

Kitty's Chronicle

MERCY ASSOCIATES NEWSLETTER



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 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)

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.
Catherine McAuley, Pray for us.
Amen



Recently Deceased

We extend sincere sympathy to the family of our Associate, Maureen Hynes who passed away recently and to the family of Barbara Bradbury, whose mother, Mona Myler, passed away on February 20th, 2022. Let their families be assured of our prayers in their bereavement and our prayer that Maureen and Mona are enjoying eternal happiness in the company of our God of Mercy.

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

“Empathy is about finding echoes of another person in yourself.”

- Mohsin Hamid

Contemplative Presence

“Contemplative prayer is natural, unprogrammed; it is perpetual openness to God, so that in the openness his



Happy Birthday Wishes to:

Regina Shapter – March 2nd

Anne Bown – March 7th

Bess Collins – March 28th



concerns can flow in and out of our minds as he wills.”

— Ray Simpson, *Exploring Celtic Spirituality*

Integrity of Creation

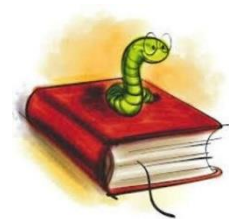
“The Church has a responsibility towards creation and she must assert this responsibility in the public sphere. In so doing, she must defend not only earth, water and air as gifts of creation that belong to everyone. She must, above all, protect humankind from self-destruction.”

— Benedict XVI *Caritas in Veritate*

Diversity and Inclusion

“We all should know that diversity makes for a rich tapestry and we must understand that all the threads of the tapestry are equal in value, no matter what their color is.”

— Maya Angelou



From Kitty's Library

A Good Read



By Any Other Name

by [Lauren Kate](#)

With a successful career as a romance editor, and an engagement to a man who checks off all ninety-nine boxes on her carefully curated list, Lanie's more than good. Then she's given the opportunity of a lifetime: to work with world-renowned author and her biggest inspiration in love and life—the Noa Callaway. All Lanie

Notes from the Associates/Sisters

Items of Interest

March 19th – The Feast of St. Joseph



The feast of St. Joseph is celebrated annually on March 19th in honor of St. Joseph, the husband of Mary and stepfather of Jesus. This holiday takes place during Lent, a time of fasting.

Saint Joseph is well-known as the **patron saint of fathers**, both families, workers, especially carpenters, expecting mothers, and unborn children. Among many others, he is the patron saint of attorneys and barristers, emigrants, travelers, and house hunters.

March Facts and Trivia

- Every year, March and June finish on the same day of the week.
- March is the time of year when animals start waking up from hibernation.
- The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

March 1st

As the saying goes, March comes “in like a lion, out like a lamb.” ..I think Newfoundland went out like a lamb this year.

has to do is cure Noa's writer's block and she'll get the promotion she's always dreamed of. Simple, right?

But there's a reason no one has ever seen or spoken to the mysterious Noa Calloway. And that reason will rock Lanie's world. It will call into question everything she thought she knew. When she finally tosses her ninety-nine expectations to the wind, Lanie may just discover that love By Any Other Name can still be as sweet.



March 14th

Daylight saving time begins, freeing us from the constant refrain of “it’s dark before I even leave work!!!”



March 17th

St. Patrick's Day - Named “*Talamh an Éisc*”, or the land of the fish, by the many fisherman emigrants who came to these shores in the 18th century, Newfoundland is the only place outside of Ireland that has an indigenous Irish language name.

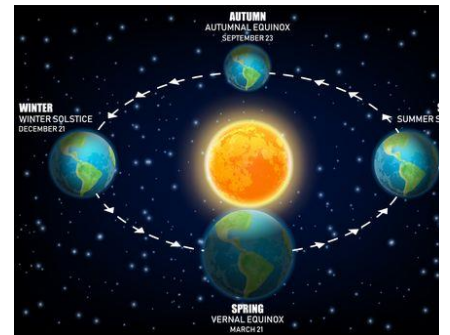
On any other day, it is easy to see the influence of our Irish heritage but on St. Patrick's Day, we turn that dial-up full tilt.

It will be two years almost to the day on St. Patrick's Day weekend that our province closed its doors to keep us safe from the COVID pandemic. Have a great St. Patrick's Day and don't forget all we have learned these past two years. We still have to stay safe and respect others' space ... so wear something green and give a toast to St. Patrick.



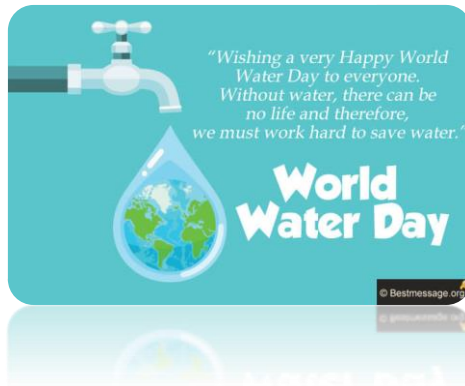
March 20th

The sun shines on the equator for the Vernal Equinox giving us a near 50-50 split of day and night.



March 22nd

World Water Day



March 27th



Why Does Earth Hour 2022 Matter?

This year's Earth Hour is more than a one-night event. It could also decide the state of our environment in the next 10 years and beyond. In short, Earth Hour 2022 is an hour for the future.

Focusing on biodiversity and nature, this year's event hopes to gain the support of more people. This is to show a symbol of collective support for the urgent call to address nature loss and climate change.

Another importance of this event is the support it would rally to convince world leaders and representatives in the upcoming United Nations Convention on Biological Diversity in China. This convention will produce a global plan for the state of our nature and biodiversity for the decades to come.

With enough support from the population for Earth Hour, we could have the chance to make world leaders commit to a plan to reverse biodiversity loss by 2030.





From Kitty's Kitchen

Carrot, Sweet Potato & Feta Fritters

Ingredients

800g carrots
2 large potatoes
1 large onion
600g sweet potatoes
5 medium free-range eggs
200g feta, crumbled

6 tbsp. wholemeal flour
25g fresh coriander, chopped
2 tbsp. cumin seeds
300ml vegetable oil
Green salad, lime wedges & yogurt to serve

Directions

Peel and grate carrots, potatoes, onion and sweet potatoes. Put in a colander over the sink with a big pinch of salt to drain for 30 minutes.

In a large bowl, combine the eggs, feta, flour, coriander and cumin seeds, then beat with a fork until mixed. Squeeze as much liquid from the vegetables as you can, pressing down hard into the colander for 1-2 minutes, then added to the egg mixture. Stir to combine and season well. Heat the oven to 200.

Heat the oil in a wok or saucepan. Put a small handful of the mix in a slotted spoon and lower into the oil. Cook 2-3 at a time: fry for 1-2 minutes, then turn and repeat until golden. Put on a plate and keep warm in a low oven.

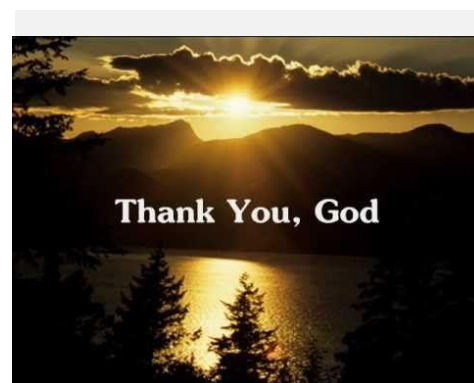




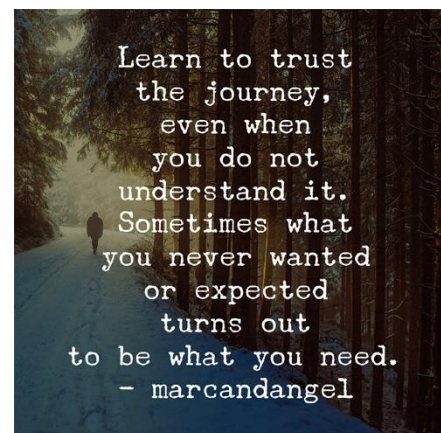
Ephesians 5:20

Do you regularly thank God not only for your food but for all he's done for you? Tell him. Thank him for his multitude of blessings. God loves to hear "thank you"!

Lord God above, thank you for everything. Thank you for abundant grace I do not deserve; thank you for life, food, shelter, family, friends, and so much more. But, most of all, I thank you for Jesus my Saviour. I thank you for everything in the name of my Lord Jesus Christ. Amen



Pause for Thought



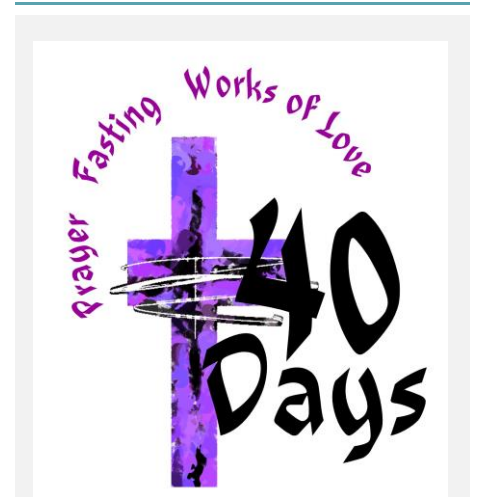
Lenten Litany of Fasting and Feasting

Fast from judging others - Feast on seeing Christ within them.
Fast from emphasis on differences - Feast on the unity of life.
Fast from thoughts of illness - Feast on the healing power of God.
Fast from words that pollute - Feast on phrases that purify.
Fast from discontent - Feast on gratitude.
Fast from anger - Feast on patience.
Fast from pessimism - Feast on optimism.
Fast from complaining - Feast on appreciation.
Fast from negatives - Feast on affirmatives.
Fast from unrelenting pressures - Feast on unceasing prayer.
Fast from hostility - Feast on non-resistance.
Fast from bitterness - Feast on forgiveness.
Fast from self-concern - Feast on compassion for others.
Fast from personal anxiety - Feast on eternal truth.
Fast from discouragement - Feast on hope.
Fast from lethargy - Feast on enthusiasm.
Fast from suspicion - Feast on truth.
Fast from thoughts that weaken - Feast on promises that inspire.
Fast from shadows of sorrow - Feast on the sunlight of sincerity.
Fast from idle gossip - Feast on purposeful silence.
Fast from problems that overwhelm - Feast on prayer that undergirds.
Fast from instant gratification - Feast on self-denial.
Fast from worry - Feast on divine providence and trust in God.
Fast from sin - Feast on the abundance of God's mercy.

Adapted from text of William Arthur Ward - American author, teacher and pastor, 1921-1994

The joy in doing this type of fasting and feasting is that these practices truly lead to rending our hearts and to conversion. And this conversion is a turning from those things that do not give life and a turning to God, who gives life to us in abundance. As you keep your gaze on the Father's love and mercy, may this season of Lent be filled with every grace and blessing!

Faith Matters, 365 Daily Devotions by Leith Anderson



the LAST WORD

“Crosses, no matter how great, must be received with cordial acquiescence in the Divine Will, which fashions and sends them.”

Catherine McAuley