KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 9 – September 2022





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)



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

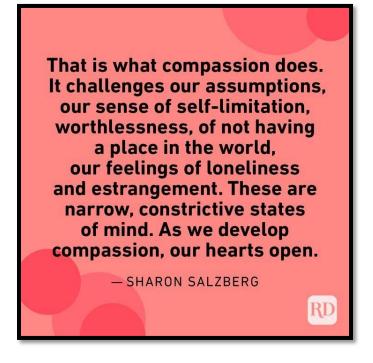
Light a Candle

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

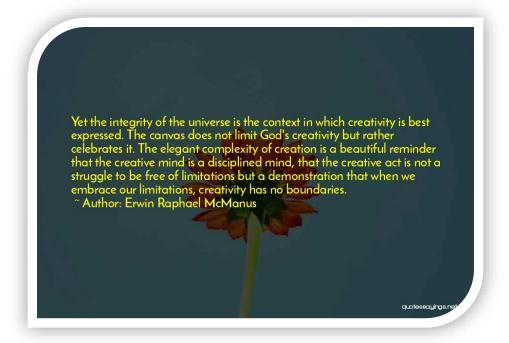
Circle of Compassion



Contemplative Presence



Integrity of Creation



Diversity and Inclusion



Notes from the Associates/Sisters

Items of Interest



Died age 81 - September 17, 1179

St. Hildegard, was a Doctor of the Church. She was also a writer, composer, philosopher, Christian mystic, and German Benedictine abbess. She was born around 1098 to a noble family as the youngest of ten children.

Her parents had promised their sick daughter to God, so they placed her in care of a Benedictine nun. Her holiness and strong piety made her adored by all who met her. It is said, from this young age, Hildegard began experiencing her visions.

When Hildegard turned 18, she became a Benedictine nun at the Monastery of St. Disibodenberg. After Jutta died in 1136, Hildegard was elected superior.

Hildegard quickly became recognized for her immense knowledge of all things faithful, music and natural science, with knowledge of herbs and medicinal arts, despite never having any formal education and not knowing how to write.

She is the patron saint of musicians and writers.





Newfoundland and Labrador Public Library

Did you know that you can borrow E-talk or audiobooks from the NL Public Libraries? You can sit back and let the book talk to you!!

If you don't already have a library card and are a resident of Newfoundland and Labrador, you can <u>obtain a library card from any library branch</u> <u>or</u> you may register online for a library card.



Save the Dates.....

Sept 21-25th

This year the St. John's International CircusFest is partnering with artists and world from Quebec and Europe to join us at the edge of the world.

Innovative new performances, interactive industry panels, keynote speakers and workshops is partnering with artists and world renowned contemporary circus companies from Quebec and Europe to join us at the edge of the world.



Port Blandford Applefest – September 23rd – 25th, 2022

Celebrate all things apples at Port Blandford during the last weekend of September. There will be family activities at the municipal park, including a car show, a pig roast, an outdoor concert, and many apple-themed items.



Fall Market Etsy St. John's - Join us on Sunday, September 25 from 10-4 for the Etsy St. John's Fall Market taking place at 245 Freshwater Road, home of SJFM.

This year's event features local handmade and vintage sellers

from across Newfoundland. The St. John's Etsy Made in Canada Market is the 'place' to be if you are looking for great handmade and vintage items.

ACC & Come Home Year 2022 Present COME FROM AWAY: THE CONCERT

2022 TOUR

Gander - Steele Community Centre September 13-15, 2022

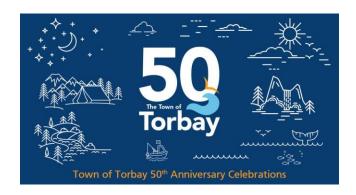
St. John's - Mary Brown's Centre

September 19-20, 2022 September 21, 2022 NEW DATE ADDED



The international hit Olivier-winning and Tony-nominated musical *Come From Away* returns home in a concert version to be presented at the <u>Steele Community Centre</u> in Gander and <u>Mary Brown's Centre</u> in St. John's. *Come From Away* takes you into the heart of the remarkable true story of 7,000 stranded passengers and how the people of Gander, Appleton, Gambo, Glenwood, Norris Arm and Lewisporte welcomed them. <u>Details</u>





Town of Torbay 50th Anniversary Celebrations

Celebrate the 50th Anniversary of the Town of Torbay. Many events are planned to celebrate this momentous occasion. Check out the event calendar and attend the events happening in September.

SEPTEMBER 9-10

COMMON THREADS – QUILT SHOW & SALE

Time:

Friday, September 9, 4:00-9:00pm Saturday, September 10, 10:00am-5:00pm

Tearoom on Saturday, September 10 12:00-4:00pm

A monetary donation for the Torbay local food bank is appreciated.

Location: Torbay Common Community Centre (8 Kinsmen Place)
Free Admission. The Torbay Quilters and The Watt's Cove Quilting Bees present the Quilt Show. Quilted items for sale at the Quilt Boutique.

Check the Town of Torbay website for more community events.





Easter Seals NL's Run Walk Stroll & Roll

Join us for an amazing afternoon at Bowring Park. You will have the options of a 2km loop (paved) or a 5km loop (trail). Feeling like you want to push it to 10km?

We will cheer you on every step of the way!

₹DATE: Saturday, September 17, 2022

LOCATION: Bowring Park (Parking lot - 399 Waterford Bridge Rd, St. John's)





From Kitty's Kitchen

Stuffed bell pepper rings

Ingredients:

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 11/2 cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil

Instructions:

- 1. Preheat oven to 350 degrees. Prepare your rice and set aside. You will need two cups of cooked rice.
- 2. Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
- 3. In a large skillet add the olive oil, garlic and onion, sauté until tender. Add the turkey and brown until thoroughly cooked.
- 4. Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.
- 5. Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice. Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes or until the cheese is melted.

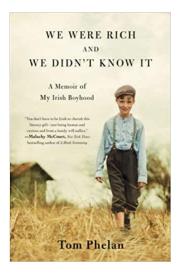




We Were Rich and We Didn't Know It

Author: Tom Phelan

Tom Phelan, who was born and raised in County Laois in the Irish midlands, spent his formative years working with his wise and demanding father as he sought to wrest a livelihood from a farm that was often wet, muddy, and backbreaking.



It was a time before rural electrification, the telephone, and indoor plumbing; a time when the main modes of travel were bicycle and animal cart; a time when small farmers struggled to survive and turkey eggs were hatched in the kitchen cupboard; a time when the Church exerted enormous control over Ireland.

We Were Rich and We Didn't Know It recounts Tom's upbringing in an isolated, rural community from the day he was delivered by the local midwife. With tears and laughter, it speaks to the strength of the human spirit in the face of life's adversities.

Pause for Thought

Pause and remember - Every single event in your life, especially the difficult lessons, have made you smarter, stronger, and wiser than you were yesterday. Be thankful!

— Jennifer Young —

AZ QUOTES

"I realize as never before that the Lord is gentle and merciful; He did not send me this heavy cross until I could bear it. If He had sent it before, I am certain that it would have discouraged me ... I desire nothing at all now except to love until I die of love. I am free, I am not afraid of anything, not even of what I used to dread most of all ... a long illness which would make me a burden to the community. I am perfectly content to go on suffering in body and soul for years, if that would please God. I am not in the least afraid of living for a long time; I am ready to go on fighting."

St. Teresa of Avila – Teresa of Jesus



LASTWORD

"If we looked more to our suffering Lord, our trials would seem light, and consolation would soon come to our hearts."

- Catherine McAuley