

# KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

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## 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), Michael Hickey (brother of Cathy Hickey), Geraldine Duhamel (sister of Sharon Drover), and Louise Foley (aunt 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](mailto:drover.sharon@yahoo.ca))



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*May you be continually blessed with great love  
and happiness!*

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### *Happy Birthday Wishes to ...*

Geraldine Vicars	-	May 3 <sup>rd</sup>
Marilyn Stack	-	May 11 <sup>th</sup>
Marie Higgins	-	May 16 <sup>th</sup>
Sr. Monica Hickey	-	May 25 <sup>th</sup>
Gerri Stapleton	-	May 26 <sup>th</sup>
Lois Craig	-	May 28 <sup>th</sup>
Barbara Hawley	-	May 29 <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***

*“Our human compassion binds us the one to the other – not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future.”*

~ Nelson Mandela

### ***Contemplative Presence***

*We’re already in the presence of God.*

*What’s absent is awareness.*

- Richard Rohr

## ***Integrity of Creation***

*Every person on earth depends entirely on the  
quality of earth's ecosystems.*

*So, every person on earth, not just a few scientists,  
bears a responsibility for good earth stewardship.*

- Pope Francis – Care for the Earth

## ***Diversity and Inclusion***

*At the heart of creativity is diversity.*

*Diversity is at the core of the universe  
and is its art form. We need to embrace  
and appreciate the differences in places  
and people.*

- James Conlon



## Notes from the Associates/Sisters

### Items of Interest

#### ***May Month***



“May” is **likely named for the Roman goddess Maia, who oversaw the growth of plants.** Alternatively, the name might have come from the Latin *maiores*, meaning “elders”.

#### ***Mother’s Day - May 8th***

Mother’s Day endures and evolves. Modern Mother’s Day celebrates the varied roles of mothers today. We commemorate the many ways mothers have fought to better the lives of their children, from social welfare to non-violence. Many women have taken on the role of mothers over the years when circumstances arose. So we also honor the grandmothers; aunts, stepmothers and friends who stood in to play such an important role in the lives of others. We honor the way "mothers" have raised and nurtured their children with love and courage.

For our mothers who are no longer with us.....



#### ***World Day for Cultural Diversity - May 21st***



Every year on May 21st, the World Day for Cultural Diversity for Dialogue and Development urges everyone to do their part to bridge the gap between cultures. The day is often referred to as Diversity Day.

According to the UN, bridging this gap is essential for peace, development, and stability. When we deepen our understanding of the values of cultural diversity we can achieve so much.

UNESCO encourages members of society to take part in this day.

These events include concerts, educational seminars, workshops, and exhibitions. Here are some of the many ways to celebrate this day:

- Visit an art exhibition or a museum dedicated to other cultures
- Learn about another religion
- Watch an International film
- Listen to a musical tradition from a different culture
- Cook traditional food from a different culture
- Learn about traditional celebrations from other cultures
- Volunteer with an organization working for diversity and inclusion
- Learn another language



Oh! fragrant is the breath of May,  
In the tranquil garden closes,  
And soft yet regal is her sway  
Among the springtide roses.



— William Hamilton Hayne, American poet (1856–1929)

### ***The National Nursing Week "We Answer the Call" May 9-15, 2022:***

Annual celebrations take place from the Monday to the Sunday of the same week as Florence Nightingale's birthday, May 12.

The theme this year is **#WeAnswerTheCall** and was developed by CNA to showcase the many roles that nurses play in a patient's healthcare journey. The pandemic



brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community.



Florence Nightingale (the Lady with the lamp) at the Barrack Hospital

## ***World Bee Day – May 20<sup>th</sup>***



World Bee Day seeks to raise awareness about the importance of bees. Bees are important insects that help preserve balance within ecosystems. They play an important role as they help pollinate flowers and agricultural plants. According to [worldbeeday.org](http://worldbeeday.org), 1/3 of all food produced in the world depends on pollination. Unfortunately, bee populations have been decreasing due to climate change, pollution, and intensive agriculture. This day aims to encourage new solutions to prevent bee populations from declining.



World Bee Day was established in 2017 by the UN General Assembly. It is observed annually on May 20<sup>th</sup>, the birthday of Anton Janša, a pioneer in modern beekeeping. So maybe this year keep that lawnmower stowed away for a little longer and let the bees help the ecosystem.

## ***Saints***

### **Isidore the Farm Labourer, and Saint Maria Torribia**

May 15 Feast day.....

Isidore was a Spanish farmworker known for his piety toward the poor and animals.

Isidore was born in 1070 to a peasant family near Madrid, Spain.

Isidore the farmer was actually a day laborer, working on the farm of the wealthy John de Vergas at Torrelaguna, just outside Madrid. He married a poor girl, Maria Torribia. Their only child, a son, died in infancy.

The couple took a vow of continence to serve God. Isidore's life is a model of simple Christian charity and faith. He prayed while at work. He shared what he had with the poor, even his meals. He often gave them more than he had for himself. Isidore often came later to work in the fields than other laborers because he would first attend Mass in the morning. Yet his work never suffered and he always met the chores required of him. It was said two angels, one on either side of Isidore, appeared and joined their pious companion in plowing the fields.

St. Maria (feast day, September 9) always kept a pot of stew on the fireplace in their humble rural dwelling. She knew that her husband Isidore would often bring home anyone who was hungry. One day he brought home more hungry people than usual. After she served many of them, Maria told him that there simply was no more stew in the pot. He insisted that she check the pot again, and she was able to spoon out enough stew to feed them all.

After Isidore's death, Maria became a hermit, but she too performed miracles and merited after her death the name of "Santa Maria de la Cabeza". Often her prayers of rain from heaven were answered for an afflicted dry countryside. Her remains are honored by all of Spain by pilgrimages and processions at Torrelaguna, where they were transferred in 1615. She was beatified in 1697.



Saints Isidore and Maria remind us that no matter how ordinary our lives seem we can lead lives of holiness.





From Kitty's Kitchen

## **Chicken Parmesan**

No need to boil or drain the pasta in this dish. Just stir the uncooked pasta right into your saucy chicken mixture and simmer away. The pasta is extra delicious from absorbing all of the fabulous flavors.



### **Ingredients:**

2 tbsp Olive Oil  
1/2 lb boneless, skinless chicken breast, cut into 1-inch pieces  
3 cloves garlic, minced  
1 can CAMPBELL'S Condensed Cream of Chicken Soup  
3 cups CAMPBELL's Chicken broth  
3 cups uncooked Penne pasta  
2 cups frozen peas  
1/2 cup grated parmesan cheese  
1/4 cup fresh basil leaves

### **Directions:**

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook for 5 minutes, stirring occasionally, until browned. Add garlic; cook and stir for 30 seconds.
2. Stir in the soup and broth; mix well. Stir in the penne and bring to boil. Reduce heat to medium. Cook, uncovered, stirring occasionally, for 15 minutes.
3. Stir in peas. Cook 3 minutes or until the penne is tender and the chicken is cooked through. Sprinkle with cheese and basil.





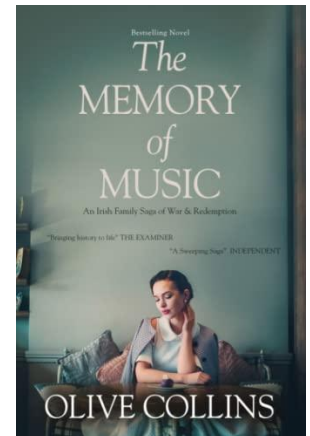


From Kitty's Library

## *A Good Read*

### **The Memory of Music**

By: Olive Collins



The bestselling novel, *The Memory of Music One Irish Family* – One hundred turbulent years: 1916 to 2016 Betty O’Fagarty is proud and clever. Spurred on by her belief in her husband Seamus’s talent as a violin-maker and her desire to escape rural life, they elope to Dublin. She expects life there to fulfill all her dreams. To her horror, she discovers that they can only afford to live in the notorious poverty-stricken tenements. Seamus becomes obsessed with republican politics, neglecting his lucrative craft. And, as Dublin is plunged into chaos and turmoil at Easter 1916, Betty gives birth to her first child to the sound of gunfire and shelling. But Betty vows that she will survive the war and move her little family out of the tenements. Nothing will stand in her way. One hundred years later, secrets churn their way to the surface and Betty’s grandchildren and great-grandchildren uncover both Betty’s ruthlessness and her unique brand of heroism.

## ***Pause for Thought***



## Garbage In, Garbage Out



Whatever is true, whatever is noble, whatever is right,  
Whatever is pure, whatever is lovely, whatever is admirable – if  
Anything is excellent or praiseworthy think about such things.

*Philippians 4:8*

You're probably familiar with the expression "garbage in, garbage out." Every day we are bombarded with words and images that compete for our attention. Some people continually dwell on negative thoughts that eventually destroy them from the inside out. Others are habitually positive, thinking good thoughts that in turn produce a good life. Both extremes illustrate you are what you think.

"Yeah, yeah," you say. "But I don't have any control over what I think. I just think what I think. Thoughts float into my head."

But you're wrong. According to God, you do have control over what you think. When an idea or image floats into your mind, you choose whether to dwell on it or let it go by. If you use the Bible as a filter, you'll let good thinking in and keep bad thinking out.

If you are what you think, it's important to make sure you think good thoughts!



*Father, forgive me for all the garbage I think about. My brain  
needs a good cleaning by your Holy Spirit. I commit to think  
better. I will make a conscious effort to unthink the bad and  
rethink the good. Be the Lord of my thoughts. Amen*

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- Leith Anderson – Faith Matters

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## The Last Word ...

We have one solid comfort amidst this tripping about, our hearts  
can always be in the same place centred in God,  
for whom alone we go forward or stay back.

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- Catherine McAuley

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