to full health  
We ask this in complete  
Confidence through Jesus Christ, Your Son  
Amen.  
Catherine McAuley, Pray For Us  
Amen.**



**Birthdays for January – Oops! Missed them!**

Tomi Cleal – January 12<sup>th</sup>  
Sharon Drover – January 15<sup>th</sup>

**Birthdays for February – Oops! Missed them too!**

Laura Goss – February 8<sup>th</sup>  
Hannah McGrath – February 13<sup>th</sup>  
Barbara Bradbury – February 17<sup>th</sup>  
Louise Brennan – February 18<sup>th</sup>  
Kay McNally – February 22<sup>nd</sup>  
Barbara Albrechtsons – February 23<sup>rd</sup>

**Birthdays for March**

Anne Bown – March 7<sup>th</sup>  
Bess Collins – March 28<sup>th</sup>



## ***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***

*“When we’re looking for compassion, we need someone who is deeply rooted, is able to bend and, most of all, embraces us for our strengths and struggles.”*

—  
Brené Brown

### ***Contemplative Presence***

*“Prayer is sitting in the silence  
until it silences us,  
choosing gratitude  
until we are grateful,*

*and praising God  
until we ourselves  
are an act of praise.”*

---

Richard Rohr



### ***Integrity of Creation***

*“Woven into our lives is the very fire from the stars and the genes from the sea creatures, and everyone, utterly everyone, is kin in the radiant tapestry of being. This relationship is not external or extrinsic to our identity but wells up as the defining truth from our deepest being.”*

---

Theologian Elizabeth Johnson

## ***Diversity and Inclusion***

*“Diversity requires commitment. Achieving superior performance diversity can produce further action-most notably, a commitment to develop a culture of inclusion. People do not just need to be different, they need to be fully involved and feel their voices are heard.”*

Alain Dehaze, CEO of Adecco



## **Notes from the Associates/Sisters**

### **ITEMS OF INTEREST**

**The name of March comes from *Martius*, the first month of the earliest Roman calendar. It was named after Mars, the Roman god of war, and an ancestor of the Roman people through his sons Romulus and Remus. His month *Martius* was the beginning of the season for warfare, and the festivals held in his honor during the month were mirrored by others in October, when the season for these activities came to a close. *Martius* remained the first month of the**



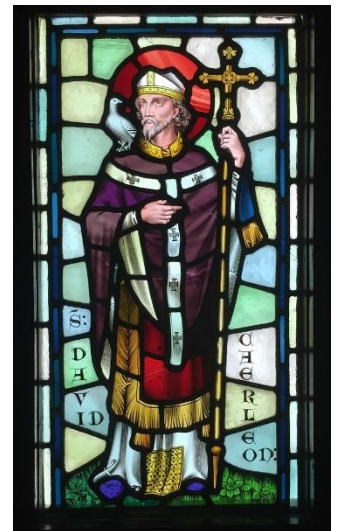
**Roman calendar year perhaps as late as 153 BC, and several religious observances in the first half of the month were originally new year's celebrations. Even in late antiquity, Roman mosaics picturing the months sometimes still placed March first.**



### ***March 1<sup>st</sup> - Saint David's Day***

Saint David is the patron saint of Wales and falls on 1 March, the date of Saint David's death in 589 AD.

David's fame as a teacher spread among Celtic Christians, and he helped found about 1200 monasteries. His foundation at Glyn Rhosyn became an important Christian shrine and the most important center in Wales. The date of Saint David's death is believed to be 1 March 589. His final words to the community of monks were: "Brothers be ye constant. The yoke which with single mind ye have taken, bear ye to the end; and whatsoever ye have seen with me and heard, keep and fulfill."



Traditional festivities include wearing daffodils and leeks, recognized symbols of Wales and Saint David, respectively, eating traditional Welsh food including cawl and Welsh rarebit, and women wearing traditional Welsh dress. An increasing number of cities and towns across Wales, including Cardiff, Swansea, and Aberystwyth also put on parades throughout the day.

The day is not a public holiday in Wales, which has prompted calls for a Saint David's Day to be a bank holiday in Wales and some organizations designating unofficial celebrations.

The feast has been regularly celebrated since the canonization of David in the 12th century by Pope Callixtus II.



## ***Women in Canadian History***



### **Thérèse Casgrain (1896–1981)**

Activist, radio host, and political leader. Despite being brought up in wealth and privilege, Thérèse Casgrain felt that life should be fair to everyone. She helped to found the Provincial Franchise Committee for Women's Suffrage in 1921 and later hosted a prominent radio program, called *Fémina*, for Radio-Canada. She became the first female leader of a political party in Canada — the left-leaning Co-operative Commonwealth Federation (CCF) — in the 1940s. In the early 1960s, she founded the Quebec branch of the Voice of Women to mobilize women against the Cold War nuclear threat. Later, she

became the Quebec president of the Consumers Association of Canada. She did much to better the lives of Canadian women. *Photo: Archives nationales du Québec*





### **Ga'axstal'as, Jane Constance Cook (1870–1951)**

Kwakwaka'wakw leader, cultural mediator, and activist. Born on Vancouver Island, Ga'axstal'as, Jane Constance Cook was the daughter of a Kwakwaka'wakw noblewoman and a white fur trader. Raised by a missionary couple, she had strong literacy skills and developed a good understanding of both cultures and legal systems. As the grip of colonialism tightened around West Coast nations, Cook lobbied for First Nations to retain rights of access to land and resources. She testified at the McKenna-McBride Royal

Commission of 1914 and was the only woman on the executive of the Allied Indian Tribes of British Columbia in 1922. A fierce advocate for women and children, she was also a midwife and healer and raised sixteen children. *Photo: Royal BC Museum, BC Archives*



### **Viola Desmond (1914–1965)**

Challenged segregation practices in Nova Scotia. Long before the modern civil rights movement in the United States, a black woman from Halifax took a stand for racial equality in a rural Nova Scotia movie theatre. It was 1946, and Viola Desmond, a hairdresser, caused a stir by refusing to move to a section of the theatre unofficially set aside for black patrons. Desmond was dragged out of the theatre and jailed. While officials denied that Desmond's race was the root of the issue, her case galvanized Nova Scotia's black population to fight for change. In 1954, segregation was legally ended in Nova Scotia. *Photo: Public domain*



## **Mary Two-Axe Earley (1911–1996)**

Challenged law discriminating against First Nations women. Mary Two-Axe Earley plunged into activism at age fifty-five, despite considerable opposition from her own community. In the end, she improved the lives of thousands of Aboriginal women and their children. Born on the Kahnawake Mohawk territory, close to Montreal, Two-Axe Earley moved to Brooklyn, married an Irish-American, and had two children. She was later widowed. Because she had lost her Indian status by marrying a non-Aboriginal, she was barred from going back to live on her reserve. For more than two decades, Two-Axe Earley lobbied

to have the discriminatory law reversed. In 1985 she was successful. Her efforts benefited about sixteen thousand women and forty-six thousand first generation descendants. *Photo: CP/Toronto Star*



## **Poetry Pause**

### **TO MARCH**

*by Emily Dickinson (1830-1886)*

Dear March, come in!  
How glad I am!  
I looked for you before.  
Put down your hat —  
You must have walked —

How out of breath you are!  
Dear March, how are you?  
And the rest?  
Did you leave Nature well?  
Oh, March, come right upstairs with me,  
I have so much to tell!

I got your letter, and the birds’;  
The maples never knew  
That you were coming, — I declare,  
How red their faces grew!  
But, March, forgive me —  
And all those hills  
You left for me to hue;  
There was no purple suitable,  
You took it all with you.

Who knocks? That April!

Lock the door!  
I will not be pursued!  
He stayed away a year, to call  
When I am occupied.  
But trifles look so trivial  
As soon as you have come,  
That blame is just as dear as praise  
And praise as mere as blame.





March 24<sup>th</sup> – Palm Sunday & Beginning of Holy Week  
March 28<sup>th</sup> – 30<sup>th</sup> – The Sacred Paschal Triduum  
March 31<sup>st</sup> – The Resurrection of the Lord



*From Kitty's Kitchen*

## *Italian Iced Orange Cookies*

### **Ingredients:**

#### **Wet Ingredients:**

- 6 tablespoons butter, at room temperature
- 1/2 cup sugar
- 1 egg, at room temperature
- 1/3 cup fresh orange juice (or from the carton works too)
- 1 tablespoon orange zest
- 1/8 teaspoon almond extract

#### **Dry Ingredients:**

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder



- 1/4 teaspoon salt
- For the icing:
- 1/2 cup powdered sugar
- 1 tablespoon fresh orange juice
- 1 teaspoon orange zest
- 1 tablespoon melted butter
- 1 tablespoon softened cream cheese

## **Instructions:**

- Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper.
- In the bowl of an electric mixer, cream together the butter and sugar for 1 minutes until well combined. Turn mixer to medium-low speed and add in egg (make sure it's at room temp -- you can do this by running the egg under warm water for 1 min), beating until well combined, smooth and creamy into the butter and sugar. Next beat in the orange juice, zest and almond extract for about 30 more seconds.
- In a medium bowl, whisk together the flour, baking powder and salt. Add to the wet ingredients and mix together on medium speed until combined.
- Drop about one heaping tablespoon full of dough onto prepared baking sheet, about 2 inches apart. You should end up with 14-16 cookies. Bake for 10-13 minutes until just barely golden brown on the edges.
- Remove and allow to cool on baking sheet for a few minutes before transferring to a wire rack to finish cooling completely. Repeat with remaining dough.
- To make the icing: Once cookies have cooled, make the icing: add the powdered sugar, orange juice, zest, melted butter and softened cream cheese to a bowl. A drop of almond extract is also delicious in the icing, but please only do one drop if you'd like. Dip the top of the cookies in the icing then place back on the wire rack to allow icing to harden. Garnish with a little extra orange zest to make them pretty. Makes about 14-16 cookies.

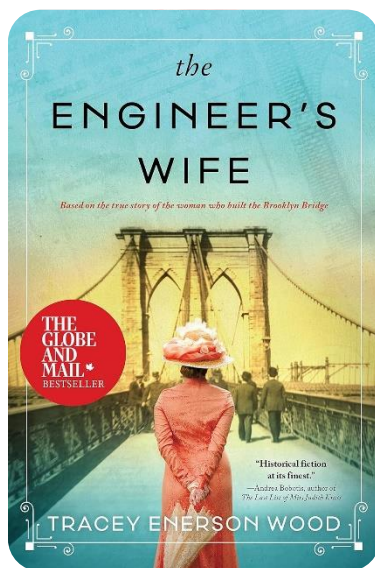


## From Kitty's Library

### A Good Read...

#### *The Engineer's Wife* Tracey Enerson Wood

THE INTERNATIONAL BESTSELLER!



She built the Brooklyn Bridge, so why don't you know her name?

Emily Roebling built a monument for all time. Then she was lost in its shadow. Discover the fascinating woman who helped design and construct the Brooklyn Bridge.

Emily refuses to live conventionally—she knows who she is and what she wants, and she's determined to make change. But then her husband asks the unthinkable: give up her dreams to make his possible.

Emily's fight for women's suffrage is put on hold, and her life transformed when her husband Washington Roebling, the Chief Engineer of the Brooklyn Bridge, is injured on the job. Untrained for the task, but under his guidance, she assumes his role, despite stern resistance and overwhelming obstacles. But as the project takes

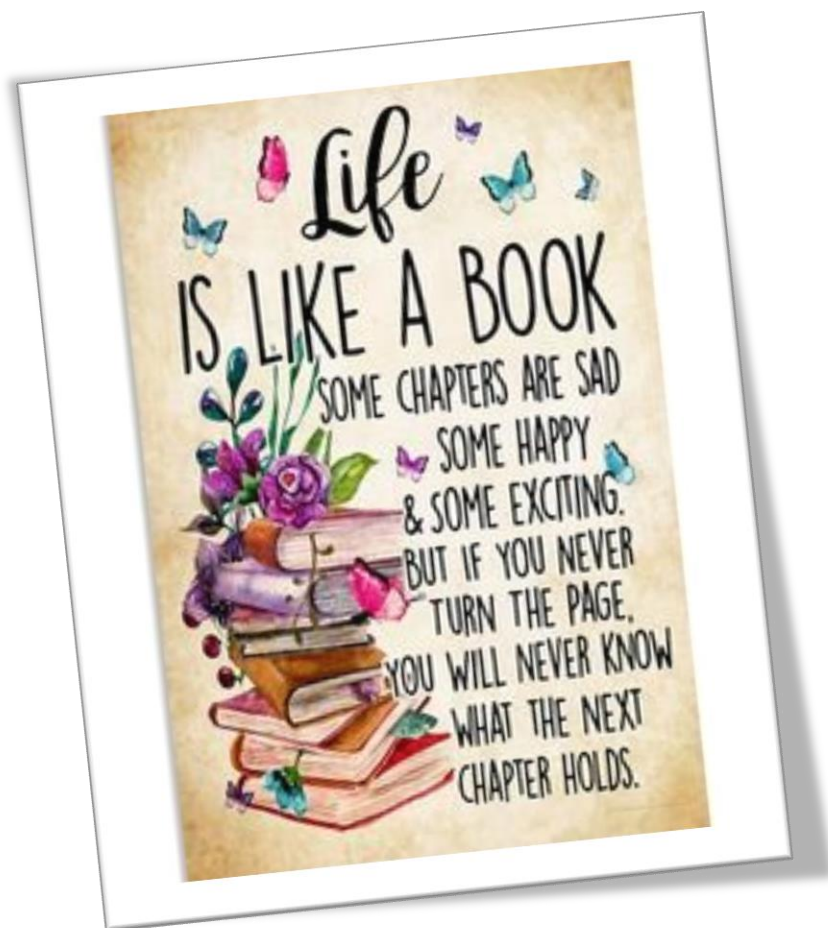
shape under Emily's direction, she wonders whose legacy she is building—hers, or her husband's. As the monument rises, Emily's marriage, principles, and identity threaten to collapse. When the bridge finally stands finished, will she recognize the woman who built it?



Based on the true story of an American icon, *The Engineer's Wife* delivers an emotional portrait of a woman transformed by a project of unfathomable scale, which takes her into the bowels of the East River, suffragette riots, the halls of Manhattan's elite, and the heady, freewheeling temptations of P.T. Barnum. The biography of a husband and wife determined to build something that lasts—even at the risk of losing each other.



### *Pause for Thought*



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Time for a smile...

How can you tell if a leprechaun likes your joke?  
.....He's Dublin over with laughter.

What's Irish and stays out all night?  
.....Paddy O'Furniture

How can you tell if a potato is not from Ireland?  
.....When it's a French fry



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

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

### ***Part IV***

## **Risktaker**

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It is perhaps true to say that trust in God, trust in Providence, often only takes on that exalted title when the trust has been vindicated. In the blind reality of the moment, the one who trusts can be seeming to take inordinate risks, committing herself to a course of action that might just as well end in disaster as success. Or is it that the Spirit all the while urges one such as Catherine to concur with and act out of the sentiments of George Bernard Shaw's St. Joan, "with Christ I dare and dare"?

This aspect of Catherine's leadership, call it trust or risk-taking as you will, can be seen from the first in her dream for a house in Baggot St, and the response it evoked in both a number of friends and disinterested parties who deemed it "Kitty's Folly..."

Against all normal caution for a single woman of her age and station, Catherine did not set about "securing her future" in any materialistic sense after the death of the Callaghans, but instead seemed to "squander" her inheritance on a dream. The hidden reality of course, was that her dream and the work of the Spirit were engaged in a dynamic dance, and the result was a movement of grace, of blessing. The kind of Spirit-risk that guided Catherine's life, amidst the inevitable failures and wrong choices, has nothing to do with personal ambition, or vanity or acquisition of power for its own sake.

One other instance of risk-taking, quite staggering when one considers the historical and cultural context, was the foundation at Bermondsey, which as Mary Sullivan points out was "the first new Catholic convent founded in London since the Reformation."

What is it that Catherine says to us? Perhaps that some risks are meant to be taken, that trust is always, at least at first, in the dark. One of the most poignant images of Catherine is a description of her on her deathbed. Some hours before her death, she asked for a candle to be placed in her hands. She held the light, the great symbol of Christ, knowing she was about to pass into an unknown and dark territory before meeting Christ himself on the other side of death. All her life she was a bearer of light in the darkness, risking her fate, believing the light would overcome the darkness, and trusting the path that held her feet.

**Next month, Catherine: Includer**

*The Last Word...*

*“Oh may He look on us with love and pity  
and then we shall be able to do anything  
He wishes us to do, no matter how difficult  
to accomplish or painful to our feeling.”*

*Catherine McAuley*





I am the resurrection and the life. Jn 11





**Vol. 7/No. 4 - April 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**

### ***Prayers for the Sick***

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

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



Prayer for the Sick

Through the Intercession of Catherine McAuley



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

To the needs of her time.  
Moved by her care for the Sick,  
We ask that through Her Prayers  
You reach out with Your Healing Love  
And restore them to full health  
We ask this in complete  
Confidence through Jesus Christ, Your Son  
Amen.  
Catherine McAuley, Pray For Us  
Amen.



Barbara & Eric – April 5<sup>th</sup>

### *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

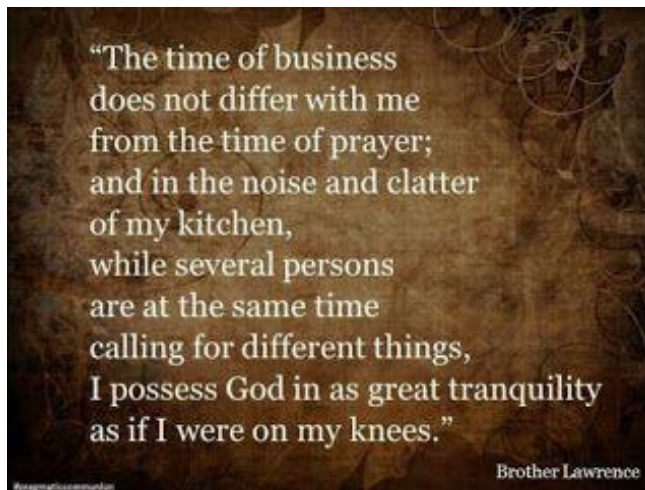
*Circle of Compassion*



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

MOTHER TERESA

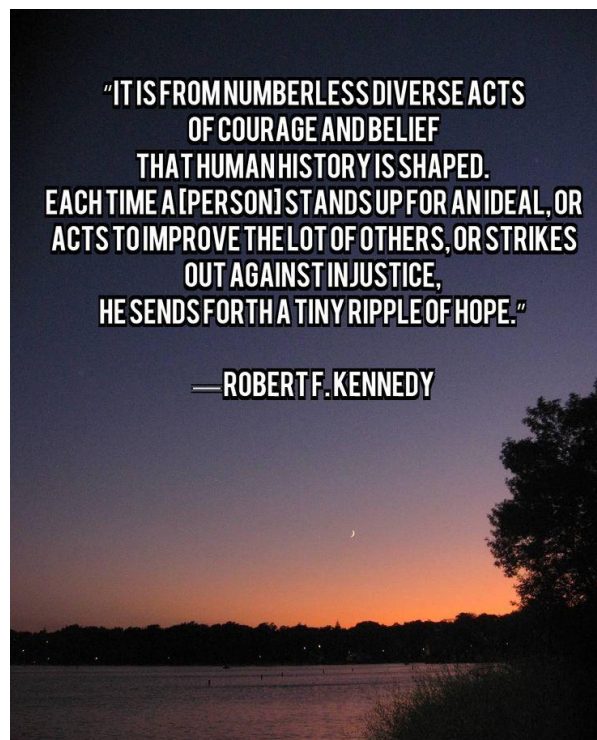
## *Contemplative Presence*



## *Integrity of Creation*



*Diversity and Inclusion*



[WWW.PINTEREST.COM/CAROLBRUSEGAR](http://WWW.PINTEREST.COM/CAROLBRUSEGAR)



Notes from the Associates/Sisters

**ITEMS OF INTEREST**



Three theories exist regarding the origin of April's name. Some say April got its name from the Latin word meaning "second" since April was the second month on the ancient calendar. Others claim it comes from "aperire", a Latin word meaning "to open", because it represents the opening of buds and flowers in spring. Still others think April was named after the goddess Aphrodite.



### **Saint Zita - April 27th**

St. Zita was born into a poor but holy Christian family. Her older sister became a Cistercian nun and her uncle Graziano was a hermit whom the local people regarded as a saint.

Zita herself always tried to do God's will obediently whenever it was pointed out to her by her mother. At the age of twelve Zita became a housekeeper in the house of a rich weaver in Lucca, Italy, eight miles from her home at Monte Sagrati. As things turned out, she stayed with that family for the last forty-eight years of her life. She found time every day to attend Mass and to recite many prayers, as well as to carry out her household duties so perfectly that the other servants were jealous of her. Indeed, her work was part of her religion! She use to say: "a servant is not holy if she is not busy; lazy people of our position is fake holiness." At first, her employers were upset by her generous gifts of food to the poor, but in time, they were completely won over by her patience and goodness and she became a very close friend.

St. Zita was given free reign over her working schedule and busied herself with visits to the sick and those in prison. Word spread rapidly in Lucca of her good deeds and the heavenly visions that appeared to her. She was sought out by the important people, and at her death in 1278 the people acclaimed her as a saint. She is the patroness of domestic workers.

Her feast day is April 27.

## **EARTH DAY**

Monday, April 22



No matter how you choose to honor nature, make it positive.  
We need a healthy Planet Earth to thrive, and Planet Earth needs us.

## **TO OUR FRIENDS OF THE JEWISH FAITH**



Passover begins before sundown  
on **Monday, April 22, 2024**, and ends  
after nightfall on **April 30, 2024**.

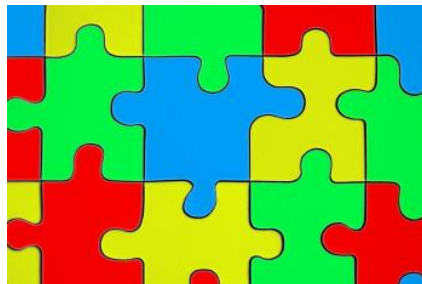
## **Events in April 2024**

April 2, 2024  
Autism Awareness Day

When we wear **blue**, it's not only about keeping that conversation going about autism but, it's also making sure that those with autism and their families don't



feel alone. So on April 2<sup>nd</sup> and throughout World Autism Month in April please wear blue, and have others do the same.



April 3, 2024  
National Walk to Work Day



**Monday, April 8<sup>th</sup>**

**Look up .....**[Total solar eclipse](#)



## ***Women in Canadian History***



### **Marcelle Ferron (1924-2001)**

Quebec painter and stained glass artist. Marcelle Ferron is the only female artist who signed Les Automatistes' polemical manifesto, *Refus Global*, in 1948. Her paintings were hung in all the major Automatiste exhibitions. Her painting technique became progressively forceful with vibrant colours and thick paint. Ferron changed her medium to stained glass after 1964. Her most known stained glass pieces are those in Champ-de-Mars and Vendôme metro stations in Montreal, which were installed in 1968. The Champs-de-Mars window masterpiece is sixty metres long and nine metres high and dapples the station with coloured light. Ferron was also an associate professor at Laval University in Quebec City and became a Grand Officer of the National Order of Quebec in 2000. *Photo: Copyright Pierre Longtin*



### **Hannah (Annie) Gale (1876-1970)**

First alderwoman in the British Empire. When Annie Gale and her husband William immigrated to Calgary from England in 1912 she was appalled by the high costs of housing and food. Determined to change things, she helped to establish a local consumers' league. A strong advocate for workers and women, she helped to organize the Women's Ratepayers' Association and it was this group of women who asked her to run for city council in 1917. Gale won a seat to become the first woman elected to municipal office in the British Empire. She also broke new ground when, while in office, she occasionally served as acting mayor. Gale's non-partisan approach inspired other reformers, including Nellie McClung.



### **Anne Hébert (1916-2000)**

A writer whose work was universally recognized in all francophone countries. Anne Hébert won all the major awards in France and Belgium and the Governor General's Award for fiction three times in Canada. She wrote poems, stories, novels, and plays that captured the tumult of human emotions against the backdrop of Quebec history. Hébert began writing at an early age and worked at both the National Film Board and Radio-Canada from 1950 to 1954. From there she went on to live in Paris for almost the rest of her life. The sense of a conquered society struggling to erupt and to break all obstacles is the fierce energy behind the three-dozen works she authored. *Photo: lapresse.ca*



### **Adelaide Hoodless (1857-1910)**

Educational reformer and founder of the Women's Institute. Adelaide Hoodless began her public life with the death of her infant son, who had consumed tainted milk. The tragedy inspired her to set about making sure that more women were educated in matters of domestic science, and she began pushing for home economics courses to be taught in Ontario public schools. She was also a powerful force behind the formation of three faculties of household science. Working with Lady Aberdeen, wife of the Governor General, she helped to found the National Council of Women, the Victorian Order of Nurses, and the national YWCA. *Photo: Wikipedia*



## Poetry Pause

### Aprilian by Bliss Carman

When April came with sunshine  
And showers and lilac bloom,  
My heart with sudden gladness  
Was like a fragrant room.

Her eyes were heaven's own azure,  
As deep as God's own truth.  
Her soul was made of rapture  
And mystery and youth.

She knew the sorry burden  
Of all the ancient years.  
Yet could not dwell with sadness  
And memory and tears.

With her there was no shadow  
Of failure nor despair,  
But only loving joyance.  
O Heart, how glad we were!





*From Kitty's Kitchen*

## **Casserole**

### Ingredients:

- 1 c. salted butter, divided
- 1 c. chopped onion
- 1 c. chopped carrot
- 1 c. chopped celery
- 1/2 c. all-purpose flour
- 3 c. low-sodium chicken broth, divided
- 4 1/2 c. shredded cooked turkey or chicken
- 1 c. frozen peas
- 1/2 c. heavy cream
- 1 tbsp. chopped fresh thyme
- 3/4 tsp. salt
- 1 tsp. pepper
- 1/4 tsp. ground turmeric
- Nonstick cooking spray
- 2 6-oz. packages Savory flavored stuffing mix
- 1/4 c. chopped fresh parsley, plus more for garnish



### Instructions:

Preheat the oven to 375°F.

In an oven pot, melt 1/2 cup of the butter over medium-high heat. Add the onion, carrot, and celery, and cook until the vegetables are beginning to soften, about 3 minutes. Sprinkle the flour over the vegetable mixture and cook, stirring frequently, for 1 minute.

Gradually stir in 1 1/2 cups of the chicken broth. Bring to a boil, then reduce the heat medium-low. Simmer, stirring often, for about 5 minutes or until the sauce begins to thicken. Stir in the chicken, peas, cream, thyme, salt, pepper, and turmeric. Return to a simmer and cook for 3 minutes more.

Spray a 13-by-9-inch baking dish with nonstick spray and pour in the turkey/chicken mixture. Place the remaining 1/2 cup of butter in a large, microwave safe bowl. Cover and cook on high for 1 minute to melt. Stir in the stuffing mix, remaining 1 1/2 cups of chicken broth, and the parsley. Let stand 2 minutes or until the stuffing mix has absorbed the broth.

Top the turkey/chicken mixture evenly with the stuffing mixture. Bake until golden brown on top and bubbly around the edges, 30 to 35 minutes. Let stand 15 minutes. Sprinkle with additional chopped parsley before serving.

NOTE: I have also used leftover ham for this recipe.



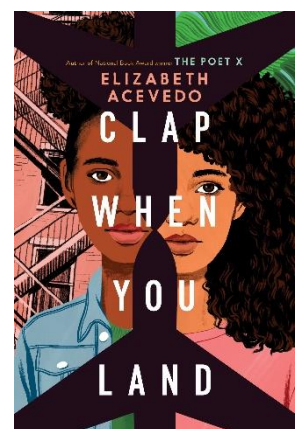
*From Kitty's Library*

## ***CLAP WHEN YOU LAND***

by: Elizabeth Acevedo

In a novel-in-verse that brims with grief and love, the difficulty of forgiveness, and the bittersweet bonds that shape our lives.

Camino Rios lives for the summers when her father visits her in the Dominican Republic. But this time, on the day when his plane is supposed to land, Camino arrives at the airport to see crowds of crying people...



In New York City, Yahaira Rios is called to the principal's office, where her mother is waiting to tell her that her father, her hero, has died in a plane crash.

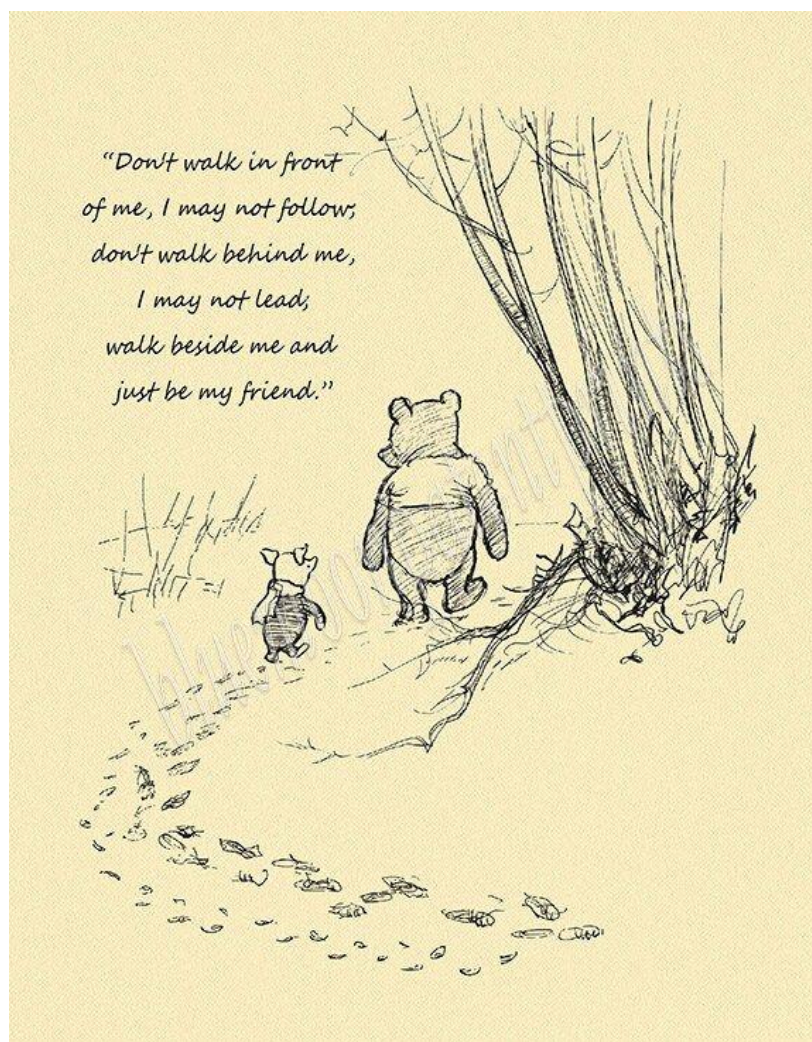


Separated by distance—and Papi’s secrets—the two girls are forced to face a new reality in which their father is dead and their lives are forever altered.

And then, when it seems like they’ve lost everything of their father, they learn of each other.



### *Pause for Thought*



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

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

*Part IV*

### **Includer**

It is clear that Catherine had very different views of the world from Sister Clare Augustine Moore. From Clare Augustine Moore's pen we have the opinion that Catherine was sometimes too lenient with children, that she on occasion indulged them. Clare Augustine Moore describes with obvious distaste the scene that had been described to her by others of the soup kitchen that operated for a time in the early days at Baggot St for the poor of the parish:

*There was soup to be made for a hundred, sometimes more, and they had to pass through the office down to the dining hall in squadrons, and this by a wooden staircase now replaced by stone, so there was work and dirt and discontent, as well as derangement of the office business and inconvenience of the House of Mercy. [ix]*

It is Clare Augustine Moore, however, who also notes Catherine's regard for the Sisters and her deep feeling at the deaths of so many in the early years. "She had a really tender affection for us." [x] There is no doubt she is speaking from personal experience.

Of Clare Augustine Moore Catherine wrote with some degree of exasperation to Frances Warde:

*Sister Mary Clare [Augustine] Moore is a character, not suited to my taste or my ability to govern, though possessing many very estimable points. She teased and perplexed me so much about the difficulty of copying the two pages, that I was really obliged to give up, unwilling to command lest it should produce disedifying consequences. She said it would take the entire Lent. Indeed, you can have no idea how little she does in a week. As to a day's work, it is laughable to look at it. She will show me three leaves, saying, "I finished these today." Three rose or lily leaves. (311)*

Elsewhere however, we indirectly glimpse Catherine's appreciation of the refinements possessed by Clare Augustine Moore. Writing of one of the new English Sisters, Catherine heaps high praise by way of comparison:

*Sister Beckett, a convert of high connections, is quite equal to Sister Moore in all arts and sciences, languages, paintings, etc....*

The point of this is to highlight Catherine's ability as leader to be inclusive, even when it meant she was not entirely at ease, or compatible with, nor indeed fully appreciative of the gifts of the person. Difference was not anathema to her, even if she struggled with it. Mercy, as exemplified by Catherine, does not exclude; it is not possessive of its own power or territory. The fact is that whilst she may not have had much patience with Clare Augustine Moore's artistic temperament, she was able to acknowledge, by accommodating it, that the woman was as much a Sister of Mercy as anyone else. Catherine was sufficiently humble to realize her own blind spot with regard to Clare Augustine Moore. The "leader" is not the only arbiter of the collective wisdom. And who today, could deny the richness and beauty of that artistic gift and its link with Catherine, that Clare Augustine Moore left to us?

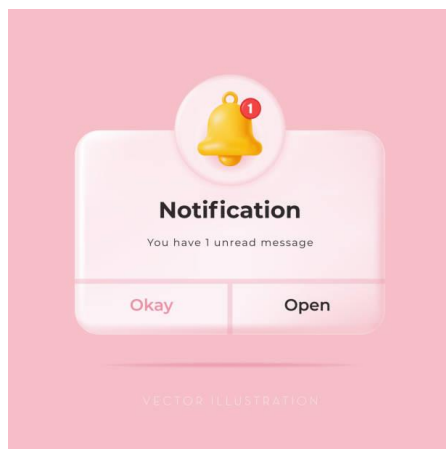
Outside the front door of Mercy International Centre is a contemporary bronze sculpture by Michael Bourke. It features slightly larger than life figures: a nun, presumably Catherine, and a woman with a baby in her arms. It is titled Circle of Mercy. The odd thing about it though is that it is *not* a circle, but literally a penannular, an incomplete circle: it only becomes truly a circle when the observer steps in the ambit of the figures and completes the scene, accepting the tacit invitation to be included in the dynamic.

In some ways that is how it seems to have been with Catherine's sense of Mercy, that Mercy is an invitation that gathers in and includes all. Often in her letters, she remarks on her reluctance to refuse aspirants who had insufficient dowry, so necessary in the early days for supporting the women's information. In response to the suggestion of abandoning a particular mission, she replied: "Are not the poor of Charleville as dear to Him as elsewhere?" (p. 107) Her leadership as includer modeled an openness of heart and hand. It is a truly inspiring figure that stands in bronze outside her front door today: one hand supporting the mother and baby, the other reaching out in welcome to the onlooker, whoever that may be, passing by 64A Lower Baggot St, on any Dublin day.

## Next Month, Catherine: Nurturer

A Short Story entitled: *The Selfish Giant* by Oscar Wilde

<https://www.eastoftheweb.com/short-stories/UBooks/SelGia.shtml>



1 New Message

Mercy Associate Spring Gathering, Saturday, April 27<sup>th</sup>, 2024  
at 10:00 am in the Recreation Hall at Littledale

Please come and join your fellow Mercy Associates so that we can welcome Spring with prayer and reflection, meet dear friends we have not seen in a while, catch up on the latest Mercy news, and enjoy a *Good Cup of Tea* in each other's company.



## *The Last Word...*

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

*Catherine McAuley*





**Vol. 7/No. 5 - May 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**

### ***Prayers for the Sick***

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

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

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



Prayer for the Sick

Through the Intercession of Catherine McAuley



God of Love and Mercy,  
 You inspired Catherine McAuley,  
 To serve your Son by responding  
 To the needs of her time.  
 Moved by her care for the Sick,  
 We ask that through Her Prayers  
 You reach out with Your Healing Love  
 And restore them to full health  
 We ask this in complete  
 Confidence through Jesus Christ, Your Son  
 Amen.  
 Catherine McAuley, Pray For Us  
 Amen.



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

### *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*

#### “Dare to Be

When a new day begins, dare to smile gratefully.

When there is darkness, dare to be the first to shine a light.

When there is injustice, dare to be the first to condemn it.

When something seems difficult, dare to do it anyway.

When life seems to beat you down, dare to fight back.

When there seems to be no hope, dare to find some.

When you're feeling tired, dare to keep going.

When times are tough, dare to be tougher.

When love hurts you, dare to love again.

When someone is hurting, dare to help them heal.

When another is lost, dare to help them find the way.

When a friend falls, dare to be the first to extend a hand.

When you cross paths with another, dare to make them smile.

When you feel great, dare to help someone else feel great too.

When the day has ended, dare to feel as you've done your best.

Dare to be the best you can –

At all times, Dare to be!”

---

Steve Maraboli, *Life, the Truth, and Being Free*

### *Contemplative Presence*

“There are three stages of spiritual development,’ a teacher taught.’ The carnal, the spiritual, and the divine.’

‘What is the carnal stage?’ the disciple asked.

‘That’s the stage,’ the teacher said, ‘when trees are seen as trees and

mountains are seen as mountains.'

'And the spiritual?' the disciple asked eagerly.

'That's when we look more deeply into things. Then trees are no longer trees and mountains are no longer mountains,' the teacher answered.

'And the divine?' the disciple said breathlessly.

'Ah,' the teacher said with a smile. 'That's enlightenment - when the trees become trees again and the mountains become mountains.'

We pray to see life as it is, to understand it, and to make it better than it was.

We pray so that reality can break into our souls and give us back our awareness of the Divine Presence in life. We pray to understand things as they are, not to ignore and avoid and deny them.

We pray so that when the incense disappears we can still see the world as holy."

---

Joan Chittister

### *Integrity of Creation*

In the beginning God entrusted the earth and its resources to the common stewardship of mankind to take care of them, master them by labor, and enjoy their fruits.<sup>1 87</sup> The goods of creation are destined for the whole human race. However, the earth is divided up among men to assure the

security of their lives, endangered by poverty and threatened by violence. The appropriation of property is legitimate for guaranteeing the freedom and dignity of persons and for helping each of them to meet his basic needs and the needs of those in his charge. It should allow for a natural solidarity to develop between men. (226, 1939) The right to private property, acquired or received in a just way, does not do away with the original gift of the earth to the whole of mankind. The universal destination of goods remains primordial, even if the promotion of the common good requires respect for the right to private property and its exercise.

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Creation Quotes from the Catechism of the Catholic Church

### *Diversity and Inclusion*

“We will all profit from a more diverse, inclusive society, understanding, accommodating, even celebrating our differences, while pulling together for the common good.”

---

Ruth Bader Ginsburg



## Notes from the Associates/Sisters

### ITEMS OF INTEREST



**May** is the fifth month of the year in the Julian and Gregorian calendars. Its length is 31 days.

May is a month of spring in the Northern Hemisphere, and autumn in the Southern Hemisphere. Therefore, May in the Southern Hemisphere is the seasonal equivalent of November in the Northern Hemisphere and vice versa. Late May typically marks the start of the summer vacation season in the United States (Memorial Day) and Canada (Victoria Day) that ends on Labour Day, the first Monday of September.

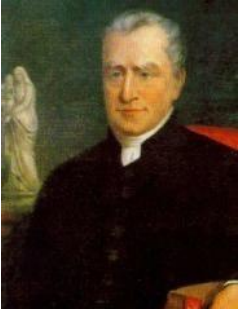
May (in Latin, *Maius*) was named for the Greek goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May. Conversely, the Roman poet Ovid provides a second etymology, in which he says that the month of May is named for the *maiores*, Latin for "elders," and that the following month (June) is named for the *iuniores*, or "young people" (*Fasti VI.88*).

Mayapples - common name given due to the plant's tendency to bloom in the month of May. Special devotions to the Blessed Virgin Mary take place in May.

Eta Aquariids meteor shower appears in May. It is visible from about April 21 to about May 20 each year with peak activity on or around May 6.

The Arietids shower from May 22 – July 2, and peaks on June 7. The Virginids also shower at various dates in May.





**May 5<sup>th</sup> – Feast Day  
Blessed Edmund Rice, Religious**

Edmund Ignatius Rice (1762-1844) came from Callan, County Kilkenny. After his young wife's early death, he sold his possessions and dedicated his life to the education of the poor.

To advance the work he gathered other like-minded men who took religious vows together to work for the Catholic education of boys.

He is a model of patient and cheerful acceptance of the sufferings God sends, a true lay apostle and a deeply committed religious.

The life and work of Edmund Ignatius Rice continues to be examined for the process of canonization. On October 6, 1996, he was beatified as Blessed Edmund Ignatius Rice which is the second step towards sainthood.

**May 12<sup>th</sup> - Mother's Day**

Many people in Canada express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians (eg. foster parents), and family friends. It is the time for people to thank mothers and mother figures who took the time care for them and help them through life's challenges.

Most people give cards, flowers, or chocolates, and/or make handmade items or special meals on Mother's Day.

Mother's Day endures and evolves. Just as Mother's Day was the creation of multiple women, the 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. We also honor the way mothers have raised and nurtured their children with love and courage.



## ***Women in Canadian History***



### **Pauline Johnson (1861–1913)**

Poet and public speaker. Pauline Johnson (Tekahionwake) is best known for her poetry celebrating her Aboriginal heritage. The daughter of George Johnson, a Mohawk chief, she wrote stories about Aboriginal women and children that were based in an idealistic setting but were more realistic than those written by her contemporaries. Some of her work is included *Songs of the Great Dominion* (1884) by W.D. Lighthall, the first anthology to include French-Canadian and Aboriginal poetry. Johnson travelled across Canada, the United States, and England to give speeches and poetry readings. Her patriotic poems and short stories made her a popular ambassador for Canada. *Photo: Bibliothèque et Archives Canada*



### **Marie Lacoste Gérin-Lajoie (1867–1945)**

Feminist, social reformer, lecturer, educator, and author. Marie Lacoste was from an early age acutely aware of the inequities faced by women. She was brilliant but had to educate herself through her father's library because Quebec's francophone universities were closed to women. In 1908 she helped to establish a girls' school that would allow young women to pursue higher education. She was a driving force behind the the Fédération nationale Saint-Jean-Baptiste, a francophone women's organization that

championed education, equity under the law, women's right to vote, and other social causes. Her work paved the way for the rise of the Quebec feminist movement during the Quiet Revolution. *Photo: Centre d'archives de Montréal*



### **Margaret Laurence (1926–1987)**

One of the giants of Canadian literature. Born in Neepawa, Manitoba, Margaret Laurence graduated from United College (now the University of Winnipeg) and lived in Africa with her husband for a time. Her early novels were about her experience in Africa but the novel that made her famous — *The Stone Angel* — was set in a small Manitoba town very much like the one she grew up in. Her work resonated because it presented a female perspective on contemporary life at a time when women were breaking out of traditional roles. Laurence was also active in promoting

world peace through Project Ploughshares and was a recipient of the Order of Canada.



### **Agnes Macphail (1890–1954)**

First woman elected to the House of Commons. Agnes Macphail was born in rural Ontario. While working as a young schoolteacher she became involved with progressive political movements, including the United Farm Women of Ontario. She also began writing a newspaper column. She was elected to the Commons as a member of the Progressive Party of Canada in 1921. Her causes included rural issues, pensions for seniors, workers rights, and pacifism. She also lobbied for penal reform and established the Elizabeth Fry Society of Canada. She later was elected

to Ontario's Legislative Assembly, where she initiated Ontario's first equal-pay legislation in 1951.

## Poetry Pause



### May Is Pretty, May Is Mild by Annette Wynne

May is pretty, May is mild,  
Dances like a happy child;  
Sing out, robin; spring out, flowers;  
April went with all her showers,  
And the world is green again;  
Come out, children, to the glen,

To the meadows, to the wood,  
For the earth is clean and good,  
And the sky is clear and blue,  
And bright May is calling you!



Each day provides its own gift.  
Marcus Aurelius



*From Kitty's Kitchen*

## **BBQ chicken in the oven**

### **Ingredients**

- **1 cup.** BBQ sauce
- **1/4 cup.** reduced-sodium soy sauce
- **1/4 cup.** extra-virgin olive oil
- **1/4 cup.** sliced scallions, divided
- **2 tbsp.** lemon juice
- **1 tbsp.** smoked paprika
- **1** clove garlic
- **1 tbsp.** freshly ground black pepper, divided
- **1 tbsp.** salt
- **1** red bell pepper, stem and seeds removed, sliced 1" thick
- **1** red onion, halved and sliced 1" thick
- **2 cup.** cubed fresh pineapple
- **4** -6 boneless, skinless chicken breasts



### **Directions**

1. Heat grill to medium-high for at least 3 minutes. In a small bowl, stir together BBQ sauce, soy sauce, oil, 2 tablespoons of scallions, lemon juice, paprika, garlic, and 1 teaspoon each salt and pepper.
2. Divide the bell pepper, onion, and pineapple between 4, 16" square sheets of heavy duty aluminum foil. Top each packet with a chicken breast and season with 2 teaspoons each salt and pepper, dividing evenly. Pour the sauce over top, dividing evenly, then tightly fold each piece of foil to make a packet and place on the grill.
3. Grill, covered and undisturbed, for 20 minutes, then use tongs to carefully open the top of each packet. Grill for another 5 minutes, until an instant-read thermometer inserted into the thickest part of the breast reads 165°.

4. Remove from the grill and let rest for 5 minutes. Transfer contents of each package to a plate and spoon any remaining sauce over top. Garnish with remaining 2 tablespoons each cilantro and scallion, dividing evenly.



## **Best Ham Casserole**

Submitted by Anne Bown

### Ingredients:

- 2 cups cubed peeled potatoes (I often use the small potatoes and leave the peels on – I cut the potatoes into 4 or 6 pieces)
- 1 large carrot, peeled and sliced
- 2 celery ribs, chopped
- 3 cups of water (for cooking veggies)
- 2 cups of cooked ham, cubed (I often use a fully cooked ham slice)
- 2 tbsp green pepper – chopped
- 2 tsp finely chopped onion
- 7 tbsp butter – divided into 3 tbsp and 4 tbsp
- 3 tbsp flour
- 1 1/2 cups of 2% milk (I have also used a 354 ml can of 2% evaporated milk)
- 3/4 tsp salt
- 1/8 tsp pepper
- 1 cup grated cheddar cheese
- 1/2 cup soft bread crumbs (I often used crumbs which have had melted butter and savoury added – i.e., left over from chickens and frozen for other use)
- Fresh parmesan cheese (optional)

### Method:

1. Bring potatoes, carrot, celery and water to a boil. Reduce heat and cook about 15 min (or until tender) – Drain. Put in a large bowl.



2. In a skillet, sauté the ham, green pepper, onion in 3 tbslp butter until tender. Add to potato mixture (In the larger bowl).
3. Melt the remaining 4 tbslp butter, stir in the flour and gradually add milk, salt and pepper. Bring to a boil, cook and stir for 2 minutes or until thickened. Reduce heat, add cheese and stir until cheese melts.
4. Pour over ham mixture in bowl and stir to coat.
5. Transfer to a greased baking dish – about 9 x 9 is the right size (I use a square glass dish).
6. Sprinkle with bread crumbs and parmesan (if using).
7. Bake uncovered at 375 degrees for 25 – 30 minutes.
8. This can be frozen either uncooked (thaw and cook) or cooked (thaw and reheat).



From Kitty's Library

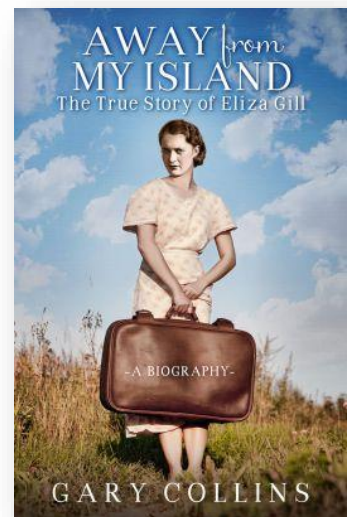
A Good Read: *Away from My Island* by Gary Collins

A true story of family, heroism, and ultimate sacrifice.

Born on Silver Fox Island in 1914, Eliza Gill was working “in service” before she was eight years old. By the age of eleven, she was informed by her father she would be sailing on a fishing schooner to the Labrador, where she would cook for a crew of five. For this she received no pay, but she didn't complain.

Eliza liked the island way of life, but she wanted more for her family. She persuaded her husband, Jacob, to leave their island home before the Resettlement Program began.

At Eliza's insistence, the family moved to Toronto. There she met a Jewish neighbour who was a Polish survivor of the Holocaust. She told



Eliza about the horrors of a war she could not even fathom. It would haunt Eliza for all of her days.

This is the true account of one woman's fortitude and bravery.



### *Pause for Thought*

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*Silence is something more than just a pause; it is that enchanted place where space is cleared and time is stayed and the horizon itself expands. In silence, we often say, we can hear ourselves think; but what is truer to say is that in silence we can hear ourselves not think...In silence, we might better say, we can hear someone else think.*

---

Pico Iyer



---

Rest with God

*In peace I will both lie down and sleep; for Thou alone, O Lord, makest me dwell in safety."*

Psalm 4:8

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

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

*Part IV*

### **Nurturer**

That Catherine cared about her companions deeply is almost axiomatic, but when one reads her own words to them, it is doubly clear that she felt, and displayed, great affection and concern for the well-being of each one. Her letters to them are invariably solicitous and intimate in tone. Listen to the insights she offers here into the character of the recipient of the letter, as well as to the extent of her own nurturing and concern. It is honest and forthright, yet full of kindness. It is the depth of winter, and Catherine has heard that Frances Warde has been ill:

*My ever Dear Sister Mary Francis*

*I have been very uneasy about you since I heard how you have been affected, though I am aware that there may not be any serious cause, for Sister Teresa White had the same kind of attack. Yet, I know you are not sufficiently cautious, and this is what I fear most.*

*Now let me entreat you not to be going through the new convent, or out in the garden even the mildest day during this month without careful wrapping up.*

*Have your shawl crossed on your chest and your feet very warm. I am sorry I did not look at the flannel you are wearing, is it very good? I could send some if you have it not. Again, I entreat you to be prudently cautious. ( p.151)*

Catherine's nurturing capacity, the ability to treat with great patience and gentleness and understanding in order to promote health and wholeness of mind, body and spirit, shines out from these simple, homely words of one woman to another, an older mentor to a young friend, cautioning common sense and moderation. Perhaps the "mothering" metaphor she frequently employs as a mark of care and affection does not appeal to modern ears, but there can be little doubting the sincerity of the care behind it, and it is perhaps noteworthy in this context to remember that Frances Warde's own mother had died when Frances was an infant.

One of the most touching expressions of Catherine's care occurs in a request made to Elizabeth Moore, to prepare a room for an ailing Sister being sent to Kingstown for the sea air:

*Will you, my Dear...give her all the care you can for a little time? She is so gentle it will be no difficult matter to please her. A little broiled meat, or whatever she tells you she can take, not to get up till breakfast time. Except you have Mass and that she feels able. Not to go out except she likes to try a short walk. Great tenderness of all things...(p.93)*

To be a nurturer in the manner of Catherine seems to be a delicate balance between giving direction and allowing the ailing person her freedom, between following prescriptions and letting the other person's effort and self-determination assert itself, between recognising need and dependency and encouraging the other's quest for healing and life. And the overriding "rule"? The quality that is valued above all by Catherine in respect of those in need? Tenderness. To lead with tenderness, to live with tenderness.

### **Next Month, Catherine: Empathizer**

## *The Last Word...*

---

"The Lord and Master of our House and Home is  
a faithful Provider. Let us never desire more than enough  
- He will give that and a blessing.

—————  
*Catherine McAuley – Letter to Teresa Purcell early 1841*



### ***Prayers for the Sick***

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

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

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





## Prayer for the Sick

Through the Intercession of Catherine McAuley

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

To the needs of her time.

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

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

Catherine McAuley, Pray For Us  
Amen.



### ***Happy Birthday Wishes to ...***

Cathy Hickey	June 18 <sup>th</sup>
Sister Maureen	June 18 <sup>th</sup>

### ***Happy Anniversary Wishes to ...***

Joanne & Ed	June 10 <sup>th</sup>
Sharon & Bill	June 26 <sup>th</sup>
Barbara & George	June 28 <sup>th</sup>





### *Light a Candle*

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

## **From the Wisdom Circles**

### *Circle of Compassion*

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

---

Maya Angelou

### *Contemplative Presence*

“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

## *Integrity of Creation*

*“Do you think God is sleeping on a pillow in heaven?...God is wholly present in all of creation, in every corner, behind you and before you. If you truly understood a grain of wheat, you would die of wonder.”*

---

Martin Luther (1483-1546)

## *Diversity and Inclusion*

*“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”*

---

Andre Lorde



---

*“We’ve been taught that God did not make the world for no reason, but for the sake of the human race. As I said before, he takes pleasure in those who imitate his attributes, and is displeased with those who embrace what is worthless, whether in word or deed.” – St. Justin Martyr*

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## Notes from the Associates/Sisters

### ITEMS OF INTEREST



June 17<sup>th</sup> – Feast Day of St. Emily de Vialar, Virgin, Foundress of the Sisters of St. Joseph "of the Apparition"

Anne Marguerite Adelaide Emily de Vialar was the eldest child and only daughter of Baron James Augustine de Vialar and his wife Antoinette, She was born at Gaillac in Languedoc in 1797.

For fifteen years, Emily was the good angel of Gaillac, devoting herself to the care of children neglected by their parents and to the help of the poor generally.

In her attempts to help the poor, the old and the destitute, Emily invited them to the house, causing considerable tension in the household. Other young women joined her efforts. In 1832 her maternal grandfather left her an inheritance, with which she bought a house for herself and her companions.

Her brother Agostino lived in French Algeria and proposed to open a hospital in Boufarik, near Algiers. Emily and her first companions arrived at a time of an outbreak of cholera. She used the money her grandfather left her to open hospitals and schools. Emily and 17 other sisters received a formal approval for the rule of congregation in 1835.

In 1845, Emily was on her way from Tunisia to Algeria when the ship on which she was traveling was caught in a terrible storm for nine days. Emily vowed "that wherever they landed safe and sound, she would open a house and dedicate it to St

Paul”. The ship came to rest at Malta, where St. Paul had also been shipwrecked. There Emily opened one of the first Catholic schools for young ladies.

The foundress, saw her Congregation grow from one to some forty houses in 22 years. The physical energy and achievements of St. Emily de Vialar are the more remarkable in that from her youth she was troubled by hernia, contracted in doing a deed of charity. From 1850 this became more and more serious, and it hastened her end, which came on August 24, 1856. The burden of her last testament to her Sisters was "Love one another". Her canonization took place in 1951; her feast is June 17th.



June is a great month.

School’s out. The days are long. The weather’s warm.

Perhaps the Anglo-Saxons—who spoke that linguistic ancestor of English known as Old English—were onto something when they collectively called June and July *Liða*. That’s pronounced like [ **lee**-*thuh* ], with the character *ð* having the voiced *th*-, like *this*. *Liða* itself may mean “calm” or “mild.” On its own, June was sometimes also referred to as *Ærra-Liða*, which is like “ere/first *Liða*,” and July *Æftera-Liða*, or “after/second *Liða*.”

So, how did the sixth month of the year go from *Liða* to *June*?

Where did *June* come from?

*June* ultimately comes from the the Latin *Iunius*, “of Juno (Iuno),” referring to the Roman goddess. The *J* sound for the *I* in Latin’s *Iuno* emerges in French, and its spelling with the letter *J* didn’t settle in English until the late 1600s.

The name *Iuno* itself appears to come from the Latin *iuventas*, “youth,” which is related to words like *juvenile* and *rejuvenate*. In ancient Rome, *Iunius* was the fourth month of the year in a 10-month calendar.

While *Iunius* was sometimes used alongside *Ærra-Liða* in Old English and Middle English, *June* took over, along with the other ancient Roman names for the months of the year, with the spread of Christianity in England in the Middle Ages.



## ***Women in Canadian History***



### **Julia Verlyn LaMarsh (1924–1980)**

Author, lawyer, broadcaster, novelist, and Canadian politician. In 1963, Julia “Judy” LaMarsh became the second female cabinet minister in the House of Commons. She sat in Prime Minister Lester Pearson’s Cabinet as the minister of national health and welfare and minister of amateur sport from 1963 to 1965. During this time the Canada Pension Plan was implemented and the Canadian medicare system was designed. LaMarsh served as secretary of state from 1965 to 1968 where she oversaw the centennial year celebrations, brought in the new

Broadcasting Act, which introduced many of the core features of today’s broadcasting policy, and established the Royal Commission on the Status of Women in Canada. *Photo: Copyright Health and Welfare Canada*





### **Nellie McClung (1873–1951)**

Novelist, reformer, journalist, and suffragist. Nellie McClung was a leader in the fight to enfranchise North American women. Her efforts led to Manitoba becoming the first province to grant women the right to vote in 1916, followed by Alberta and Saskatchewan. After a move from Manitoba to Alberta, she was elected to the Alberta Assembly as a Liberal member for Edmonton in 1921. In the legislature, McClung often worked with Irene Parlby of the governing United Farmers of Alberta party on issues affecting women and children. Both were members of the

Famous Five. McClung was also the first female director of the board of the governors of the CBC and was chosen as a delegate to the League of Nations in Geneva in 1938.



### **Lucy Maud Montgomery (1874–1942)**

An author with an enduring legacy. Lucy Maud Montgomery is most famous for being the creator of “Anne,” the redheaded orphan from *Anne of Green Gables*. Published in 1908, the book made Prince Edward Island famous around the world. Montgomery had a consummate literary career, publishing twenty novels, more than 530 short stories, 500 poems, and thirty essays. Raised by strict grandparents, she was a lonely, isolated child, with a vivid imagination. Later, she moved to Ontario, where she struggled with her husband’s religious melancholia, and the

challenges of being wife, mother, and manse mistress. She also fought lawsuits with her publisher and with her own ill health. Long after her death, Montgomery’s legacy continues with the enduring popularity of “Anne,” a character so vivid that we can all visualize her immediately.



## **Angelina Napolitano (1882–1932)**

Brought domestic abuse to national awareness. Little is known of Angelina Napolitano's tragic life, outside of the fact that she was an Italian immigrant who in 1911 killed her abusive husband with an axe as he slept, was convicted of murder, and was sentenced to hang. Since abuse could not be used as a defence, the case ignited enormous debate and a flood of petitions asking that her life be spared. It brought the "battered woman" defence into the spotlight and highlighted inequities in the law. On July 14, 1911, the federal Cabinet commuted her sentence to life

imprisonment. She was granted parole in 1922 and is believed to have died in 1932. *Photo: Lina Giorno Felice pictured as the lead character, Angelina Napolitano in the 2005 movie, Looking for Angelina.*



## **Poetry Pause**

### **Ode To The Month Of June**

O June, thou art the sweetest time of year,  
When Sol's warm rays upon the Earth do gleam,  
And skies of azure, pure and crystal clear,  
Awaken life from Winter's wistful dream.

Thy days, they stretch with golden light, so long,  
As Nature dons her verdant, vibrant dress,  
With fragrant blooms, in gardens, she belongs,  
And scents the air with whispered tenderness.

Children in joyous merriment do play,  
Beneath the azure canopy above,  
As fireflies twinkle in the twilight's gray,  
In June, we find pure beauty, peace, and love.

'Tis in this month that love's sweet fires ignite,  
Romance blooms with a grace so divine,  
Hand in hand, we wander in the night,  
Beneath the stars, our hearts and souls entwine.

June, thou art a gift, so pure and rare,  
A season of enchantment, love, and tune,  
In thy warm embrace, we find solace there,  
Ode to the cherished, lovely month of June.

**Dr Shamim Ali**



*“Prayer is the best preparation for Holy Communion. Prayer is the raising of the mind to God. When we pray we go to meet Christ Who is coming to us. If our Creator and Savior comes from heaven with such great love, it is only fitting that we should go meet Him. And this is what we do when we spend some time in prayer.” - St. Bernadine of Siena*



*From Kitty's Kitchen*

## Santa Fe Chicken Foil Packets

### Ingredients

- 2 c. quick-cooking white rice
- 1 3/4 c. low-sodium chicken broth or water
- 2 tsp. chili powder
- Kosher salt
- 4 (6-oz.) skinless, boneless chicken breasts
- Freshly ground black pepper
- 1 Tbsp. extra-virgin olive oil
- 1 (15-oz.) can black beans
- 2 small red or orange bell peppers, stemmed, seeded, and thinly sliced
- 1 1/2 c. fresh or frozen corn (from about 2 ears)
- 1 1/2 c. mild or medium salsa
- 1 c. shredded Mexican cheese
- 2 Tbsp. chopped fresh cilantro
- 1 lime, cut into wedges



### Directions

#### Step 1

Preheat oven to 425°F

#### Step 2

Season chicken with 1 teaspoon salt and 1/2 teaspoon black pepper. Arrange 4 (16"-by-12") pieces of foil on a work surface. Pull up sides to form into a shallow boat. Drizzle centers with oil. Divide rice mixture and any residual liquid among

foil packets (about a heaping 1/2 cup each). Sprinkle beans, bell pepper, and corn over. Nestle 1 chicken

breast into each foil packet and top with salsa and cheese. Tightly fold foil packets to seal.

Step 3

Bake for about 25 minutes.

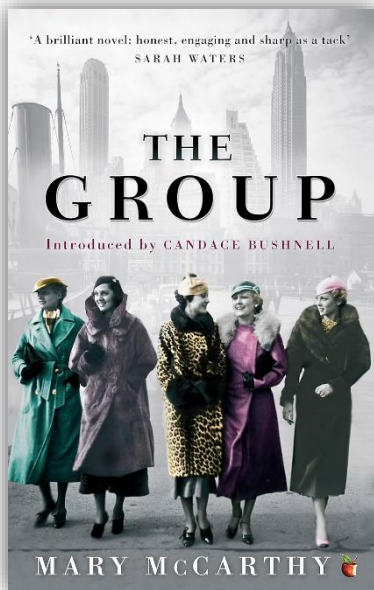
Step 4

Carefully open foil packets. Top with cilantro and serve with lime wedges alongside.



From Kitty's Library

A Good Read: *The Group* by Mary McCarthy



Mary McCarthy's most celebrated novel follows the lives of eight Vassar graduates, known simply to their classmates as "the group." An eclectic mix of personalities and upbringings, they meet a week after graduation to watch Kay Strong get married. After the ceremony, the women begin their adult lives—traveling to Europe, tackling the worlds of nursing and publishing, and finding love and heartbreak in the streets of New York City. Through the years, some of the friends grow apart and some become entangled in each other's affairs, but all vow not to become like their mothers and fathers. It is only when one of them passes away that they all come back together again to mourn

the loss of a friend, a confidante, and most importantly, a member of the group.



Father's Day is a holiday honoring one's father, as well as fatherhood, paternal bonds, and the influence of fathers in society. In Catholic countries of Europe, it has been celebrated on 19 March as Saint Joseph's Day since the Middle Ages.



### Pause for Thought

“Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.”

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





## Associates and Sisters Celebrate 30<sup>th</sup> Anniversary



On Saturday, 27 April 2024 about fifty sisters and associates gathered in the Recreation Hall to celebrate the 30<sup>th</sup> anniversary of the establishment of the associate relationship. After a welcome by Sisters Maureen O’Keefe, co-coordinator of the associates and Diane Smyth, Congregational Leader, Sr. Monica Hickey presented a brief history of the founding of the associate relationship in Newfoundland. With song and prayer the associates re-committed

themselves in Mercy, remembered associates who had died, and celebrated their 30<sup>th</sup> anniversary with cake and refreshments.



See video of events below:

<https://vimeo.com/942406285/8dd88cb1f1?share=copy> (13 mins)



More wonderful pics!



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

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

*Part IV*

### **Empathsizer**

Our final word from the letters of Catherine's name has been so much part of all that has gone before that it hardly needs saying. As a leader, as a warm-hearted woman, Catherine was possessed of a great capacity for empathy and compassion, and there are ample instances in her life and letters where this can be seen. She was able, because of her openness to God's grace, to make of all the hardships in her own life and any impulse to bitterness or resentment, the saving fact of fellow-feeling rather than self-pity.

One sequence of letters reveals this quality in a very touching way. It involves the story of the illness and death of a young Sister in Limerick, Sister Teresa Vincent de Paul Potter, who had originally entered at Baggot St, and was well known to Catherine. Catherine dedicated some of her numerous verses to this "sweet little poet" and was clearly very fond of her. [\[xi\]](#)

In her several letters to Elizabeth Moore in Limerick during March 1840 we see the progression in Catherine from hope that the young Sister will recover, to the realization that her illness is terminal: "No words could describe what I felt on reading the first line of your letter...the dear sweet innocent creature..." (203) On receiving the news of the "sweet little poet's" death, Catherine reaches out to "my darling" Elizabeth Moore in a shared grief, disarming in its acuity and its solidarity: "I did not think any event in this world could make me feel so much. I have cried heartily and implored God to comfort you..."(204)

Connector

Animator

Teamaker

Humorist  
Enabler  
Risktaker  
Includer  
Nurturer  
Empathizer

I have been playfully but also purposefully engaging with the letters of Catherine's name, the very word *Catherine*, as well as the words of her correspondence that form the most authentic examples of Catherine's self-disclosure with which we are endowed. They are not the only descriptions one could use about her leadership, of course. Traveller, teacher, encourager: perhaps a reading of the letters will give you your own acrostic. Try adjectives.

There is one other aspect of Catherine's leadership that deserves a quick mention. Catherine had a refreshing *normality* that she did not lose with the exercise of leadership. Her leadership did not obscure her humanity. With refreshing candour she writes to Frances Warde, after returning from arduous travel, "Thank God I am at rest again and now I think the name of another foundation would make me sick. But they say I would get up again." (p.237) She was no plaster, gaudily coloured saint but a real person, at times conscious of her own need for care and reassurance. "Do get me through this" she writes to M. De Pazzi Delany in 1837 about the "distressing business" of the withholding of a chaplain for Baggot St. (p.98) To Elizabeth Moore she writes at the end of a letter in 1840, a letter full of the tale of the illness and death of yet another young aspirant, "If you have time, write me a few words of comfort, and say you are well and happy..." (p.218) In August 1841 she twice ends letters to Frances Warde by asking for prayers: "Pray much for your ever affectionate..." and then with touching brevity, "Pray for me. God bless you," which surely must have been a tacit signal to the young woman that her friend was in the grip of a grave illness.

A reflection on Catherine's letters is rather like looking at one of those intricate Celtic knots, the threads of which lead back to the beginning after looping and overlapping, crossing and interweaving. It brings one to a realization that when one speaks of Catherine's leadership qualities one is really dealing with Catherine's

qualities as a Sister of Mercy, and her gifts as a human being. The qualities that made her an exemplary human being and a Christian and a Sister of Mercy are what made her an exemplary leader. There was no disjunction or artifice or straining to be other than what she was: there was rather a confluence of the Spirit's gifts working in this one woman, enlivening the gifts of nature and gifts of grace that flowed on through her life from childhood to Coolock to Baggot St. The triumph of her life was to follow the call of the Spirit as it led her to give expression in all those varied ways, God gradually shaping and refining her to the cause.

We have listened to Catherine herself in the letters and tried to catch the nuances of her own sense of her life as a leader. What did her contemporaries have to say about her? One of the regular recipients of Catherine's letters, her warm confidant and "dear child" Frances Warde, recalls Catherine in a letter of 1879, nearly forty years after her death, and towards the end of her own long and adventurous life:

*You never knew her.  
I knew her better than I had known  
Anybody in my life.  
She was a woman of God,  
And God made her a woman of vision.  
She showed me what it meant  
To be a Sister of Mercy,  
To see the world and its people  
In terms of God's love,  
To love everyone who needed care.  
Now her vision is driving me on.*

How fortunate was Frances Warde. The elementally simple words she uses have a lifetime's fondness of memory behind them, a sense of awe, and perhaps just a very human dash of pride in the unique association she had enjoyed. They sound out like a bell across time with a gospel authenticity. Like all true tributes, they point beyond the writer to the subject herself.

So, let the great lady, Catherine herself, have the last word. The last few letters in the Neumann edition, written just weeks before her death, show Catherine still involved in the practicalities of finance and so on, but it is within the embrace of a

lovely and endearing personal letter that we will conclude. It is a letter that reveals the heart of Catherine's understanding of her own calling, and speaks from the truth of lived experience. In terms of "leadership" it shows a woman who has known Jesus "hand in hand" as her guide and companion, and who dares to invoke for another with warmth and affection the blessing to be "one of His best beloved."

On October 10<sup>th</sup>, 1841, a little over a month before her death, Catherine writes to the newly professed Sister Mary Joseph Joyce of Galway. Too ill to attend the ceremony, and perhaps with her spirit already sensing the call from this life to the next, this is what Catherine writes with expansive joy to the newest Sister of Mercy:

*How sincerely, how joyfully I congratulate you on the completion of your ardent hopes and wishes. What a sweet and blessed union you have formed. Now it is that...you must prove your love...and gratitude by going hand in hand with your Divine Redeemer. Nothing to interest you but what relates to his greater glory. May He grant you every grace and blessing and make you one of His dearest and best beloved.*

*Pray for your ever affectionate*

*Mary C. McAuley*

## *The Last Word...*

*A community in which this universal charity reigns, is capable of surmounting all difficulties.*

\_\_\_\_\_  
Catherine McAuley





**July 1<sup>st</sup>, 2024**  
**Memorial Day, Newfoundland and Labrador**



**Badge**



**Regimental Colour**

<https://www.canada.ca/en/department-national-defence/services/military-history/history-heritage/official-military-history-lineages/lineages/infantry-regiments/royal-newfoundland-regiment.html>



A granite burial chamber that will become a tomb of the unknown soldier on July 1 was lowered into place at the Newfoundland National War Memorial in St. John's in early April. On Saturday, May 25<sup>th</sup> the remains of a Royal Newfoundland Regiment soldier who died in northern France during the First World War was returned to Newfoundland and Labrador.



A lying-in-state took place at Confederation Building from June 28-30 to allow members of the public to pay their respects.

On July 1, large crowds gathered in downtown St. John's for the annual Memorial Day remembrance service and to mark the centennial anniversary of the Newfoundland National War Memorial.

As part of the July 1 ceremony, meanwhile, the soldier's remains were re-interred inside a newly constructed granite burial chamber at the base of the 100-year-old monument.

It will be just the second such tomb in Canada, with the National War Memorial in Ottawa adding a tomb of the unknowns nearly a quarter-century ago.

It's essential that the identity of the soldier remains unknown because he will symbolically represent all Newfoundlanders and Labradorians from all branches of service who have no known grave.

Newfoundland was a self-governing British Dominion during the First World War, and more than 12,000 Newfoundlanders served in military or support services during the conflict. More than 1,700 lost their lives during the war, and some 800 of those who died have no known grave.

Roughly 600 of those unknown graves are located in France and Belgium, according to the Commonwealth War Graves Commission, and are marked by headstones with the wording "Known Unto God."

(Unveiling of the Newfoundland National War Memorial, 1924 (Courtesy of The Rooms, Provincial Archives Division (E47-40), St. John's)



The monument is built of marble, with bronze statuary and iron fencing, and was the work of world-renowned British artists, Gilbert Bayes and Ferdinand Victor Blundstone.

Bronze plaques representing each of the following adorn the Memorial:

- The War of 1812-15
- The First World War
- The Second World War
- The Korean War
- The Afghanistan War

It is the province's largest and most substantial work of public art, combining allegorical and realistic figures to portray Newfoundland's "First World War effort". It overlooks St. John's harbour, the departure point for many of those who served and died, and the location to which many veterans, including those physically and mentally scarred, returned.



## The Final Resting Place – Our Son is Home

[https://www.google.com/search?q=updated+picture+of+the+Tomb+of+theUnknown+Solder+st.+john%27s+nl&rlz=1C1GCEA\\_enCA875CA875&oq=updated+picture+of+the+Tomb+of+theUnknown+Solder+st.+john%27s+nl&gs\\_lcrp=EgZjaHJvbWUyBggAEEUYOdIBCTE2MDk1ajBqNKgCALACAQ&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:c7177545,vid:l-mlvpSiWw,st:0](https://www.google.com/search?q=updated+picture+of+the+Tomb+of+theUnknown+Solder+st.+john%27s+nl&rlz=1C1GCEA_enCA875CA875&oq=updated+picture+of+the+Tomb+of+theUnknown+Solder+st.+john%27s+nl&gs_lcrp=EgZjaHJvbWUyBggAEEUYOdIBCTE2MDk1ajBqNKgCALACAQ&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:c7177545,vid:l-mlvpSiWw,st:0)



# Psalm 91

He who dwells in the shelter  
of the Most High  
will abide in the shadow of  
the Almighty  
I will say to the Lord, “My  
refuge and my fortress,  
my God, in whom I trust”

For he will deliver you from  
the snare of the fowler  
and from the deadly  
pestilence  
He will cover you with his  
pinions,  
and under his wings you will  
find refuge;  
his faithfulness is a shield and  
buckler  
You will not fear the terror of  
the night,  
nor the arrow that flies by  
day,  
nor the pestilence that stalks  
in darkness,  
nor the destruction that  
wastes at noonday  
A thousand may fall at your  
side,  
ten thousand at your right  
hand,  
but it will not come near you.

You will only look with your eyes  
and see the recompense of the  
wicked

Because you have made the Lord  
your dwelling place—  
the Most High, who is my refuge—  
no evil shall be allowed to befall  
you,

no plague come near your tent  
For he will command his angels  
concerning you  
to guard you in all your ways  
On their hands they will bear you  
up,  
lest you strike your foot against a  
stone  
You will tread on the lion and the  
adder;  
the young lion and the serpent you  
will trample underfoot

“Because he holds fast to me in  
love, I will deliver him.  
I will protect him, because he  
knows my name.  
When he calls to me, I will answer  
him;  
I will be with him in trouble;  
I will rescue him and honor him  
With long life I will satisfy him  
and show him my salvation”

Psalm 91 is quite commonly known as the soldier’s psalm as it is said many soldiers in WWI recited this psalm daily.

## ***Prayers for the Sick***

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

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

(If you wish to have your name or another person’s name added to or removed from this list please let Sharon Drover know.

([drover.sharon@yahoo.ca](mailto:drover.sharon@yahoo.ca))

### **Prayer for the Sick**

Through the Intercession of Catherine McAuley

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

To the needs of her time.

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

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

Amen.

Catherine McAuley, Pray For Us

Amen.





***Happy Birthday Wishes to ...***

- Mary Norman - July 6<sup>th</sup>
- Joanne Stevenson - July 26<sup>th</sup>



***Light a Candle***

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

## From the Wisdom Circles

### *Circle of Compassion*

“Compassion is about giving all the love that you’ve got.”

---

Cheryl Strayed

### *Contemplative Presence*

“One of the strange laws of the contemplative life is that in it you do not sit down and solve problems: you bear with them until they somehow solve themselves. Or until life solves them for you.”

---

Thomas Merton

### *Integrity of Creation*

“Today too, amid so much darkness, we need to see the light of hope and to be men and women who bring hope to others. To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope; it is to let a shaft of light break through the heavy clouds; it is to bring the warmth of hope!

---

Pope Francis

*Diversity and Inclusion*

*“We’re supposed to be bringing out-of-the-box thinking and innovation, and you cannot do that unless you’ve got diversity.../It’s everything from gender to ethnicity to geographic diversity.”*

---

Julie Sweet

“Never will we understand the value of time better than when our last hour is at hand.”

- St. Arnold Janssen

## Notes from the Associates/Sisters

### ITEMS OF INTEREST

#### **Saint Birgitta – July 23<sup>rd</sup>**

We honor St. Bridget, also known as St. Brigitta, on July 23 each year. We can pray to Brigitta asking her to help us to love and care for our neighbor as she did.

Bridget was the daughter of a wealthy governor who used his riches generously. He donated money for good causes and helped the poor. He worked for the just and fair treatment of all the people. Bridget, who was born in 1303, learned these lessons early in her life.

Bridget married into the Swedish royal family and lovingly raised eight children, one of whom came to be known as St. Catherine of Sweden. Bridget and her husband followed her father's example of caring for people in need. It is said that she even arranged for a hospital to be built on their estate. The hospital was open to all.

When her husband died, Bridget gave away all her possessions. She founded a double monastery for men and women who lived apart, but worshipped together. The religious order was known as the Order of the Most Holy Saviour, or the Brigittines.

When Bridget learned of an epidemic in Rome, she made a pilgrimage there to assist the sick and dying. While in Rome, she spoke out against the injustices she saw and worked to change situations that kept all people from living a good life. Her words and actions influenced government and Church officials, even the pope!

Bridget made a pilgrimage to the Holy Land to see the places where Jesus taught, died, and rose from the dead. During her pilgrimage Bridget experienced Christ's presence in prayer visions.

Bridget died after she returned to Rome, but her body was eventually returned to her land and the people she loved and cared for. Her coffin was carried reverently through Europe to Sweden, and she is buried at the monastery she founded.



Because of her holiness, Bridget was declared a saint only 18 years after her death in 1373. She is the patron saint of Sweden. In 1999, Pope John Paul II honored her once more: St. Bridget is one of the six patron saints of Europe, together with Benedict of Nursia, Cyril and Methodius, Catherine of Siena and Teresa Benedicta of the Cross.

Saint Brigitta pray for us.



July means Julius Caesar's month. July was added to the year in 46 BC when he altered the Roman calendar and named a month after himself.

Gaius Julius Caesar was the Roman emperor who invaded Britain in 55BC. He was instrumental in changing Rome from a Republic to the militaristic Empire. It was Julius who was assassinated on the Ides of March by Brutus.

### **Events in July**

- Tanabata
- Bon festival

## **Born in July?**

Birthstone: Ruby

Flower: Larkspur

Tropical Zodiac: Cancer (June 21 to July 22) and Leo (July 23 to August 22)



## ***Women in Canadian History***



### **Nahnebahwequay, Catherine Sutton**

Christian missionary and spokesperson for Ojibwa people. Nahnebahwequay, also known as Catherine Sutton, took issue with the Indian Department in 1857, which prevented First Nations people from purchasing their own ceded land. She travelled to England to present the case to the colonial secretary and the British Crown. A group of Quakers in New York funded her voyage and provided her with a letter of introduction. She was introduced to Queen Victoria on June 19, 1860. The intervention of the British government allowed her and her husband, William, to buy back their land, but nothing was done for other First Nations families. Upon returning to Canada, she continued to argue for the rights of indigenous people. *Photo: Copyright Grey Roots Museum, Owen Sound*





### **Madeleine Parent (1918–2012)**

Union organizer and social activist. Late in life, Madeleine Parent was recognized her indefatigable activism on behalf of workers, women, and minorities. But in her younger years she was marked as a dangerous woman and a “seditious” traitor. In the 1940s, Parent organized workers in the massive textile factories of Quebec. She was convicted — and later acquitted — of seditious conspiracy. From the 1950s to the 1970s, she led the Canadian Textile and Chemical Union, and launched historic struggles over workers

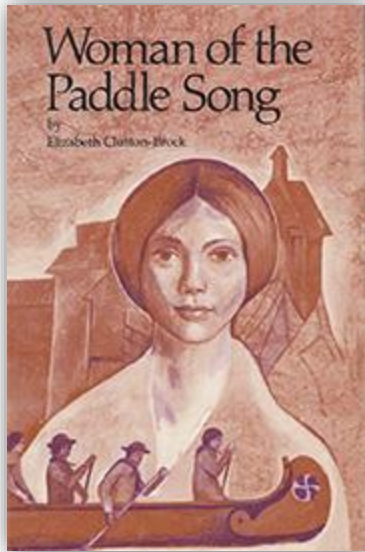
rights. In her late eighties, Parent continued to speak out on a wide range of social justice issues. In the end, her radical, left-wing ideas not only defined who she was but became her lasting legacy to Canadian society.



### **Gabrielle Roy (1909–1983)**

A francophone writer who gifted to Canada some of the most memorable novels of the twentieth century. Gabrielle Roy chronicled hardship and hope, family and estrangement, and the difficulties of love. Born in St. Boniface, Manitoba, in 1909, Roy was the youngest of eleven children in a family without material wealth but replete with stories. Despite hard times, she saved enough to travel to Europe in 1937. There she began writing. She returned to Canada in 1939, and published her first novel

— *Bonheur d’occasion* — in 1945. The novel won France’s Prix Fémina and its English translation, *The Tin Flute*, won Canada’s Governor General’s Award. She would go on to win two more Governor General’s Awards, as well as other literary prizes.



## Charlotte Small (1785–1857)

Explorer David Thompson’s wife and interpreter. Charlotte Small was born at Île-à-la-Crosse, a fur trade post in what is now northern Saskatchewan. She was the daughter of a Cree woman and a white trader with the North West Company. Raised among her mother’s people, her knowledge of both English and Cree made her a valuable companion to Thompson. Married at age thirteen to twenty-nine-year-old Thompson, Small would go on to accompany the explorer as he mapped much of western Canada, covering as much as 20,000 kilometres. Thompson acknowledged that his “lovely wife,” with her knowledge of Cree,

“gives me a great advantage.” Their strong and affectionate partnership lasted 58 years and they raised 13 children. *Photo: As depicted on the cover of Woman of the Paddle Song written by Elizabeth Clutton-Brock.*



## Poetry Pause



## July

Gone are Spring's graces! mute her melodies!  
Yet in their place what Summer *can* bestow,  
Freely she yields; she tunes the river's flow  
To gentlest music,—fills with sweets the breeze,—  
Gives the last flush of leafage to the trees,—  
Flowers to Earth's nursing bosom,—to the sky  
Brightness oppressive from intensity,—  
And calms, with halcyon wing, the azure seas.  
Such are her spells!—yet I look back on Spring  
(As middle age delights on youth to pore)  
With feelings mournful, but unmurmuring.  
I ever loved the bud more than the flower  
And hope than full enjoyment: thence I cling  
Alike to life's and nature's budding hour.

~ *Rebecca Hey*



*From Kitty's Kitchen*

Tuna Pasta Bake

### Ingredients

1 1/4 C dried macaroni pasta

3 tbsp of Butter  
2 tbsp White Flour  
2 cups milk  
3/4 cup grated pizza cheese  
425g can [tuna](#) in water, drained, flake



## Directions

### Step 1

Preheat oven to 325°. Lightly grease an 8 cup-capacity ovenproof dish. Cook pasta in a medium saucepan of boiling, salted water, following packet directions, until tender. Drain, reserving 1/4 cup cooking liquid. Return pasta to pan.

### Step 2

Melt butter in a saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, for 3 to 4 minutes or until sauce boils and thickens. Remove from heat. Stir in 1/4 cup cheese. Season with pepper.

### Step 3

Add to pasta with tuna and reserved cooking liquid. Toss to combine. Spoon mixture into prepared dish. Sprinkle with remaining 1/2 cup cheese. Bake for 12 to 15 minutes or until cheese is melted and golden. Serve.





## From Kitty's Library

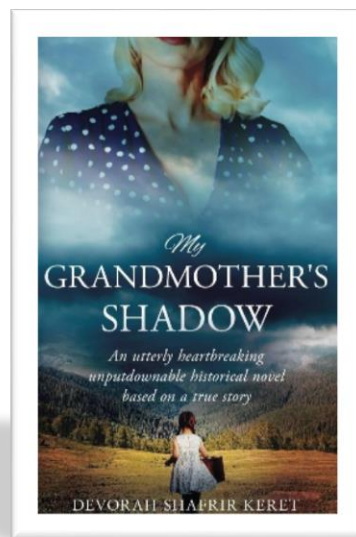
### A Good Read: *My Grandmother's Shadow*

Author: Devorah Shafrir Keret

Winter, 1941: Watching the smoke rise over the burning synagogue of the Riga Ghetto, Johanna Friedman's only concern is keeping her family safe. As she prepares to leave her home, clutching what little possessions she is allowed to carry, her thoughts meander to a simpler time before the war – and a secret name, one she rarely recites out loud, forever embedded in her heart.

Present day. Devorah was never allowed to ask about her mother's repressed past, until her mother agreed to show her a hidden drawer containing her secret history. Devorah unravels the story of the amazing women who have shaped her legacy: the one who raised her mother as her own – and the one her mother never knew.

Inspired by the true story of her maternal lineage, Devorah Shafrir Keret weaves a haunting, unforgettable saga of brave, broken women spanning a century of secrets and triumphs.



## Pause for Thought

“We believe in ordinary acts of bravery, in the courage that drives one person to stand up for another.”

---

Veronica Roth, *Divergent*



# *the* LAST WORD

‘Every place has its own particular ideas and feelings which must be yielded to when possible.’

---

Catherine McAuley  
Letter to Frances Warde November 17, 1838





### ***Prayers for the Sick***

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



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

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



## Prayer for the Sick

Through the Intercession of Catherine McAuley

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

To the needs of her time.

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

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

Catherine McAuley, Pray For Us  
Amen.



### ***Happy Anniversary Wishes to ...***

Barbara & Austin Hawley

-

August 10<sup>th</sup>



### ***Light a Candle***

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



## From the Wisdom Circles

### *Circle of Compassion*

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

---

Marianne Williamson

### *Contemplative Presence*

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

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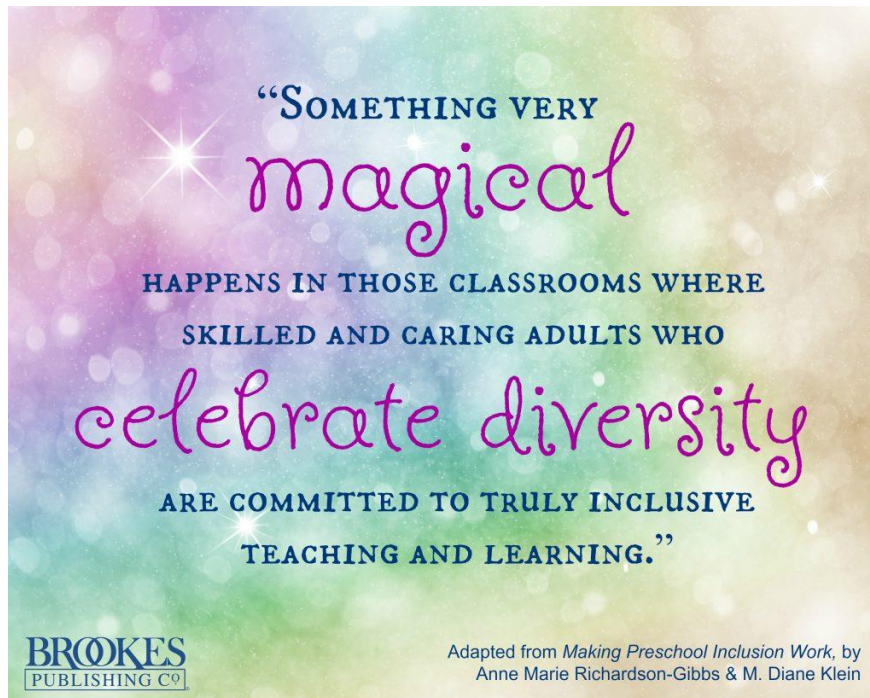
Thomas Merton

### *Integrity of Creation*

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

---

Pope Francis



---

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

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## Notes from the Associates/Sisters

### ITEMS OF INTEREST

#### St. Beatrice of Silva – Feast Day August 17<sup>th</sup>



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

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

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

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

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

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

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

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

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

She is the patron Saint of Prisoners.



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

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



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

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



## ***Women in Canadian History***

NO IMAGE  
AVAILABLE

### **Eileen Tallman Sufrin (1913–1999)**

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

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



### **Kateri Tekakwitha (1656–1680)**

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

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



### **Thanadelthur (1697–1717)**

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

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



### **Marie-Madeleine Jarret de Verchères (1678–1747)**

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

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

## Poetry Pause

### Long Island Sound

Emma Lazarus – 1849 –1887

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



*From Kitty's Kitchen*

### **Cranberry Lemon Loaf**

#### **Ingredients**

1 cup fresh cranberries

1<sup>2</sup>/<sub>3</sub> cups all-purpose flour (*plus 1 tablespoon (8 grams) for dredging cranberries*)

1<sup>1</sup>/<sub>2</sub> teaspoons baking powder *6 grams*

1/2 teaspoon salt

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

### **For the Glaze**

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

### **Directions**

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

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



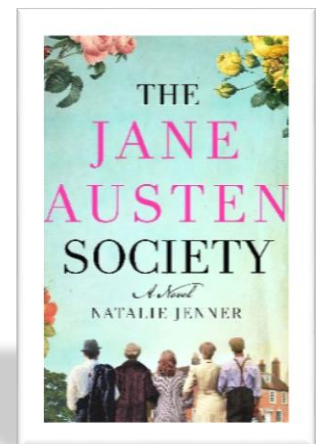
From Kitty's Library

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

Author: Natalie Jenner

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

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





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



## ***Places to Go, Things to See....***



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

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

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





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



***Downtown St. John's Busker Festival Aug. 2<sup>nd</sup> - 4<sup>th</sup>, 2024***

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

***AFTERNOON TEA:***

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



*Pause for Thought ...*



# *the* LAST WORD

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

Retreat Instructions, p. 82



**Vol. 7/No. 9 - September 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**

### ***Prayers for the Sick***

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



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

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



## Prayer for the Sick

Through the Intercession of Catherine McAuley

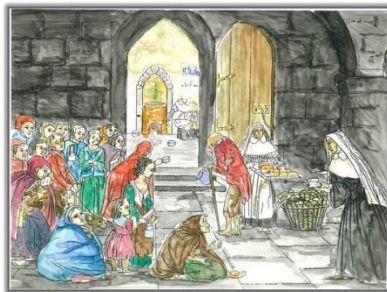
God of Love and Mercy,  
You inspired Catherine McAuley,  
To serve your Son by responding

To the needs of her time.

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

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

Catherine McAuley, Pray For Us  
Amen.



### *Light a Candle*

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



## From the Wisdom Circles

### *Circle of Compassion*

“True compassion means not only feeling another’s pain  
but also being moved to help relieve it.”

---

hellofearless.com

### *Contemplative Presence*

“The time of business  
does not differ with me  
from the time of prayer;  
and in the noise and clatter  
of my kitchen,  
while several persons  
are at the same time  
calling for different things,  
I possess God in as great tranquility  
as if I were on my knees.”

---

Brother Lawrence



## *Integrity of Creation*

“Creation is not a property, which we can rule over at will; or, even less, is the property of only a few: Creation is a gift, it is a wonderful gift that God has given us, so that we care for it and we use it for the benefit of all, always with great respect and gratitude.”

—  
Pope Francis

## *Diversity and Inclusion*





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Rest with God

*The Mighty One, God the Lord, speaks and summons the earth from the rising of the sun to its setting.*

- Psalm 50:1

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## Notes from the Associates/Sisters

### ITEMS OF INTEREST

**Joan Elizabeth Lucy Bichier** (5 July 1773 – 26 August 1838)



Joan Elizabeth was born in 1773 in the Château des Âges, home of her aristocratic family near the village of Le Blanc. She was one of the couple's four children and later was commonly called Elizabeth by her family. Her mother was a religious person and ensured that her daughter was taught how to pray and the basics of the Catholic faith. Elizabeth proved a ready student, already feeling drawn to prayer from her childhood.

After the outbreak of the French Revolution, there were restrictions placed on the practice of the Catholic faith. During this period, two of her brother chose to join the forces of the revolution. Shortly after that, their father fell ill and later died on 16 January 1792.

In 1796, Elizabeth and her mother moved to the family's country home in Béthines called La Guimetièrre. While living there, Elizabeth began to feel the loss of Religion in her life. Her wish was to consecrate her life to God in

an enclosed religious order. During this period she used to gather people and pray with them.

The following year, a former servant came by the house to inform them that a priest would be presiding at a secret Mass at a farm in Marsyllis, about ten miles away. This was the Abbé Andrew Fournet, the underground pastor of Maillé, who would give Elizabeth a new direction in her life, answering her longings. Elizabeth opened her heart to Fournet and she shared her longing to dedicate herself to God. He asked her to open her home for the catechesis of the local children. Elizabeth asked the permission of her mother, who agreed to this project and a small school slowly began to develop at La Guimetière.

With the signing of the Concordat of 1801 between France and the Holy See under Napoleon, the Catholic Church was able to resume public activity.

Elizabeth and her mother felt it wiser to be closer to Fournet, and relocated to Maillé. They needed a home that would both accommodate the community and provide a place for their work. For this, they were able to acquire the local chateau. In February 1807, the five community members professed religious vows, establishing the new congregation of the Sisters of the Cross.

The small community began to expand quickly, and the schools began to multiply where the Sisters could exercise their ministry to the poor and needy. In 1816 the community received ecclesiastical approval. By 1820 they had expanded again, and a former monastery of the Order of Fontevrault was obtained in La Puye, where their motherhouse was established. It still serves as the congregation's headquarters. Within ten years, there were over sixty communities of Sisters of the Cross. In 1850 they established their first foreign foundation, in Bilbao, Spain.

Elizabeth died in 1838, at which time there were about 600 Daughters of the Cross serving in some 100 communities.

Elizabeth Bichier was beatified by Pope Pius XI in 1934 and canonized by Pope Pius XII in 1947.





**September** is the ninth month of the year in the Gregorian calendar and interchangeably the ninth or tenth month in the less commonly used Julian calendar. In the modern Gregorian calendar, its length is 30 days.

September in the Northern Hemisphere and March in the Southern Hemisphere are seasonally equivalent.

In the Northern hemisphere, the beginning of the meteorological autumn is on 1 September. In the Southern hemisphere, the beginning of the meteorological spring is on 1 September.

September marks the beginning of the ecclesiastical year in the Eastern Orthodox Church. It is the start of the academic year in many countries of the northern hemisphere, in which children go back to school after the summer break, sometimes on the first day of the month. Some Libras and Virgos are born in September, with Virgos being born on September 1st through September 22nd and Libras September 23rd through September 30.

September (from Latin *septem*, "seven") was originally the seventh month in the oldest known Roman calendar, the calendar of Romulus c. 750 BC, with March being (Latin *Martius*) the first month of the year until perhaps as late as 451 BC. After the calendar reform that added January and February to the beginning of the year, September became the ninth month but retained its name. It had 29 days until the Julian reform, which added a day.



## ***Women in Canadian History***



### **Justice Bertha Wilson (1923-2007)**

First woman to be appointed to the Supreme Court of Canada. Born into a working-class family in Scotland, Bertha Wilson trained in law in Canada. When appointed to the high court in 1982, she already had a track record as a justice with the Ontario Court of Appeal, where she was known for her humane decisions in areas such as human rights and the division of matrimonial property. During her nine years on the Supreme Court, she helped her male colleagues to understand that seemingly neutral laws often operated to the disadvantage of women and minorities. She thus helped usher in groundbreaking

changes to Canadian law. *Photo: Copyright Cochrane Photography*



### **Jane Wisdom (1884-1975)**

One of Canada's first professional social workers and the first head of the Bureau of Social Services in Halifax. Jane Wisdom completed her initial training and education in social work in New York because there were no schools of social work in Canada. She returned to Halifax in 1916 to lead the newly established Bureau of Social Services. She moved to Montreal in 1921 to complete her studies and lectured in social work. She continued her work in Montreal for eighteen years before moving back to Nova Scotia. In 1941 she accepted a position as the first welfare officer for Glace Bay, which made her the first

municipal welfare officer in Nova Scotia. *Photo: nsasw.org*



## ***The Archival Moment***

*The Archival Moment is contributed by Sister Charlotte Fitzpatrick.*

### ***Sister Mary Benedicta Fitzgibbons***

Minnie Fitzgibbons was born in St. John's on February 2, 1869, daughter of Margaret and Edmund Fitzgibbon. She was one of the first to study at St. Clair's Boarding School which had opened at the Mercy Convent site in 1861. During her years there, she studied piano under the direction of one of the school's teachers, Professor Hancock. She was among the first to be enrolled at St. Bride's Boarding School when it opened in 1884. After the completion of her studies at St. Brides, Minnie entered the Sisters of Mercy, and at her reception into the novitiate received the name Sister Mary Benedicta. She was professed on December 27, 1887. During her years at St. Bride's Sister M. Benedicta's musical talent was developed under the direction of the highly skilled Sister M. Xaverius Dowsley, and she herself became an accomplished musician. She wrote the music for one of Archbishop Howley's poems, *Dear Old Southside Hills*.

Sister M. Benedicta was one of the last Sisters to teach at St. Peter's School, formerly Fishermen's Hall located on the corner of Queen Street and George Street. It operated as a school from 1881 until 1903, when it was replaced by St. Vincent's School on the "Parade Grounds," where *The Rooms* is situated today. Over its twenty- two- year history many of the sisters from Mercy Convent taught at St. Peter's.

After Amalgamation in 1916, Sister M. Benedicta was named the first novice mistress for the new Congregation of the Sisters of Mercy of Newfoundland. In 1922 at the completion of her six-year term at the Novitiate, she went as superior of the founding community of St. Joseph's Convent in the Hoylestown area of St. John's. She taught music in St. Joseph's School, providing a comprehensive music program for the students as well as taking responsibility for parish liturgies. Between 1937 and 1949 Sister M. Benedicta held the office of local superior both at Mercy Convent and at St. Clare's Convent. While at St. Clare's she and her community, with the help of generous benefactors, created a fund called *St. Joseph's Burse* which allowed St. Clare's to provide free accommodation and care



to needy pregnant mothers and their babies in the absence of government remuneration. This fund continued until the advent of National Health Insurance in 1958.

In 1949 Sister M. Benedicta returned to Mercy Convent where she resumed her teaching of music until failing health necessitated retirement from active ministry. She died on July 15, 1959 at the age of 90 years and is buried in Belvedere cemetery.



### **In the spotlight....**



From left to right: Mark Critch (plays Mike Critch), Malcolm McDowell (plays Patrick – the grandfather), Sister Rosemary Ryan, and Benjamin Evan Ainsworth (plays Mark Critch). Sister Rosemary was principal at St. Theresa’s school where Mark was a student. He insisted on taking her picture with the main characters from “Son of a Critch”.

## Poetry Pause

### ‘September’.

Lo! a ripe sheaf of many golden days  
Gleaned by the year in autumn’s harvest ways,  
With here and there, blood-tinted as an ember,  
Some crimson poppy of a late delight  
Atoning in its splendor for the flight  
Of summer blooms and joys  
This is September.

~Lucy Maud Montgomery~



Lucy Maud Montgomery (1874-1942) is best-known for her classic novel for children, *Anne of Green Gables*, set in Montgomery’s own country of Canada (on Prince Edward Island). She published 20 novels as well as 530 short stories, 500 poems, and 30 essays.





*From Kitty's Kitchen*

## **Broccoli Cheddar Soup**

### Ingredients

- 4 tablespoons unsalted butter
- 1 medium yellow onion, chopped
- 1/2 teaspoon sea salt
- Freshly ground black pepper
- 3 garlic cloves, chopped
- 1/4 cup all-purpose flour
- 2 cups whole milk or unsweetened almond milk
- 2 cups vegetable broth
- 3 cups chopped broccoli florets
- 1 large carrot, julienned or finely chopped
- 1/2 teaspoon Dijon mustard
- 8 ounces shredded cheddar cheese, about 2 heaping cups



### Directions

1. Melt the butter in a large pot over medium heat. Add the onion, salt, and several grinds of pepper and cook, stirring, for 5 minutes, or until softened. Stir in the garlic and cook for another minute, then sprinkle in the flour and whisk continuously for 1 to 2 minutes, or until the flour turns golden. Slowly pour in the milk, whisking continuously.
2. Add the broth, broccoli, carrot, and mustard and stir to combine. Simmer for 15 to 20 minutes, or until the broccoli is tender.
3. Gradually add the cheese, stirring after each addition, until all the cheese is melted and the soup is creamy. Season to taste and serve with croutons, if desired.



## From Kitty's Library

A Good Read: *A Secret Close to Home*  
by Ida Linehan Young

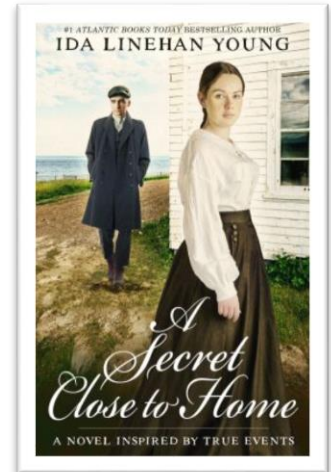
Jimmy Bailor is left on the edge of the wild North Atlantic with meagre supplies and limited survival skills. He stumbles upon shelter with Flory White, her sister-in-law, Lizzy, and Lizzy's young son.

The Whites have been stranded to winter alone in isolated Juniper Tickle after the menfolk are arrested for the murder of the crew of the *Annie May*—a marooned schooner owned by Jimmy's father.

While enduring the harsh and unforgiving winter in outpost Newfoundland, Jimmy struggles with menial tasks and further strains Flory's bid to keep them alive until spring, with faint hope for the men's return.

When Jimmy's identity is revealed, he must face the bitter truth about himself, his father's legacy, the women he has now betrayed—and a murderer who will stop at nothing to make sure Jimmy disappears once and for all.

Will Jimmy challenge his limitations and defy a killer? Will he humbly seek Flory's forgiveness, or is it too late for them both as Flory deals with deceptions closer to home?



## *Pause for Thought ...*

*pause*

S...l...o...w... it all down. Pause from your full calendar and long task list. Take a moment— or ten— to simply be. To remind yourself that this is life, right here and right now. To reacquaint yourself with your pulsing heart and your incredible body that allows you to do all that you do. To remember that life is precious and fragile and should be lived in love. To remind yourself that whatever is happening or wherever you find yourself in your journey, it is all as it is supposed to be.

*- Nikki Banas | Walk the Earth*

## *The Last Word...*

“I would like to tell you all the little cheering things that God permits to fall in our way.”

Letter to de Pazzi Delaney October 3, 1837





**Vol. 7/No. 10 - October 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**

### ***Prayers for the Sick***

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



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

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



## Prayer for the Sick

Through the Intercession of Catherine McAuley

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

To the needs of her time.

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

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

Catherine McAuley, Pray For Us  
Amen.



### ***Light a Candle***



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

## ***Happy Birthday Wishes to ...***



Michelle Furlong - October 2<sup>nd</sup>  
Catherine Penney Ryan - October 16<sup>th</sup>



## **From the Wisdom Circles**

### ***Circle of Compassion***

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

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

**We are all in this life together.”**

---

Linda Thompson

## ***Contemplative Presence***

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

---

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

## ***Integrity of Creation***

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

---

Heather Eaton

## ***Diversity and Inclusion***

### *Definitions:*



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



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



### Notes from the Associates/Sisters

#### **ITEMS OF INTEREST**

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



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

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

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

## Symbols

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

- Wikipedia, the free encyclopedia



## The Holy Guardian Angels – October 2<sup>nd</sup>

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



## Guardian Angels

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

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

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



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

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

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

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



## **Thanksgiving Day – October 14<sup>th</sup>**

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



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



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

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

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



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

Library and Archives Canada / e010775200-v6

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

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

## ***Marguerite Bourgeoys canonized on October 31, 1982***



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

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

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

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

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

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





## ***The Archival Moment***

*The Archival Moment is contributed by Sister Charlotte Fitzpatrick.*

### ***Sister M. Patrick O'Farrell***

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

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

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

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



## ***Reflection***



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

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



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

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

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

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

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

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

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

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

*Catherine Penney Ryan*



## In the spotlight....



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





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



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

- St. Therese of Lisieux – the Little Flower

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



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

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

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

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

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

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

When prompted add the meeting ID 896 5231 5441

When prompted add the passcode 515141



## Poetry Pause

### Autumn Fires

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

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

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

- Robert Louis Stevenson





*From Kitty's Kitchen*

## ***Creamy Mushroom Stroganoff***

### Ingredients

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



### Directions

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



## From Kitty's Library

A Good Read

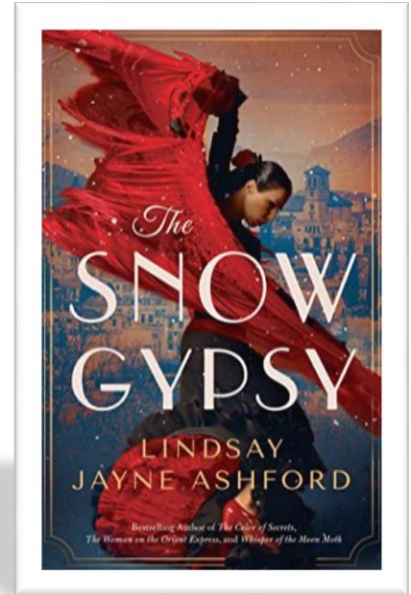
*The Snow Gypsy*

By: Lindsay Jayne Ashford

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

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

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



## *Pause for Thought ...*

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

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

## *The Last Word...*

“Now and again bestow some praise.”

—  
Letter to Elizabeth Moore December 1838

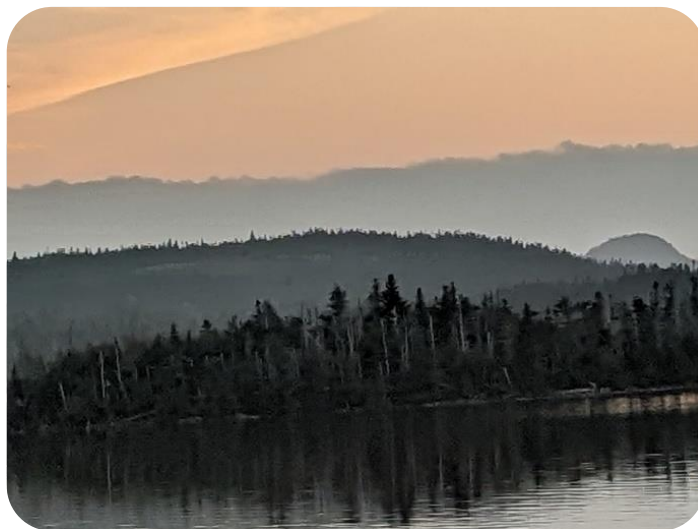


Photo Credit: Rick Coish



**Vol. 7/No. 11 - November 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**

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We pray for people who are on our list this week – Jaxon McKinney (Sister Maureen O’Keefe’s grandnephew), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Marion Bonia (sister of Anne Marie Davis), Sister Theresa Boland, George Bradbury (husband of Barbara Bradbury), Rick Mahon (son of Doreen Stone), Anne Noseworthy (very good friend of Marie Higgins) and Margaret MacNeil (sister of Geraldine 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.](mailto:drover.sharon@yahoo.ca))



## Prayer for the Sick

Through the Intercession of Catherine McAuley

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

To the needs of her time.

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

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

Catherine McAuley, Pray For Us  
Amen.



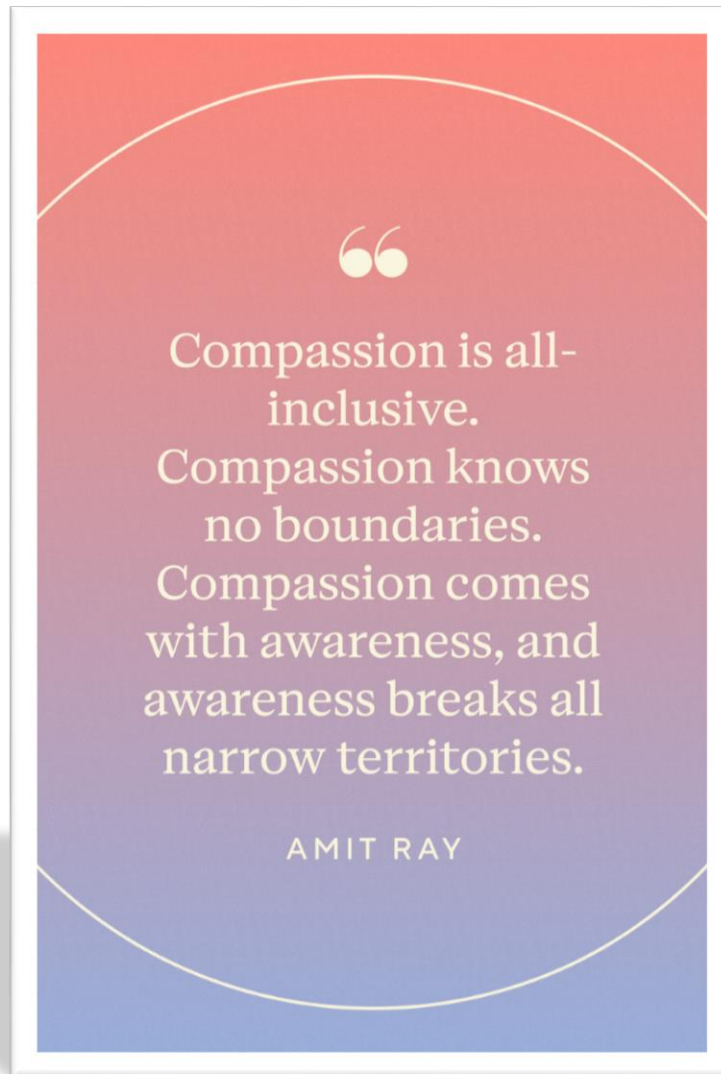
### *Light a Candle*



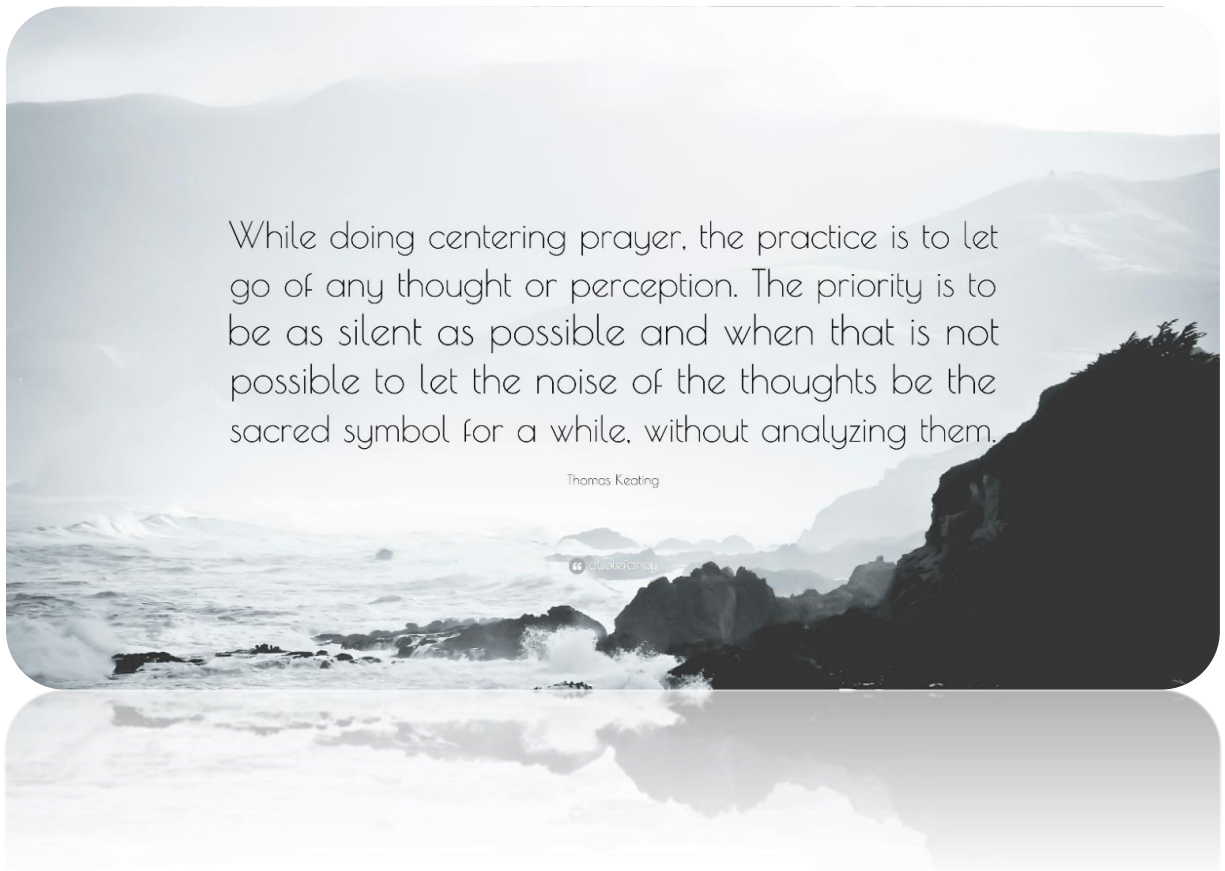
Let us continue, in solidarity with Mercy Sisters, Associates and Colleagues around the world, to light a candle and pray for justice and peace.

## From the Wisdom Circles

### *Circle of Compassion*







While doing centering prayer, the practice is to let go of any thought or perception. The priority is to be as silent as possible and when that is not possible to let the noise of the thoughts be the sacred symbol for a while, without analyzing them.

Thomas Keating

***Integrity of Creation***

“See God in all things, for God is all things.  
Every single creature is full of God and is a book  
about God. Every creature is a word of God!”

Meister Eckhart O.P

## *Diversity and Inclusion*

“Diversity is having a seat at the table, inclusion is having a voice, and belonging is having that voice be heard.”

---

Liz Fosslien



Notes from the Associates/Sisters

### **ITEMS OF INTEREST**



November is the eleventh month of the Gregorian calendar. It is the ninth month of the Old Roman year, which began before Caesar's reform in March. The name was originated from a Latin novem – that is translated as nine. November is one of four months that lasts 30 days. This is the last month of the autumnal calendar in the Northern Hemisphere and the spring in the Southern.

November is the month of struggle between autumn and winter, during which the snow time is substituted by the periods of heat and bad weather. Although people celebrate the end of the autumn on the 14th of November, but in fact those days are most likely to remind you of warm times; people call this period of time the Michaelmas (celebrated on November 21). Despite this, it is considered that winter

comes long before the time before the actual calendar days, namely on November 19 and 22. The real winter days begin on November 25, and on December 4 you can already see rivers and lakes covered in ice. November gives quite accurate predictions for the future, and if you closely monitor the physical phenomena that are taking place this month, you can give a forecast not only for the coming winter, but also for the future harvest.



We strongly encourage you to go to our mercy website: [www.sistersofmercynf.org](http://www.sistersofmercynf.org) and have a look at the ASSOCIATE section. There are many new additions, lots of photos and some videos. new additions, lots of photos and some videos.

We hope that you will enjoy and be encouraged to keep working for the growth of our Mercy Associate relationship.



### ***Saint Clement - November 23***

Saint Clement's Day was traditionally, and in some places still is, celebrated on 23 November, a festival between Halloween and Christmas. Pope Clement I is the patron saint of metalworkers and blacksmiths, and so these workers traditionally enjoyed a holiday on his feast day.

The anchor is now St. Clement's symbol. He is sometimes represented with a fountain near him, which is said to have sprung up when he and his fellow workers were dying of thirst in a desert place among the quarries where he was condemned to work.



## ***The Archival Moment***

*The Archival Moment is contributed by Sister Charlotte Fitzpatrick.*

### ***Sister M. Teresa O'Halleran***

Margaret O'Halleran, born in County Kerry, arrived in St. John's in September of 1881 to enter the Sisters of Mercy. She was admitted to the novitiate on March 11, 1882, receiving the religious name Sister Mary Teresa Xavier.



She was professed in May of 1884 and in August of that same year she became part of the founding community of St. Bride's Convent, Littledale. Her keen interest in the schools and her remarkable business aptitude prepared her well for the ministry ahead.

Prior to the opening of St. Bride's Convent and Boarding School, Sister M. Teresa and Sister M. Bernard Clune, the superior of Mercy Convent went to Halifax to look at boarding schools in the area and to familiarize themselves with new programs and teaching techniques. Sister M. Teresa spent twelve years at Littledale, much of this time as bursar. Her responsibilities at Littledale included care and supervision of the whole property, even the extensive farm. Her frequent letters to her niece in Rhode Island were full of anecdotes about her ordinary day-to-day experiences and give a glimpse of what life was like at Littledale in the early years of the twentieth century. Copies of these letters can be found in the Archives of the Sisters of Mercy in St. John's.

In 1896 Sister M. Teresa became superior of St. Anne's Convent in Burin. There she found scope for her business ability in several projects she undertook to improve living arrangements for the sisters – enlarging the convent and building a beautiful oratory. Under her capable direction the school in Burin flourished and

reports from the Superintendent of Education claimed that the Burin Convent school was “one of the best outport schools.”

In 1919 the General Chapter of the newly formed Congregation of the Sisters of Mercy of Newfoundland elected Sister M. Teresa as Treasurer General. She held this office, along with her work as bursar at Littledale until she became ill in 1934. She died at St. Bride’s Convent on February 4, 1937, having lived fifty-six of her eighty-one years as a Sister of Mercy in Newfoundland.



## November 11 Tribute



## Remembrance Day Parade, Ceremony and Road Closures

The Royal Canadian Legion Newfoundland and Labrador Remembrance Day parade and ceremony will take place on Saturday, November 11 at the Sergeants’ Memorial, Queen’s Road at 10:15 a.m.



Fintan Terrence Penney: Son of Alphonsus and Catherine Penney of St. John's;  
Uncle of Catherine Penney-Ryan and Sister Eileen Penney

Royal Air Force: 152 Squadron; Stationed in London England

Died November 26, 1942 - Age 22 while on day leave with friends he stumbled  
from a lorry on Vauxhall Bridge Road in Westminster and was fatally injured.

Buried at Brookwood Military Cemetery, United Kingdom alongside other fallen  
Newfoundlanders.







Thomas William Drover: Son of William and Sarah Drover of St. John's, a life-long member of the Basilica Parish, and father-in-law of Sharon Drover.

Tom was born in 1918 and joined the Royal Navy in 1939 to help protect Great Britain overseas. He trained in Scotland and his first ship was the *HMS Aurania* that participated in the search and finding of the *Bismarck*. He was assigned to his second ship the "*HMS Tracker*". The *Tracker* was a warship and aircraft carrier.

Tom travelled to the Territory of Gibraltar, to the countries of Africa and Australia, and to South America during his years of service in the Royal Navy, finishing his various assignments in Australia.

Unfortunately, many of the men with whom Tom had enlisted in St. John's were assigned to the *Prince of Wales* that went through the Suez Canal. The *Prince of Wales* was sunk by land-based bombers and torpedo bombers of the Imperial Japanese Navy on December 10, 1941. In Japan, the engagement was referred to as the **Naval Battle of Malaya**.

Thomas William Drover was released to shore on 04 March 1946. He married Margaret Kidney and raised a family of 6 children. Tom died in 1984 and is buried in Mount Carmel Cemetery.



## ***Reflection 2024***



### **Remembrance Day 2024: A Time For Reflection & Appreciation.**

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April 29, 2024/in Uncategorized /by AngelStar Digital

Every year, on November 11th we celebrate Remembrance Day.

A memorial day originally dedicated to the fallen heroes of the first world war, however it's evolved into a moment of reflection, and appreciation for all those in uniform.

#### **A Brief History**

In 1919, following the end of the first World War, King George V of the British Empire established a memorial known as Armistice day throughout most of the territories within the empire. This memorial was meant to celebrate, honor, and remember the men and women who served during the war, and lost their lives. The original date for this memorial was on the second Monday of November. However, this ended up colliding with Canadian Thanksgiving, and was eventually changed to the 11th, and renamed "Remembrance Day" in 1931.

When Armistice Day was renamed to Remembrance Day, it brought back interest in recalling the wars, and great sacrifices that were made. Eventually, two minutes of silence at the eleventh hour of the eleventh day, poppies, and the recitation of Flanders Field became custom.

## Remembrance Day, Today.

Growing up, I always remembered taking two minutes of silence to reflect on the soldiers who gave their lives for us, and it always stuck with me. It's an extremely important day, as I know people close to me who fought in the Afghanistan Wars, and were never the same after they returned. Soldiers are put through hell, from training, to conflict, and beyond, which brings me to my next point.

Ever since it's birth, Remembrance Day has unfortunately fluctuated in popularity and celebration. Many employers don't seem to value its importance, and refuse to give their employees **TWO** whole minutes to reflect. Which is undeniably disappointing as these troops sacrificed their lives for our country, and witnessed many gruesome, and unforgettable, life-changing things.

Especially these past few years with the pandemic, it seems that celebration for the memorial is at an all time low.

## Indigenous Veterans Day

One of the more overlooked memorial days, is the Indigenous Veterans Day which occurs on November 8th. This day is meant to celebrate first nation soldiers, often volunteers who fought side-by-side with fellow "Canadian" troops. Why they were referred to as fighting alongside Canadians, instead of AS Canadians is because during the time their platoons were considered a "separate entity". However, many first nations in the current day are fighting to decolonize Remembrance Day, and essentially combine both days.



Additional information [Link](#)



## In Flanders Field

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.

•

~ John McCrae ~  
1872-1918

## **In the spotlight....**

### **Sister Alita Sanchez Sanchez**

Sister Alita is visiting from the Peruvian community and staying at St. Joseph's convent on Signal Hill Road. Sister Alita has been taking this time to visit the sisters in their Mercy ministries.



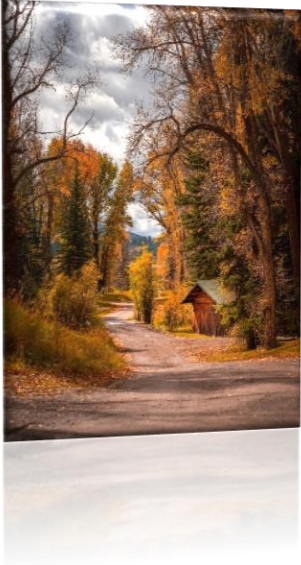
Sr. Alita, Sr. Eileen Penney & Sister Diane Smyth

*Enjoying some crochet time together!*





## Poetry Pause



### The Colours of Autumn

The trees they bend their branches in sorrow  
you can see this stately dance for a mile.

Leaves are falling and covering the green mantle  
as they are collected and raked in a pile.

It's a beautiful gift this rainbow of colors  
enjoyed by the bluejays as they swoop and fly..

Oh how every year our Autumn comes so gently  
making us ready for those cold winds that blow and stay  
for awhile.

---

C. Ryan







## *From Kitty's Kitchen*

### **YMCA - Yesterdays Meal Created Again**

#### Ingredients:

Cooking spray  
3 cups leftover stuffing  
4 cups chopped leftover turkey or Chicken or Ham  
2 cups leftover cooked vegetables  
3/4 cup mayonnaise  
3 cups leftover mashed potatoes  
1 cup shredded Cheddar cheese  
1/8 teaspoon ground paprika



#### Directions:

Gather Ingredients. Preheat the oven to 375 degrees. Spray a 9x13-inch baking dish with cooking spray.

Spread stuffing evenly in the bottom of the prepared baking dish.

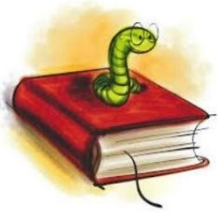
Mix Turkey/Chicken or Ham, vegetables, and mayonnaise together in a bowl until well combined; spoon over stuffing and spread into an even layer.



Mix mashed potatoes and Cheddar cheese until well combined; spread over the turkey mixture. Sprinkle paprika over top.

Bake in the preheated oven until heated through, 30 to 40 minutes.

Enjoy your YMCA Meal.



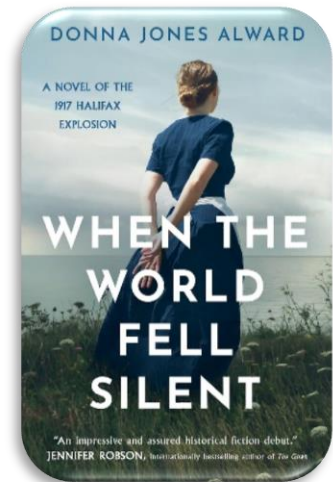
From Kitty's Library

A Good Read...

A Novel of the 1917 Halifax Explosion by *Donna Aylward*

Nora Crowell wants more than her sister's life as a wife and mother. As WWI rages across the Atlantic, she becomes a lieutenant in the Canadian Army Nursing Corps. But trouble is looming and it won't be long before the truth comes to light.

Having lost her beloved husband in the trenches and with no-one else to turn to, Charlotte Campbell now lives with his haughty relations who treat her like the help. It is baby Aileen, the joy and light of her life, who spurs her to dream of a better life.



When tragedy strikes in Halifax Harbour, nothing for these two women will ever be the same again. Their paths will cross in the most unexpected way, trailing both heartbreak and joy in its wake...



***Pause for Thought ...***

“Twilight ~ a time of pause when nature changes her guard.  
All living things would fade and die from too much light or too  
much dark, if twilight were not.”

Howard Thurman

Just a friendly reminder....



### *The Last Word...*

“Thus we go on...flourishing in the very midst of the Cross,  
more than a common  
share of which has latterly fallen to my lot, thanks be to God.  
I humbly trust it is the  
cross of Christ. I endeavor to make it in some way like his by  
silence.”

Letter to Frances Warde May 15, 1838



**Vol. 7/No. 12 - December 2024**

**Kitty's Chronicle**

**Mercy Associates Newsletter**

### ***Prayers for the Sick***

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



We pray for people who are on our list this week – Jaxon McKinney (grandnephew of Sister Maureen O'Keefe), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Marion Bonia (sister of Anne Marie Davis), Sister Theresa Boland, George Bradbury (husband of Barbara Bradbury), Rick Mahon (son of Doreen Stone), Margaret MacNeil (sister of Geraldine Drover) and Jim Wakeford (nephew of Sister Maureen O'Keefe).

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



## ***Prayer for the Sick***

Through the Intercession of Catherine McAuley

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

To the needs of her time.

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

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

Catherine McAuley, Pray For Us  
Amen.



### ***Light a Candle***



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





## From the Wisdom Circles

### *Circle of Compassion*

"The joy of brightening other lives, bearing each other's burdens, easing other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays."

— *W.C. Jones*

### *Contemplative Presence*

## Take Time to be Aware

"Take time to be aware that in the very midst of our busy preparations for the celebration of Christ's birth in ancient Bethlehem, Christ is reborn in the Bethlehems of our homes and daily lives. Take time, slow down, be still, be awake to the Divine Mystery that looks so common and so ordinary yet is wondrously present.

"An old abbot was fond of saying, 'The devil is always the most active on the highest feast days.'





“The supreme trick of Old Scratch is to have us so busy decorating, preparing food, practicing music and cleaning in preparation for the feast of Christmas that we actually miss the coming of Christ. Hurt feelings, anger, impatience, injured egos – the list of clouds that busyness creates to blind us to the birth can be long, but it is familiar to us all.”

- Edward Hays, *A Pilgrim's Almanac*, p. 196



### ***Integrity of Creation***

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

- Thomas Berry



## ***Diversity and Inclusion***

. “Unity, not uniformity, must be our aim. We attain unity only through variety.  
Differences must be integrated, not annihilated, not absorbed.”

– Mary Parker Follett, social worker

## **Notes from the Associates/Sisters**

### **ITEMS OF INTEREST**



is the twelfth and final month of the year in the Julian and Gregorian calendars. Its length is 31 days.

December's name derives from the Latin word *decem* (meaning ten) because it was originally the tenth month of the year in the calendar of Romulus c. 750 BC, which began in March. The winter days following December were not included as part of any month. Later, the months of January and February were created out of the monthless period and added to the beginning of the calendar, but December retained its name.

In Ancient Rome, as one of the four Agonalia, this day in honour of Sol Indiges was held on December 11, as was Septimontium. Dies natalis (birthday) was held at the temple of Tellus on December 13, Consualia was held on December 15, Saturnalia was held December 17-23, Opiconsivia



was held on December 19, Divalia was held on December 21, Larentalia was held on December 23, and the dies natalis of Sol Invictus was held on December 25. These dates do not correspond to the modern Gregorian calendar.

The Anglo-Saxons referred to December–January as Gēolamonað (modern English: "Yule month"). The French Republican Calendar contained December within the months of Frimaire and Nivôse.

December contains the winter solstice in the Northern Hemisphere, the day with the fewest daylight hours, and the summer solstice in the Southern Hemisphere, the day with the most daylight hours (excluding polar regions in both cases, which consistently have none or 24 hours, respectively, near the solstice). December in the Northern Hemisphere is the seasonal equivalent to June in the Southern Hemisphere and vice versa. In the Northern hemisphere, the beginning of the astronomical winter is traditionally 21 December or the date of the solstice.

The zodiac signs for the month of December are Sagittarius (until December 21) and Capricorn (December 22 onward).

December's birth flower is the narcissus. Its birthstones are turquoise, zircon and tanzanite.





Journey of the Magi  
Waiting and Watching

Monday, Dec. 16th 10:00 am –  
1:00pm Facilitated by: Anne Walsh,  
Catherine Penney-Ryan and Sr.  
Eileen Penney  
Sisters of Mercy - Recreation Hall  
To Register contact: Barbara Hawley-  
[marthagrads67@gmail.com](mailto:marthagrads67@gmail.com)

Please feel free to bring along a friend! Everyone welcome!



We strongly encourage you to go to our mercy website:  
[www.sistersofmercyfnf.org](http://www.sistersofmercyfnf.org) and have a look at the ASSOCIATE section.  
There are many new additions, lots of photos and some videos. new  
additions, lots of photos and some videos.

We hope that you will enjoy and be encouraged to keep working for the  
growth of our Mercy Associate relationship.





### ***St. Lucy – December 13<sup>th</sup>***

Lucy died at Syracuse in Sicily, probably in the persecution of the emperor Diocletian in 304. Widely venerated from the earliest times, her memorial has long been kept on this day. Probably because her name is suggestive of light, her intercession has been sought for eyesight problems.

Legend has it that St. Lucy delivered wheat and bread to the poor and homebound, and possibly to Christians staying in the catacombs, often in the darkness of night to avoid detection. She would carry a lamp or wear a crown of candles (to free her hands for carrying food) to light her way. She was radiant with Christian faith and courage.





## ***The Archival Moment***

*The Archival Moment is contributed by Sister Charlotte Fitzpatrick.*

### ***Sister M. Camillus Cole***

Susanna Cole, born in Colliers, Conception Bay, Newfoundland entered the Sisters of Mercy on Military Road, St. John's in March of 1857. She was received into the novitiate and given the name Sister M. Camillus Joseph on the feast of Our Lady of Mercy in the same year. Her novitiate companions were Sister M. Ligouri Carmody and Sister M. Ignatius Guinane, two young women from Limerick, Ireland, along with another Newfoundlander, Sister M. Clare Tarrahan, who had entered the community a year earlier.

In 1857, with four professed sisters and four novices, the future of the fledgling Mercy Convent in Newfoundland looked very promising, and plans for expanding the mission were on the move. In 1859 the sisters opened St. Michael's Convent and Orphanage at Belvedere and in 1861 used the space made possible by the move to open St. Clair's Boarding School at Mercy Convent.

Sadly, the newly professed Sister M. Camillus died on April 13, 1860 at the young age of twenty-one years. Her dowry was used to erect headstones for her and Sister M. Francis Creedon in Belvedere cemetery. A section of the Belvedere estate had been consecrated in 1848 by Bishop Thomas Mullock, then coadjutor bishop of St. John's, as a Roman Catholic cemetery, replacing the old Catholic cemetery on Long's Hill.





## *Reflection December 2024*

### *A Mysterious Christmas Gift*

I looked at the gift. It looked SO different than the others under the tree. It was so carefully wrapped and even had a ribbon tied in a bow. In rich red paper it was beautiful! THIS gift was larger than the others too. Something was missing... It didn't have a name on it. I couldn't ask whose it was; it seemed too special. I just looked in wonder. Just having it under the tree added something special to Christmas.



That Christmas, along with other holidays, was not special. Holidays, in my home, were filled with lots of drinking.

Drinking always led to yelling. . .

Yelling led to fights. . .

Fights sometimes went beyond words . . .

In our home the “special” had been lost in holiday events. This Christmas in particular was framed in angry discussions of job loss and financial stress. I overheard a lot.

The GIFT was so mysterious; it was a blaze of red color in my black and white world. It captured my mind.

I could hardly contain myself as the time came to open presents! I am the youngest of four. Presents were handed out in order, oldest to youngest. Each time another gift was handed out the anticipation built.

It did not go to my sister. . .

My oldest brother did not get it. . .

My middle brother was given the box next to it. . .

Next, my mom's hand reached for THE gift . . . **my world went into slow motion** when she handed THE mysterious, beautifully wrapped gift to me! For just a moment I didn't move. Maybe it was a mistake... then I saw the



hidden tag; it said, “**To Mike from Santa.**” It was real. It was for me. My fingers began to un-wrap the box; I was still in disbelief. As the paper fell away, I could hardly believe my eyes; a brand new pair of black ice skates. New for ME! Being the youngest boy with two older brothers almost nothing was new coming to me. Now right in front of me were brand new shiny ice skates.

I remember nothing else of that day beyond skating up and down the ice covered country roads. I was the only one thankful for the recent ice storm! In the next few days, I’m sure I must have broken some world record for the distance skated by a 9 year old boy.

That gift lifted me out of a fog. I’m not sure what I would label the fog. Maybe it was the expectation that somehow Christmas should be special. Maybe it was TV or maybe comments I heard at school but somehow I thought Christmas should be a special time. The mysterious gift made that Christmas the most memorable of my childhood. I never found out who “Santa” was. I wish I could say, “Thank you” and let them know how much that gift meant. Someone’s kindness made a significant impact and a memorable Christmas.

I now know there is another mysterious gift that makes Christmas special. Often it is missed in the busyness, emotion or misplaced focus of the season. This gift has removed the fog of despair that had a grip on my life. This mysterious gift came in the form of a baby born in a stable. When I consider that Jesus left the perfection of heaven, it is almost incomprehensible. He came to walk the planet He created. Each day, His heart was broken by the people he came to serve. He did this for nine year old boys. All this is wonderful, mysterious and beautiful. What a gift. Since I do know THIS gift giver, I can say “Thank you” for a life changing gift.

Have you considered Jesus, the One whose heart has been broken and He knows all your hurts and sorrows. Would you like to know Him personally? You can by simply opening up your life to Him and asking Him to come into your life, forgive you sins and be direct your life from this moment on. You can pray a prayer something like this:



*Lord Jesus, I want to know You personally. Thank You for dying on the cross for my sins. I open the door of my life to You and ask You to come in as my Saviour and Lord. Take control of my life. Thank You for forgiving my sins and giving me eternal life. Bring peace to my world this Christmas. Make me the kind of person You want me to be.*

If you invited Christ into your life, thank God often that He is in your life, that He will never leave you and that you have eternal life. As you learn more about your relationship with God, and how much He loves you, you'll experience life to the fullest...

- Mike Woodard



## Poetry Pause

## The Dipper

It was winter, near freezing,  
I'd walked through a forest of firs  
when I saw issue out of the waterfall  
a solitary bird.

It lit on a damp rock,  
and, as water swept stupidly on,  
wrung from its own throat  
supple, undammable song.



It isn't mine to give.  
I can't coax this bird to my hand  
that knows the depth of the river  
yet sings of it on land.

~ Kathleen Jamie



*From  
Kitty's Kitchen*

Some fun ideas for your Christmas table



*Cheese and tomato platter shaped into a tree or a candycane*





*Pretzel stick; pita bread cut in triangles; cheese spread and red peppers*

*Strawberries; cool whip and raisins for the eyes*



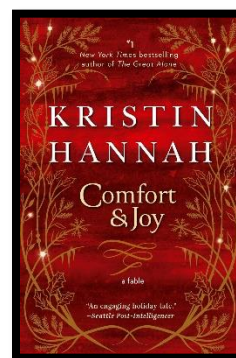


## From Kitty's Library

A Good Read...

### *Comfort & Joy* by Kristin Hannah *a Fable*

Joy Candellaro once loved Christmas more than any other time of the year. Now, as the holiday approaches, recently divorced and alone, she can't summon the old enthusiasm for celebrating. So without telling anyone, she buys a ticket and boards a plane bound for the beautiful Pacific Northwest. When an unexpected detour takes her deep into the woods of the Olympic rainforest, Joy makes a bold decision to leave her ordinary life behind—to just walk away—and thus begins an adventure unlike any she could have imagined.



In the small town of Rain Valley, six-year-old Bobby O'Shea is facing his first Christmas without a mother. Unable to handle the loss, Bobby has closed himself off from the world, talking only to his invisible best friend. His father Daniel is beside himself, desperate to help his son cope.

When Bobby meets Joy, on a magical Christmas Eve, a night of impossible dreams, unexpected life changes take place.





***Pause for Thought ...***

**TODAY**

My life is a gift of God,  
Given, not in years,  
But a day at a time.  
Today is the day God has made  
For me,  
And God planned it to be the most  
Important day of my life.  
Yesterday is gone, never to return.  
I must not worry about it, but  
Leave it in the hands of God.  
Tomorrow and all that it holds is  
God's secret and its coming is not assured.  
Only today is mine.  
Each day, arranged by God with infinite  
Wisdom and goodness is God's gift,  
God's act of love for me.  
In thanksgiving I will offer God  
Every day the gift of myself –  
My prayers, works, joys and sufferings.  
Dear God, receive them graciously.



## ADVENT 2024

The Advent 2024 themes traditionally focus on the virtues and qualities central to the preparation for Christmas. Each year, the Advent themes are always the same. The four primary themes are:

1. **Hope** – Reflecting on the hope of Christ’s coming, past and future, and God’s promises of redemption.
2. **Peace** – Embracing the peace that Christ brings into the world and seeking peace within our hearts and relationships.
3. **Joy** – Rejoicing in the anticipation of Jesus' arrival, especially celebrated on the third Sunday (Gaudete Sunday).
4. **Love** – Remembering God’s love for humanity in sending his Son and reflecting that love to others.

### Advent 2024 First Theme: Hope

The Advent theme of **hope** is the first focus of the season, setting the tone for a period of anticipation and expectation. This is Advent's first Sunday theme. Rooted in the promises of God, hope during Advent looks forward to both the celebration of Christ’s birth and his eventual return.

What is the importance of hope during Advent?

Biblically, hope is a steadfast trust in God’s faithfulness, seen in verses like **Jeremiah 29:11**—“*For I know the plans I have for you, says the Lord, plans for welfare and not for evil, give you a future and a hope.*” This hope encourages believers to trust in God’s plan, even in uncertain times, just as God’s people awaited a Savior in times of hardship.

In Advent, hope reminds us that God is with us and has promised a future filled with his presence and peace. Lighting the first Advent candle of hope serves as a reminder of the light that Jesus brings to a world in darkness. Embracing the theme of hope calls us to pray, reflect, and align our hearts with God’s promises, looking forward to the joy of Christ’s arrival at Christmas and his return at the end of time.



## Advent 2024 Second Theme: Peace

The Advent theme of **peace** centers on the tranquility and wholeness that Jesus brings to the world. Celebrated during the second week of Advent, peace reminds us that Christ's coming is meant to reconcile humanity with God and with one another. In Scripture, peace is more than just the absence of conflict—it's a deep, lasting harmony rooted in God's presence.

### What is the importance of peace during Advent?

**Isaiah 9:6** foretells Jesus as the “Prince of Peace,” whose kingdom will bring justice and peace to all who follow him. This is a common [Scripture verse to read during Advent](#).

As we light the second Advent candle, we reflect on the ways Jesus calls us to be peacemakers in our lives, showing kindness, understanding, and forgiveness to others. Advent peace encourages us to let go of our anxieties, trusting in God's love and guidance.

## Advent 2024 Third Theme: Joy

The Advent theme of **joy** is celebrated during the third week, known as *Gaudete* Sunday, a Latin term meaning “rejoice.” Joy is central to Advent, as it reflects the excitement and gratitude for the coming of Jesus, who brings salvation to the world. This joy isn't merely happiness—it's a profound, resilient gladness rooted in God's love and promises.

### What is the importance of joy during Advent?

In **Luke 2:10**, the angel announces Jesus' birth to the shepherds, saying, “*I bring you good news that will cause great joy for all the people.*” This message captures the joy of Advent: God's promise fulfilled in the birth of Christ.

Lighting the pink candle for joy symbolizes a break from the season's penitential tone, inviting us to celebrate the blessings of Christ's coming. Advent joy calls us to pause and appreciate the presence of God in our lives, looking forward to the fullness of joy that Christmas brings. It's an



invitation to reflect this joy through kindness, gratitude, and worship, radiating the light of Christ to those around us.

## Advent 2024 Fourth Theme: Love

The Advent theme of **love** is celebrated during the fourth and final week of Advent, highlighting God's deep and boundless love for humanity. Love is at the heart of the Christmas story: God sent his only Son, Jesus, as an act of selfless love to redeem the world.

### What is the importance of love during Advent?

This theme reminds us of **John 3:16**—“*For God so loved the world that he gave his only Son.*” It's a powerful message that the birth of Christ is the ultimate expression of God's love, freely given to all.

As we light the fourth Advent candle, symbolizing love, we reflect on how Jesus calls us to love one another as he has loved us. This season encourages us to embody God's love through acts of kindness, compassion, and forgiveness, extending that love to family, friends, and those in need. Advent love invites us to open our hearts to receive God's love anew and share it generously, preparing to welcome Christ with a heart full of gratitude and grace.

### What Is the Purpose of the Themes of Advent 2024?

The four themes of Advent—hope, peace, joy, and love—guide us through a season of meaningful reflection and spiritual preparation. As each week unfolds, these themes encourage us to align our hearts with the message of Christ's birth, deepening our understanding of his presence in our lives. [As we pray throughout Advent](#), we're called to reflect and embody these themes. Embracing these themes allows us to celebrate Advent in a way that's both personal and communal, preparing us to experience the full beauty and mystery of Christmas. By reflecting on God's promises, seeking his peace, rejoicing in his presence, and sharing his love, we enter Christmas with hearts ready to receive the gift of Jesus anew.





Advent 2024 provided by *Ascension*



### *The Last Word...*

“My legacy to the Institute is charity: If you preserve the peace and union which have never yet been violated among us, you will feel, even in this world, a happiness that will surprise you and be to you a foretaste of the bliss prepared for every one of you in heaven.”

- Quoted in Carroll, *The Life of Catherine McAuley*, p. 435





## ***Christmas Prayer***

*“The things of God can wait, we think and we say. And yet he is the most important thing, ultimately the one truly important thing. Why should we not also be moved by curiosity to see more closely and to know what God has said to us? At this hour, let us ask him to touch our hearts with the holy curiosity and the holy joy of the shepherds, and thus let us go over joyfully to Bethlehem, to the Lord who today once more comes to meet us. Amen.”*

- Pope Benedict XVI, Christmas 2012







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***Catherine and I hope you all have  
a happy and blessed Christmas!***

