

Kitty's Chronicle

Mercy Associates' Newsletter

Volume 6: No. 2 – February 2023



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, Kevin Drover (husband of Geraldine Drover), and Denis Duhamel and Mary Coish (brother-in-law and sister-in-law 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

*The lord bless you, keep you,
And bring you peace on your 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

*“Kindness in words creates
confidence. Kindness in
thinking creates*



*profoundness. Kindness
in giving creates love.”*

Lao Tzu

Contemplative Presence

*“What we plant in the
soil of contemplation,
we shall reap in the
harvest of action.”*

Meister Eckhart

Integrity of all Creation

*“God is the
friend of
silence.*

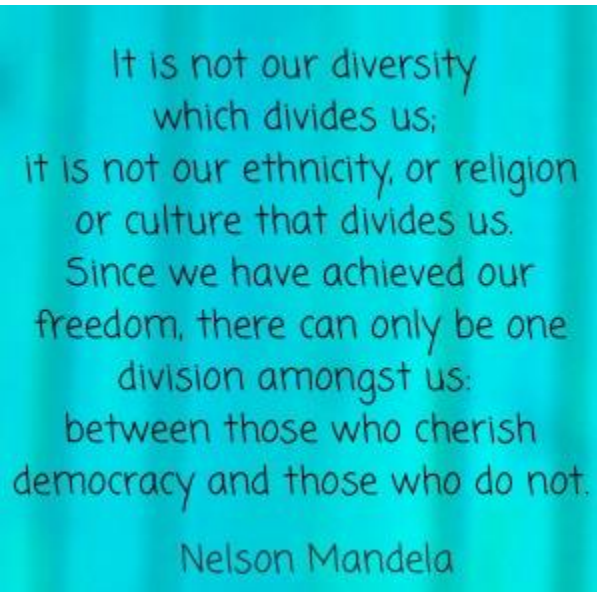
*See how nature – trees,
flowers, grass- grows in
silence; see the stars,
the moon and the sun,
how they move in
silence ... We need*



*silence to be able to
touch souls.*

Mother Teresa

Diversity and Inclusion



It is not our diversity
which divides us;
it is not our ethnicity, or religion
or culture that divides us.
Since we have achieved our
freedom, there can only be one
division amongst us:
between those who cherish
democracy and those who do not.
Nelson Mandela

Notes from the Associates/Sisters

Items of Interest

The following is a Speech in honor of Sisters Geraldine, Ruth and Ellen Marie by Lillian Walsh in its entirety:

Reverend Fathers, Sisters, Visitors, and fellow parishioners,

We are gathered here today in honor of Sisters Geraldine, Ruth, and Ellen Marie. First of all, I wish to thank God for giving me the opportunity on behalf of the Mercy Associates to express words of gratitude and praise to our beloved sisters. I feel privileged yet challenged because it is impossible



to do justice to their ministry among us in a couple of minutes. As I think back through the years, I'm reminded of a poem by Henry Wadsworth Longfellow.

*Lives of great people all remind us
We can make our lives sublime
And departing leave behind us
Footprints on the sands of time.*

No doubt these sisters have left an indelible mark. We are gathered in the name of Mercy which began in Dublin city in 1831, the seed planted by a woman of great integrity, Catherine McCauley. Mercy was her mission and Mercy was the seed. The Newfoundland mission was established in 1842 and the Mercy Associates emerged around early nineties in various areas around the island. How did some parishioners become Mercy Associates? Here in Conception Harbour Sr. Geraldine (a household name) extended an invitation to anyone who wished to come participate in prayer at the Renewal Centre. Some were drawn to this most welcoming sacred space.

After meeting for several months of discernment and in response to our Baptismal call, on June 10, 2008 we entered into an agreement to share in the charism and mission of the Sisters of Mercy. That was a proud day for the Conception Bay Centre Association when we received our pin. Sisters Geraldine, Ruth, and Josette were our leaders and facilitators for many years. We gained tremendous spiritual and personal enrichment through innumerable ways of faith sharing via prayer, scripture, reflections, retreats, rituals, days of awareness, music and song, study sessions. Many colleagues from in and around St. John's were also invited to come and share their experiences on timely and seasonal topics - to name a few, Forming Blue Communities, God's Hands and Our Hands, Human Rights, Human Trafficking, The Open Door. The Sisters I recall were Madeline Byrne, Loretta Chafe, Mary Tee, Margie Taylor, Monica Hickey. Please forgive if I have omitted anyone, it's unintentional. Thank you, Sisters, for your informative and enlightening presentations.

For all the time, planning and preparation that you, Sisters Geraldine, Ruth,



and Ellen Marie have undertaken notably the relevant material that had to be gathered, interesting handouts, booklets, cards, knickknacks, videos, CDs, etc. is certainly a testament to your faithful leadership and dedication to the Mercy Associates. Embedded in the deep recesses of our mind is the extensive study we did on Pope Francis' encyclical *Laudato Si* in which we were invited to "wake up the world" and pursue dialogue at all levels and between all actors to address the urgent cry of the earth and the mournful cry of the poor.

Touched by your friendship, interest and support we are trying our best to see Mercy and be Mercy in a new way. We have all grown in various ways, 'neath the shadow of your wings'. Many thanks for all your spiritual direction. How could we associates forget that warm loving handshake you extended to us as we entered the Renewal Centre, when you sat, listened and comforted those going through a difficult time and helped us face life with a new hope, when you shone the light of laughter with humorous stories and camaraderie. Your excellent spirit of hospitality knew no bounds. You even reached out to neighboring communities to visit the sick, console the bereaved or the troubled, brought food to the hungry and provided clothing to the needy. If love's last gift is remembrance, then you have left us quite a legacy.

When our great humble leader Sister Ruth moved to her new residence, Sister Ellen came to our rescue and facilitated Mercy Associates' meetings. Soon an unwelcome visitor, Covid 19 appeared. Health authorities issued a lockdown. Suddenly our blue skies turned grey when we could no longer gather at the sacred space in the Renewal Centre. In reference to a common Newfoundland saying "the bottom had dropped right out of her". However, life's experiences have taught us there's a time to hold on and a time to let go, our Divine Master had other plans.

A few simple idiosyncrasies I'd like to mention, personally I'm going to miss seeing Sister Geraldine bounding swiftly like a young deer across the garden from the convent to unlock the doors to the Renewal Centre or the church sacristy. I will miss the soft soothing voice of Sister Ruth addressing me as



"Lilly". "Hi Lilly, how are you today". It was so uplifting. I'll miss the sweet sound of a nightingale singing like Sr. Ellen Marie did at our Associates meetings. In the meantime, it would be just heavenly for all of us to gather around the dining table just one more time for a "comfortable" cup of tea in the name of Catherine McAuley.

We have traveled well together, now our paths must part. Remember as you journey, you're forever in our hearts.

Before concluding let us pause for a moment and remember our CBC Associates who have gone to their eternal home, Sr. Josette, Sue McDonald, Maureen Hynes, Marie Dalton, Clare Gregory, Theresa O'Neil. May perpetual light shine upon them. May they rest in peace. For any Associate who could not attend today, may God bless and comfort them in their need.

I invite all CBC Mercy Associates to stand as we sing this prayer of blessing for Sisters Geraldine, Ruth, and Ellen Marie:

May the blessing of
God be upon you,
The blessing of the
Father and the Son,
May the spirit of
God, the spirit of
love be with you all
your days.

Would our honorees please come forward? On behalf of the CBC Mercy Associates, it is with sincere gratitude and deep appreciation I present these gifts in recognition of all the ways you have gifted us.

I'd like to thank Associate Mary Taylor for ordering and picking up the flowers. Much appreciated, Mary.

Submitted by: Lillian Walsh





Saint Barbara - February 1st

Saint Barbara was born in the city of Nicomedia, modern-day Izmit, Turkey, in the year **218 A.D.** Born to Dioscorus, a wealthy tyrannical Roman merchant and devout believer in the Greco-Roman religion.

Barbara was carefully guarded by her father who kept her locked up in a tower in order to preserve her from the outside world. Having secretly become a Christian, she rejected an offer of marriage that she received through her father.

Barbara was adopted as the **patron saint of miners** most probably because the mining profession had to cope with many hazards to life in those days. Also, the miners formed a large part of those for whom she prayed in the hours of her own death.

Neither the imprisonment nor the punishments inflicted on her by her father would persuade her against her choice; on the contrary, **they strengthened her faith in Christianity.** Barbara managed to flee and hid in a rocky cliff that opened and allowed her to hide. This is how she became the patron saint of miners.

The Order of Saint Barbara

The United States Army Field Artillery Association and the United States Army Air Defense Artillery Association maintain the *Order of Saint Barbara* as an honorary military society of the United States Army Field Artillery and the United States Army Air Defense Artillery. Members of both the United States Army and United States Marine Corps, along with their military and civilian supporters, are eligible for membership.



The Month of February

February comes from the Latin word *februa*, which means “to cleanse.” The month was named after the Roman *Februalia*, which was a month-long festival of purification and atonement that took place this time of year.

Did you know:

- February is the only month to have a length of fewer than 30 days! Though it’s usually 28 days, February is 29 days long in leap years the next leap year is 2024.
- Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.



February 2 is Groundhog Day—

the day we find out whether winter will last six more weeks or call it quits early.

- **February 15** is also **National Flag of Canada Day!**



- **February 21** is **Mardi Gras**, (aka “Fat Tuesday” or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.
- **February 22** is **Ash Wednesday**, which marks the start of Lent.



- **February 27** is **Clean Monday**. Also called Pure Monday, this day marks the beginning of Great Lent for followers of the Eastern Orthodox Christian Church. This day is similar to Ash Wednesday of the Western Church.

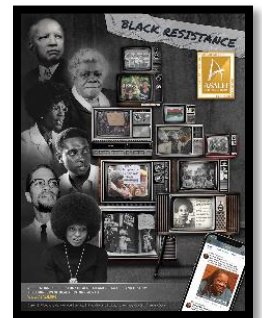
The Full Snow Moon

February's full Moon reaches peak illumination at **Sunday, February 5, 2023**. Look skyward on that night to catch the best view of this full Moon! It's known as



the **Snow Moon** due to the typically heavy snowfall that occurs in February. Other traditional Native American names for this Moon include the Eagle Moon (Cree), Raccoon Moon (Dakota), and Hungry Moon (Cherokee).

February is **African-American History Month**. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.



2023 THEME – Black Resistance





From Kitty's Kitchen

Easy Steak with Pan Sauce

Ingredients:

1-1 and ½ pounds of steak (Sirloin, Ribeye)
Kosher salt
Freshly ground black pepper
1 tablespoon vegetable oil
1 small onion
2 garlic cloves
¼ cup (½ stick) cold unsalted butter
2 sprigs thyme
2 tablespoons Dijon mustard
2 teaspoons Worcestershire sauce

Heat a medium dry skillet over medium. Season the steak while you wait for the skillet to get nice and hot. Sprinkle lots of **salt** and **pepper** on both sides of the steak.

Pour **1 Tbsp. oil** into skillet and swirl to coat. Using tongs, gently lay the steak in a skillet and cook until the underside is deeply browned and a crust has formed about 5 minutes. Turn the steak and cook until the reverse side is equally browned and the steak is medium-rare. Remove the skillet from heat. Transfer the steak to a cutting board to rest.

Let the skillet cool for about 5 minutes. While the skillet is cooling, peel and finely chop **1 onion**. Remove the peel from **2 garlic cloves**. Cut **¼ cup (½ stick) butter** into 4 Tbsp.-size pieces. Set aside and have at the ready.



Leave the steak drippings in the pan and place the skillet back over medium-low heat and add onion, garlic, **2 sprigs thyme**, and 2 Tbsp. butter. Swirl skillet to melt butter and cook, stirring often with a whisk, until onion is golden brown, 2-3 minutes.

Add ½ **cup water** to the skillet and whisk to dissolve stuck-on bits. Whisk in **2 Tbsp. mustard** and **2 tsp. Worcestershire sauce** until smooth.

Still working over medium-low heat, add the remaining 2 Tbsp. butter and whisk constantly until butter is dissolves and sauce is smooth and thick about 1 minute. Remove the skillet from heat. Spoon pan sauce over steak and serve.



From Kitty's Library
A Good Read

The Lost Girls of Ireland
Susanne O'Leary

A heart-warming story about family secrets and one woman's escape to dreamy Sandy Cove on the stunning west coast of Ireland.

The picturesque beach of Wild Rose Bay is the last place Lydia Butler thought she'd be. But having just lost everything, the run-down cottage she inherited from her Great Aunt Nellie is the only place she can take her daughter, Sunny. Hidden away in a tiny Irish village, she can protect Sunny from the gossip in Dublin, and the real reason they have nowhere else to live...



The cottage is part of the old coastguard station and other eccentric residents are quick to introduce themselves when Lydia arrives. Lydia instantly feels less alone, fascinated by the stories they have about Nellie, and she's charmed by American artist, Jason O'Callaghan, the mysterious man who lives next door.

But the longer Lydia relaxes under the moonlit sky, the more the secret she's keeping from Sunny threatens to come out. And as she finds herself running into Jason's arms, she knows she must be honest and face up to the past she has tried to forget. Has she finally found people who will truly accept her, or will the truth force her to leave the cottage for good?

Pause for Thought

“I do not seek to understand in order that I may believe, but rather, I believe in order that I may understand.”

—
St. Anselm of Canterbury

The Last Word...

“How rapidly the days, weeks, and months are passing. Another month ended, that seemed but a few days begun. If we have not forfeited the friendship of almighty God, but have been trying to love Him more and more, and to serve Him faithfully, they were blessed days for us.”

—
Catherine McAuley
Letter to de Sales White February 28, 1841



HAPPY VALENTINE'S DAY

