

Kitty's Chronicle

Mercy Associates' Newsletter

Volume 5: No. 2 – February 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 and Geraldine Duhamel (sister of Sharon Drover).

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

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

Birthdays

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



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

*

Happy Birthday



Light a Candle

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

From the Wisdom Circles

Circle of Compassion

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

- Albert Schweitzer

Contemplative Presence

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

- Thomas Merton

Integrity of all Creation

Laudato Si

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

- Pope Francis
Word on Fire

Notes from the Associates/Sisters

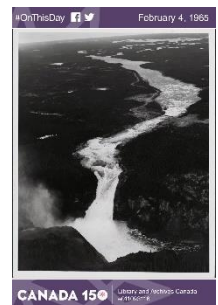
Items of Interest

February

Did you know

February 4th, 1965

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



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



February 2nd - Groundhog Day

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



February 2nd - Candlemas Day

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

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

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

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

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



February 8th - Feast Day

Patron saint to South Sudan and Human Trafficking Survivors

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

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

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

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

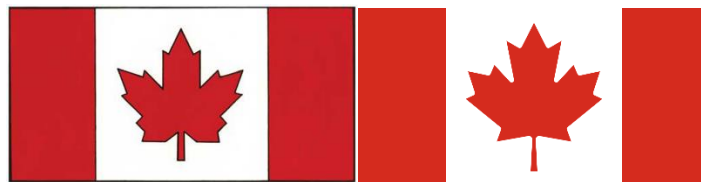
February is Black History Month in Canada



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

February 15 - National Flag of Canada Day!

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



February is the shortest month of the year.

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





Dates to Remember

February 2nd

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

World Day of Consecrated Life

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

February 3rd

Feast of St. Blaise – Blessing of the Throats

February 11th

World Day of the Sick

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



From Kitty's Kitchen

Zucchini Carrot Fritters



Ingredients for 8 fritters

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

GARNISH

Plain Greek yogurt
Green onion, diced

Preparation

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



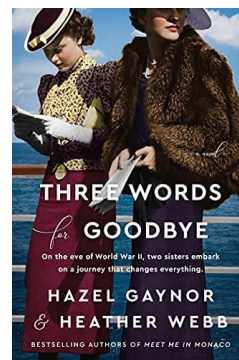


From Kitty's Library

A Good Read

Three Words For Goodbye

By: Hazel Gaynor and Heather Webb



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

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

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



From Kitty's Movies

Turner Classic Movies

Bell Aliant: Channel 204

Rogers: Channel 50

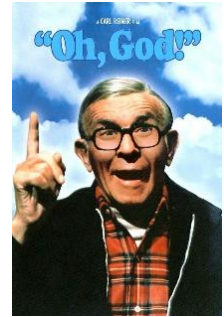


Oh, GOD

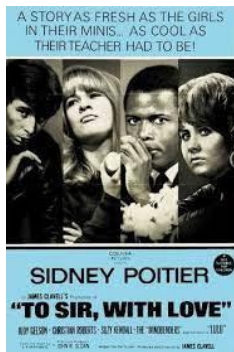
Tuesday, February 8th at 6:15 pm

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

Starring: George Burns, John Denver, Terri Garr



To Sir With Love



Sunday, February 20th at 2 pm

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

Starring: Sidney Poitier, Christian Roberts, Judy Geeson



Pause for Thought

On God's Team



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

Jesus, in Matthew 6:10

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

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

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



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

Leith Anderson

The Last Word...

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

Catherine McAuley

