



Kitty's Chronicle  
Mercy Associates' Newsletter

Volume 5: No. 1 – January 2022



## Prayers

### *Sick People*

#### Prayers for the Sick

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

We pray for people who are on our list this week - Jaxon McKinney (Sister Maureen O'Keefe's grandnephew, Sharon Keels (sister of Ros Hurley), Michael Kelly (husband of Anna Kelly, Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Mary Taylor, Edith Antle, Sylvia Flood and Geraldine Duhamel (sister of Sharon Drover).

**Through the Intercession of Catherine McAuley**  
**God of love and mercy,**  
**You Inspired Catherine McAuley,**  
**To serve your Son**  
**by responding to the needs of her time**  
**Moved by her care for the sick,**  
**We ask that through her prayers**  
**You reach out with your healing love and restore them to full**  
**health.**  
**We ask this in complete confidence through Jesus**  
**Christ, your Son.**

**Catherine McAuley, Pray for us. Amen**



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

### **Birthdays**

Tomi Cleal – January 12<sup>th</sup>  
Sharon Drover – January 15<sup>th</sup>  
Sonia Harvey – January 16<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**

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





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

- Albert Einstein

### Contemplative Presence

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

- Thomas Merton

### Integrity of all Creation

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

— Erwin Raphael McManus



## Notes from the Associates/Sisters

### Items of Interest

#### How did January get its name?

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

#### Christian Orthodox New Year

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



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

**Feastday:** January 12<sup>th</sup>

**Patron:** Against poverty; loss of parents





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



From Kitty's Kitchen

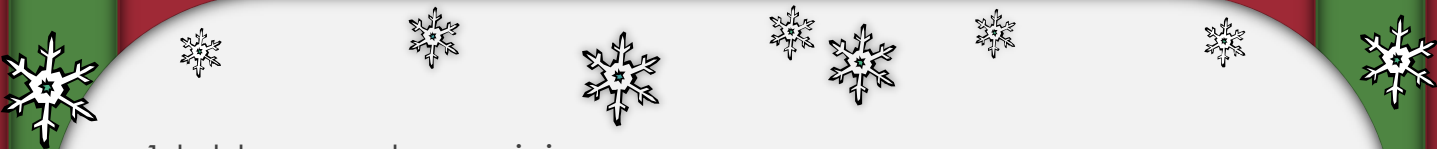
### **Fish Cakes – COD or SALMON with Tartar Sauce**

#### **Ingredients:**



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





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

**Directions:**

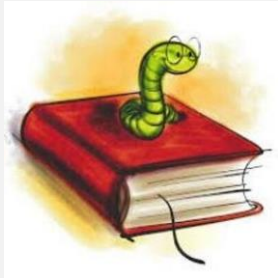
1. Place ingredients in a large mixing bowl. Stir the ingredients together with a fork, breaking apart the fish, until evenly combined.
2. Portion mixture into patties (about 2 tablespoons each).
3. Coat the bottom of a large skillet with cooking oil and heat to medium-high. Fry fish cakes in batches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



**Tartar Sauce**

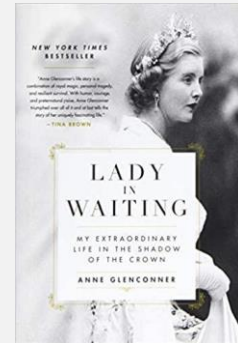
½ cup mayonnaise  
1 small dill pickle, chopped very small (3 tablespoons)  
1 tablespoon fresh lemon juice, plus more to taste  
1 tablespoon chopped fresh dill or 1 teaspoon dried dill  
½ to 1 teaspoon Worcestershire sauce  
½ teaspoon Dijon mustard, optional  
Salt and fresh ground black pepper





From Kitty's Library

A Good Read:



## ***Lady in Waiting***

### ***My Extraordinary Life in the Shadow of the Crown***

By: Anne Glenconner

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

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

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





## Twas the Week After Christmas

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

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

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

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

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

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





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

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

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

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

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

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





### ***The Legend of the Christmas Robin***

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

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

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

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





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

## **New Year's Prayer**

### *The Year Ahead*

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

- Author Unknown; Adapted by Debra Mooney





Pause for Thought





# *the* LAST WORD

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

~Catherine McAuley~

