

Kitty's Chronicle

Mercy Associates' Newsletter

Volume 5: No. 12 – December 2022



Prayers

Sick People

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

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

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

Recently Deceased



We extend sincere sympathy to the family of our beloved Associate, Regina Shapter, of Baggot Street Circle, on her passing on November 3, 2022. We also extend sincere sympathy to our Associate, Lois Craig of Cooklock House and her family on the passing of her beloved brother, Robert Carew, on November 11,

2022. Let their families be assured of our prayers in their bereavement and our prayer that they are enjoying eternal happiness in the company of our God of Mercy. Amen

Birthdays



Betty Pomroy – December 5th

Light a Candle

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

From the Wisdom Circles

Circle of Compassion

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

John Connolly

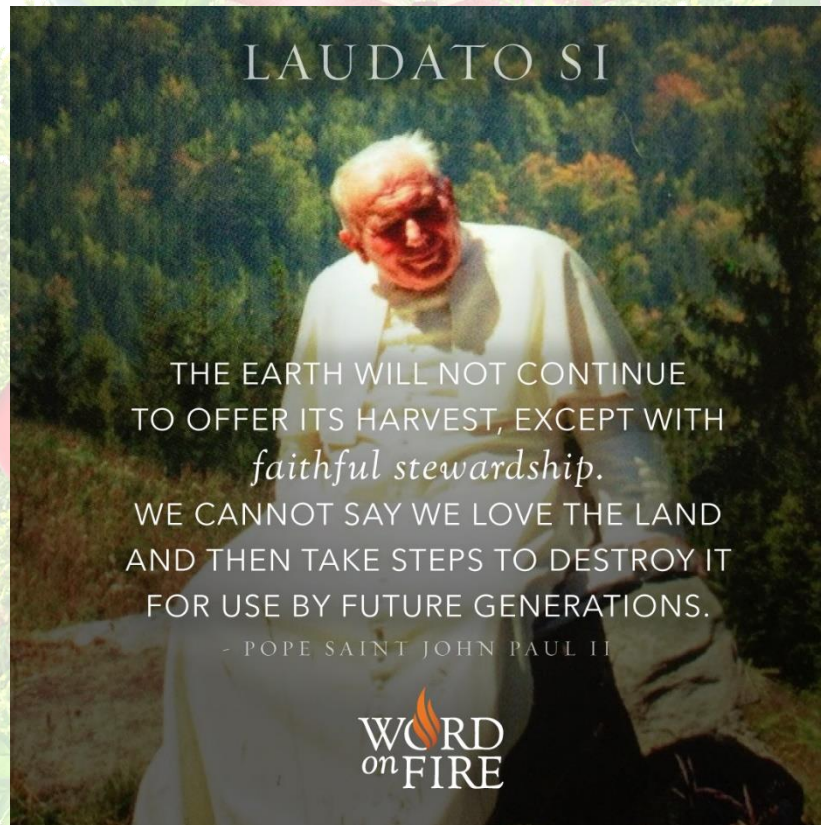
Contemplative Presence

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

*something, but with a view to becoming aware of the obstacles
to one's friendship with God.*

Thomas Keating

Integrity of Creation



Diversity and Inclusion

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

*yearnings, different hopes, different
dreams.*

Jimmy Carter

Items of Interest



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

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

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

Advent

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

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



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

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

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

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

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

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

Pause for Thought

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

Little Sister Magdeleine



From Kitty's Kitchen

Spinach Chicken Casserole

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



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

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

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

A Good Read...

Orphans of the Storm

Author: Celia Imrie

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



From Kitty's Movies



Turner Classic Movies

Bell Aliant: Channel 204

Rogers: Channel 50

King of Kings (1961)

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

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

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

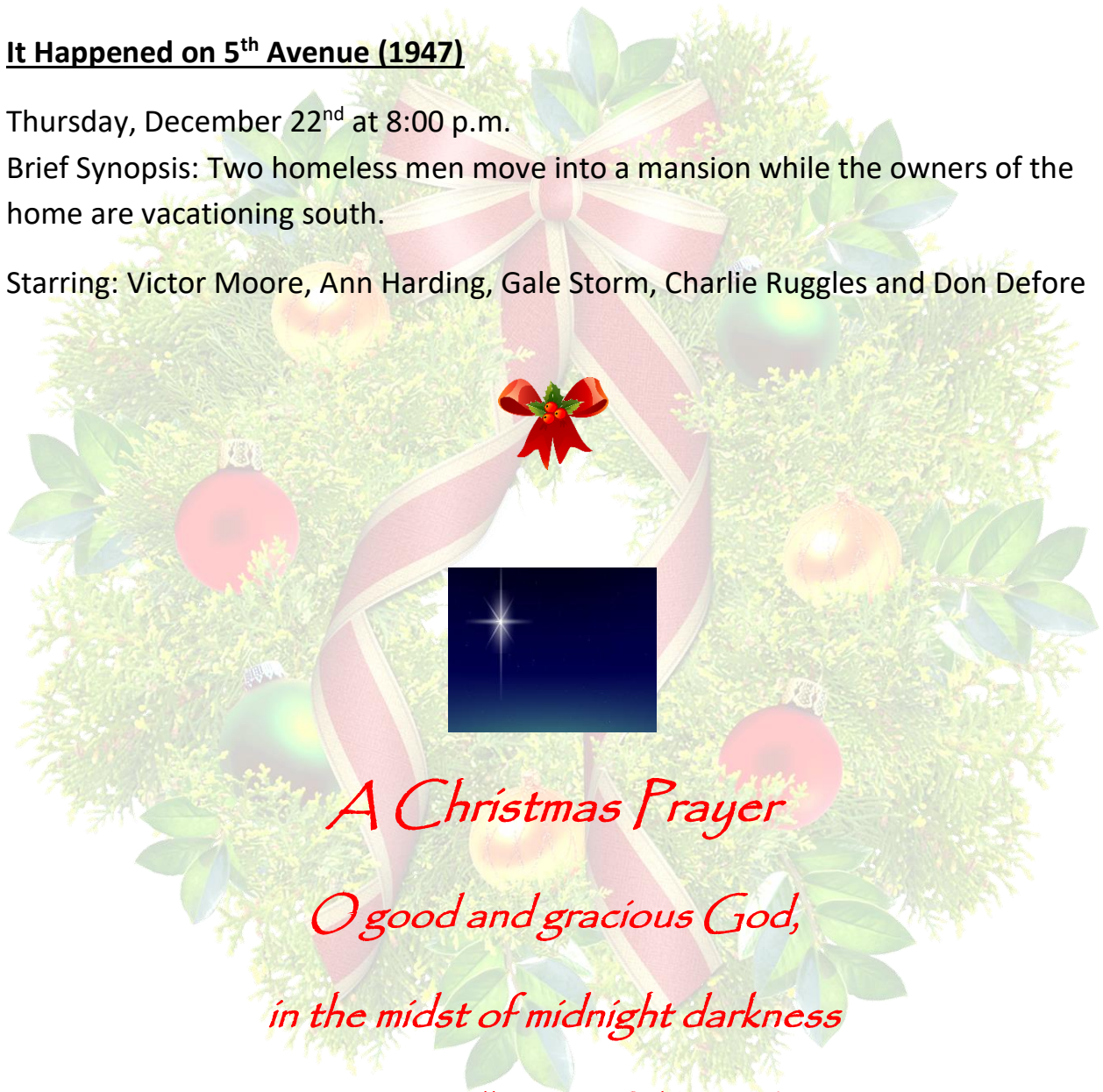
Starring: Jeffery Hunter, Robert Ryan, Vica Lindfors, Siobhan Kenna, Ron Randell, Hurd Hatfield and Rip Torn

It Happened on 5th Avenue (1947)

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

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

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



A Christmas Prayer

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

as a beam of light.

In breathless awe

we hear the angels' joyful shout:

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



El Niño



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

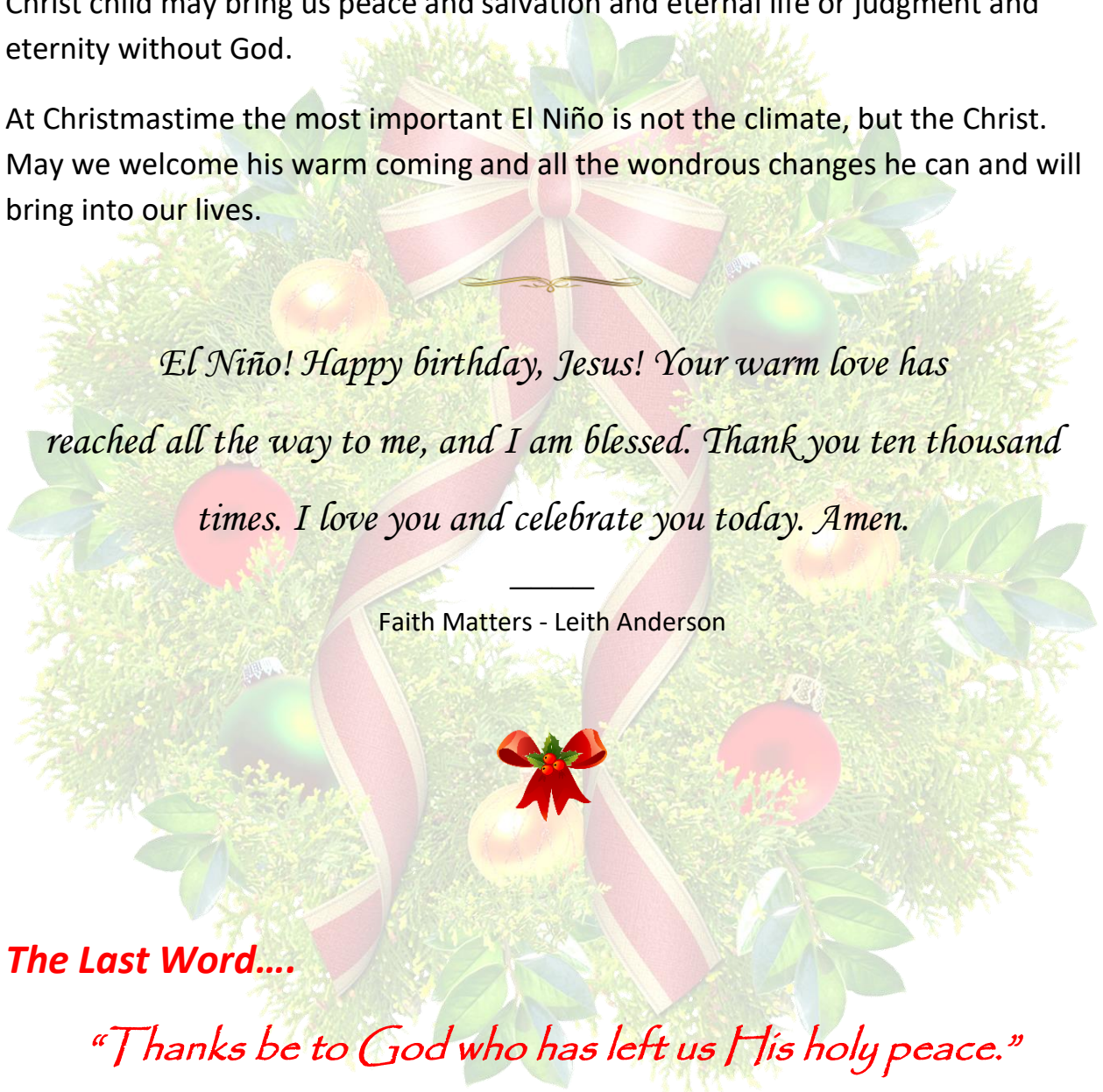
Luke 2:6-7

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

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

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

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



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

—
Faith Matters - Leith Anderson

The Last Word....

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

Catherine McAuley

A Blessing From our House to Yours!



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