



# 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, Kevin Drover (husband of Geraldine Drover), Michael Hickey (brother of Cathy Hickey), 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))

### **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*



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

Mary Norman - July 6<sup>th</sup>  
Joanne - July 26<sup>th</sup>



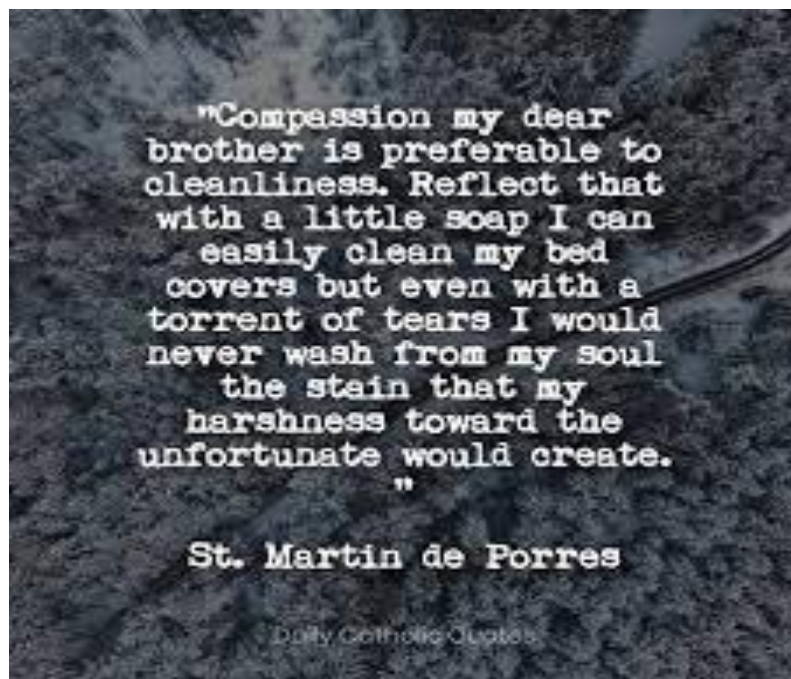
## ***Light a Candle***

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

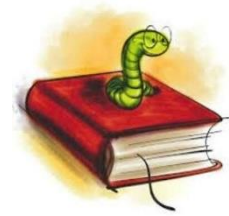
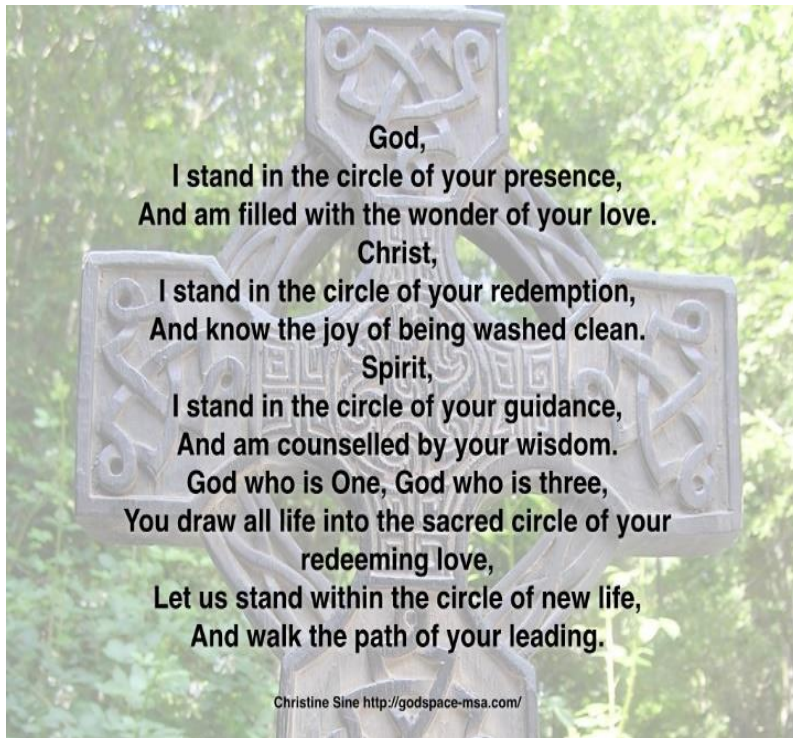


## ***From the Wisdom Circles***

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

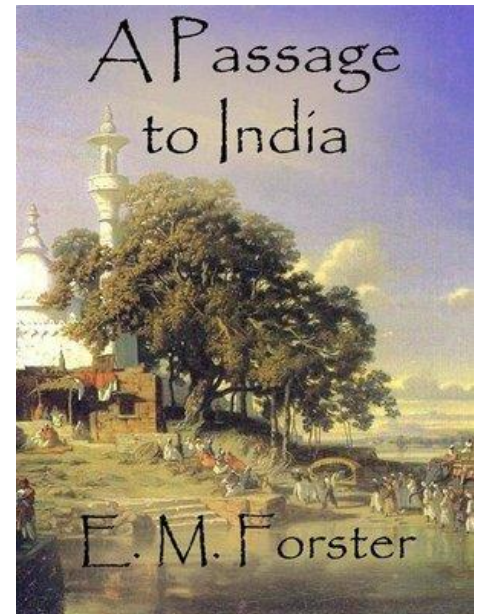


## Contemplative Presence



From Kitty's Library

*A Good Read*



A Passage to India

AUTHOR:

**E.M. Forster**

When Adela Quested and her elderly companion Mrs Moore arrive in the Indian town of Chandrapore, they quickly feel trapped by its insular

## Integrity of Creation

*Reflection*

*Open our hearts through scripture, prayer, theology and liturgy.*

*Every element of creation is a gift of God and a revelation of God.*

Justice Peace and Integrity of Creation JPIC-TSSF

## Diversity and Inclusion

*Diversity is about all of us and  
about us having to figure out  
how to walk through this world  
together.*

Jacqueline Woodson

### Notes from the Associates/Sisters

#### Items of Interest

##### **July fun Facts:**

July was named in honor of **Julius Caesar**. Quintilis, which was his birth month, was renamed July when he died. Quintilis means “fifth month” in Latin, which represents where this month originally fell in the Roman calendar.

The name Canada derives from an Iroquoian word for "village," *kanata*, that French explorers heard used to refer to the area near present-day Quebec City.

July 1 is **Memorial Day** for the people of Newfoundland and Labrador. It is the day Canada's youngest province remembers the Newfoundland Regiment during the Battle of the Somme in 1916.

and prejudiced 'Anglo-Indian' community. Determined to escape the parochial English enclave and explore the 'real India', they seek the guidance of the charming and mercurial Dr Aziz, a cultivated Indian Muslim. But a mysterious incident occurs while they are exploring the Marabar caves with Aziz, and the well-respected doctor soon finds himself at the centre of a scandal that rouses violent passions among both the British and their Indian subjects. A masterful portrait of a society in the grip of imperialism, *A Passage to India* compellingly depicts the fate of individuals caught between the great political and cultural conflicts of the modern world.



## The Somme....July 1<sup>st</sup>, 1916 Newfoundland Regiment

- The Newfoundlanders were to be in the second wave of attack to move into the German front lines & capture enemy positions near the French town of Beaumont-Hamel
- For these men waiting in their reserve trenches ....they can't see what was happening to the first waves of attackers but they can hear the disaster that was unfolding in front of them



Newfoundland & the Great War

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## ***Benedict of Nursia***

For three years Benedict dwelt in a cave located in the mountains near Subiaco, Italy. Assisted by a monk from a nearby monastery who brought food and clothing, Benedict lived in solitude. His life changed dramatically when the abbot of the monastery died and Benedict was asked to take his place. His reputation as a man of deep prayer and spirituality and soon people from around the country began coming to him for spiritual guidance.

Late in his life, Benedict wrote a book known as the Rule as a way to draw together the wisdom of a monastic tradition that had been in place for over three hundred years. His rule stressed the importance of living in community rather than in total isolation or as a vagabond. He also valued continuity and stability and the implementation of common practices that would further strengthen the communal bond. The walls of the monastery were not meant to close people in, however, but to remain open to the stranger.



Thus, one of the most vital aspects of Benedict's Rule is not only to welcome the stranger but also to receive them as one would receive Christ. This is the essence of Benedictine hospitality.

The hospitable heart is one ultimately open to Christ and that means making ourselves vulnerable to change and challenge.

It also offers multiple opportunities to grow more loving, compassionate, forgiving, and generous. That's a rule all of us can take to heart.



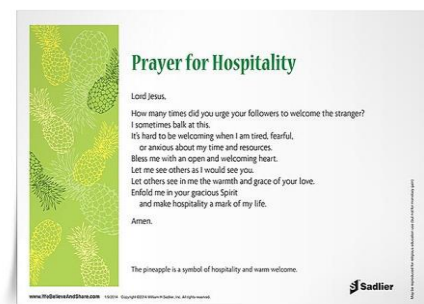
From Kitty's Kitchen

### **Apple Glazed Chicken and Potato Wedges**

Spend beautiful summer days outside instead of in the kitchen with quick summer dinners that go from start to table in just 30 minutes.

Preheat oven to 375.

Sprinkle chicken with pepper. In a large skillet, brown chicken in oil on both sides. In a small bowl, combine the remaining ingredients; pour over chicken. Cover and place in oven and cook for 20 minutes.



### **Ingredients:**

- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 2/3 cup chunky applesauce
- 2/3 cup spicy barbecue sauce
- 2 tablespoons brown sugar
- 1 teaspoon chili powder

## Potatoe Wedges

Preheat oven to 375

4 medium potatoes

1/2 tsp salt

1/2 tsp pepper

1 tsp of garlic powder

1 tsp of paprika.

**Start with quality Russet potatoes** - You'll need about four medium potatoes.

**Slice the potatoes into even wedges so they bake evenly.**

**The secret to making *ultra* crispy potato**

**wedges:** Soak your raw potato wedges in hot water for 10 minutes before baking. This step releases some of the starch in the potatoes and lets them absorb moisture, which leads to crisp outsides and moist interiors.

After soaking the potatoes pat the wedges dry and put them in a bowl and add 1/2 tsp salt...1/2 tsp pepper.... 1 tsp of garlic powder....1 tsp of paprika. Mix well and place wedges on a parchment lined baking sheet and bake for 20 minutes.

A side salad or vegetable can be added to the meal.

**Summer scenes ...**

**MUN Botanical Gardens located at 306 Mt. Scio Road**



*From Kitty's Movies*

### Turner Classic Movies

**Bell Aliant: Channel  
204**

**Rogers: Channel 50**

Saturday July 16th

### **It's a Mad, Mad, Mad, Mad World (1963)**

Comedy

A group of greedy clowns tears up the countryside in search of buried treasure.

Cast: Spencer Tracy;  
Ethel Merman; Milton  
Berle



In the large Pippy Park, on the outskirts of the city, Memorial University (MUN) Botanical Garden has themed gardens and trails through different ecosystems, which include a bog, a marsh, and various types of forest. The flower gardens feature extensive collections of native wildflowers and plants, along with display beds of cultivated annuals, perennials, and herbs. In June and early July there is a splendid **display of rhododendrons**.

Also in Pippy Park, at the edge of Long Pond, is the **Fluvarium**, an underwater viewing station that year-round gives a close-up view of the fish, insects, and plants that live underneath the water. **Rennie's River Trail** connects Long Pond, in Pippy Park to Quidi Vidi Lake, following the river that runs between the two.

### **Salmonier Nature Park**

Not far from the City of St. John's are miles and miles of wild parklands where moose, caribou, and other wild animals and birds roam free. But tourists rarely have a chance to observe these woodland creatures.

A 45-minute drive from St. John's, Salmonier Nature Park is home to moose, caribou, lynx, foxes, otters, mink, beavers, snowy owls, and other wildlife, which you can see as you follow a two-mile loop of forest trails and boardwalks across wetlands. Enclosures are sensitively designed to assure that each species is in its own natural habitat.

Address: Salmonier Line, Holyrood, Newfoundland

Friday July 22nd

### **Killer's Kiss (1955)**

Suspense/Mystery

When he rescues a girl from her gangster lover, a prizefighter is marked for death.

Cast: Frank Silvera; Irene Kane; Jamie Smith

Saturday July 23rd

### **The Thomas Crown Affair (1968)**

Romance

A bored tycoon turns to bank robbery and courts the insurance investigator assigned to bring him in.

Cast: Steve McQueen; Faye Dunaway; Paul Burke



## Downtown Pedestrian Mall



St. John's pedestrian mall will operate from June 30<sup>th</sup> to September 5<sup>th</sup>.

## The Rooms



Admission information: <https://www.therooms.ca/visit-us>

## Free Friday Evenings

Admission to all exhibition galleries is free every Friday from 6-9 pm from June 3 – September 30, 2022.

## Free Student Friday

Admission to all exhibition galleries is free for all day Fridays for post-secondary students with a valid student ID.

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## The Rooms (continued)

### Please Note:

Admission to all exhibition galleries is free between 6 – 9 pm on the first Wednesday evening of the month. There may be a charge for some Wednesday evening programs and events.

General admission fees do not apply to the Archives. First-time users of the Archives pay a one-time \$10.00 fee (plus HST) to obtain a permanent Researcher Registration number.

Access to Red Oak Café on Level 4 does not require admission.

## My Beloved Dumbo



“Man looks at the outward appearance, but the Lord looks at the heart.”

*The Lord, in 1 Samuel 16:7*

As a little boy, I had a beloved stuffed elephant named Dumbo. Over the years, he lost an eye, his color faded, and I sort of lost interest. But after my daughter, Jill, came along, I gave Dumbo to her, and it was love all over again.

Jill is now grown with a daughter of her own, but Dumbo is prominently displayed in her living room. He doesn't look as good as he once did; in fact, his market value is probably zero. But I doubt Jill would sell him for any price. Dumbo is still loved – not because of his looks, but because of his value to her. She values Dumbo because of his relationship to her father.

Isn't that the way we want to be loved? Not because of our looks, but for ourselves? It is our relationship to God the Father that gives us value. It was while we were at our worst, with nothing to offer, that God loved us and sent his Son to die for us.



*Loving Lord, I live in a world where I am continually judged by the way I look. My heart yearns to be loved and accepted just as I am – not because of clothes, age, or appearance. That's the way you love me. You see me exactly the way I am and you love me completely. I am so grateful. Amen.*



As you talk to Heavenly Father and pour out your heart to Him, you will draw closer to Him. Then pause, stop, and listen to the feelings of your heart. Seek to understand the promptings of the Spirit. As you pray sincerely, you will come to feel Heavenly Father's great love for you.

**Margaret D. Nadauld**

## **A page from our Mercy Associates History....**

### A TRUE FRIEND OF OUR MERCY ASSOCIATES HAS GONE TO HER ETERNAL REWARD

Sister Elsie Lahey passed peacefully away on June 24<sup>th</sup> at The Residence at Littledale. She was surrounded by sisters praying for her as she went off to God.

Sister Elsie was a dear friend to many of our Mercy Associates. In 1994 she and Sister Maureen O'Keefe gathered nine ladies together at the Baie Verte Renewal Centre and began the Baie Verte Mercy Associate Group, now named "The Seeds of Mercy". These nine ladies made their commitment as Mercy Associates on June 11, 1997. Since that time just two of the original group, Madonna Clarke and Mary Walsh, remain. They have been joined by a number of women who continue to flourish today under the leadership of Ellie Gavin and Geraldine Drover. Sister Elsie and Sister Eileen Osborne left Baie Verte and continued to work with Associates on Bell Island until their retirement from Active Ministry.

We remember Sister Elsie and her happy smile and generous heart and ask her to continue to watch over all our Mercy Associates especially those in Baie Verte and on Bell Island.



*In His Mercy, Jesus Christ did not say, "Come to me, you who are free from sin" – but, "come to me all you who labour and are burdened, and I will refresh you."*

Catherine McAuley

