

# KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 11 – November 2022



## PRAYERS

### *Prayers for the Sick*

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

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

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



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



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

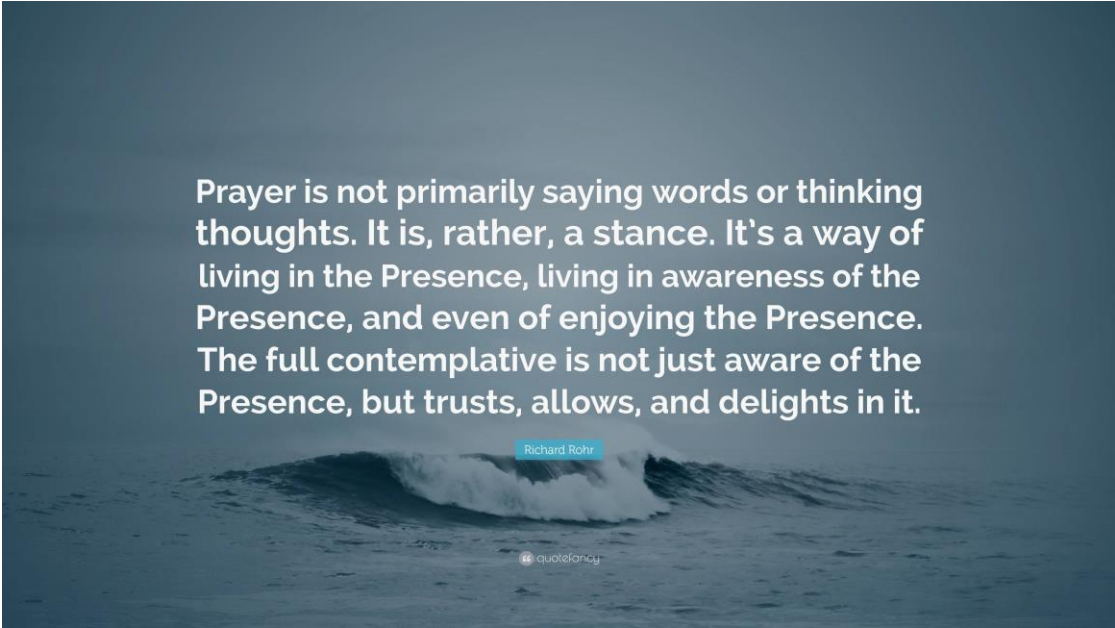
Let us continue, in solidarity with Mercy Sisters, Associates and Colleagues around the world, to light a candle and pray for justice and peace.

## **From the Wisdom Circles**

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



## *Contemplative Presence*

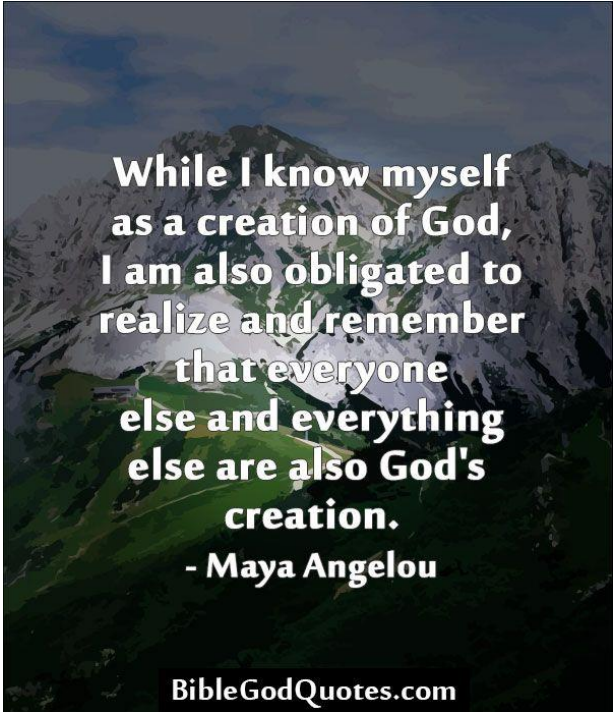


Prayer is not primarily saying words or thinking thoughts. It is, rather, a stance. It's a way of living in the Presence, living in awareness of the Presence, and even of enjoying the Presence. The full contemplative is not just aware of the Presence, but trusts, allows, and delights in it.

Richard Rohr

quote fancy

## *Integrity of Creation*



**While I know myself  
as a creation of God,  
I am also obligated to  
realize and remember  
that everyone  
else and everything  
else are also God's  
creation.**

**- Maya Angelou**

BibleGodQuotes.com

## ***Diversity and Inclusion***



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

#### **Items of Interest**

#### **November**





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

## Prayers of remembrance

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

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

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

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

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

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

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

## The light of God's promise

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

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



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



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

## In Flanders Fields

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

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

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

by John McCrae



## Gertrude the Great

November 17<sup>th</sup>

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

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

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

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

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

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

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







From Kitty's Kitchen

## Baked Cod with Tomato and Thyme

### Ingredients

1 medium onion  
6 oz. mini sweet peppers  
salt  
1 tbsp. extra-virgin olive oil  
1 pt. grape tomatoes, halved  
8 springs fresh thyme  
1 ½ lb. cod fillets  
¼ c. water  
pepper  
whole-grain rolls, for serving



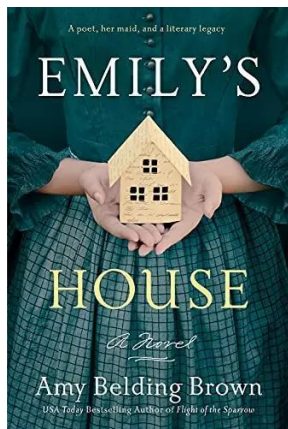
### Directions

1. In a 7 to 8 quart wide-bottomed over-safe saucepot on medium-high, cook onion, peppers, and ¼ teaspoon of salt in olive oil for 5 minutes or until onions are almost tender, stirring occasionally.
2. Add tomatoes and thyme; cook 2 minutes. Add cod fillets and water; sprinkle cod with ¼ teaspoon each salt and pepper. Cover and bake at 450 degrees F for 15 minutes or until cod is cooked. Discard thyme sprigs. Serve with whole-grain rolls.





From Kitty's Library



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

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

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

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

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

## *Save the Dates*

### Christmas at Commissariat - by Candlelight

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



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

***Nov 25 - 26, 2022***

***Dec 3 - 4, 2022***

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

For more information ...

+1 (709) 729 6717

+1 (709) 729 0592

Record Fair NL - Farmers Market  
**November 13<sup>th</sup> from 10-4pm**



**November 10 – 13, 2022**

**THE CRAFT FAIR**

**Jack Byrne Arena, Torbay, NL**

**95 Exhibitors**

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

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

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

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

**Miracle on 34<sup>th</sup> Street**

Holy Heart Theatre  
55 Bonaventure Avenue

**Friday, November 25th, 7:00–9:00 p.m.**

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

## WOMEN'S CHRISTMAS RETREAT

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



### Pause for Thought for Advent







# the LAST WORD

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

- Catherine McAuley