

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), 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)

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, Margaret "Anne" Dobbin who passed away on February 23, 2023. Let her family be assured of our prayers in their bereavement and our prayer that Anne is 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

*"Love and compassion are
necessities, not luxuries.*

Without them, humanity cannot survive."

—
Dalai Lama

Contemplative Presence

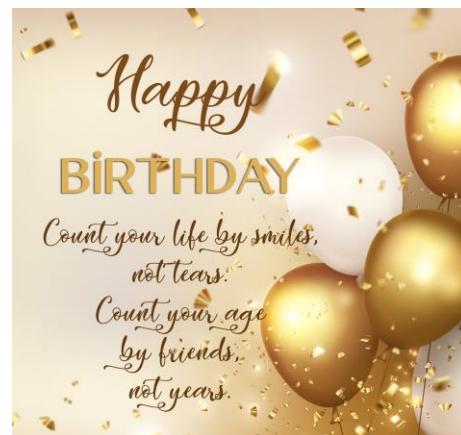
*"Seeking the face of God in everything, everyone, all the
time, and his hand in every happening; this is what it*



Happy Birthday Wishes to:

Anne Bown – March 7th

Bess Collins – March 28th



means to be contemplative in the heart of the world. Seeing and adoring the presence of Jesus, especially in the lowly appearance of bread, and in the distressing disguise of the poor.”

Mother Teresa, In the Heart of the World: Thoughts, Stories and Prayers

Integrity of Creation

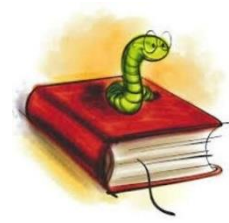
“We stand at a critical moment in Earth’s history, a time when humanity must choose its future. As the world becomes increasingly interdependent and fragile, the future at once holds great peril and great promise.”

Preamble to Earth Charter

Diversity and Inclusion

“We have a very diverse environment and a very inclusive culture, and those characteristics got us through the tough times. Diversity generated a better strategy, better risk management, better debates, and better outcomes.”

Alan Joyce



From Kitty's Library

A Good Read



Finishing School a novel

by [Helen Fogwill Porter](#)

Forty-nine-year-old divorced hair stylist Eileen Novak has recently enrolled in a community college class to complete her high school education, and her first English assignment is to keep a journal. Initially apprehensive about this exercise, Eileen soon discovers she enjoys writing and the opportunity to really let herself go.

Notes from the Associates/Sisters

Items of Interest

March 4th – Saint Casimir

Casimir grew up in a world where his life was not his own. As a prince of Poland, the second son of King Casimir IV and Elizabeth of Austria, his life was scheduled to cement his father's authority and increase Poland's power.

Casimir realized from an early age that his life belonged to someone else, but to a much higher King than his father. Despite pressure, humiliation, and rejection, he stood by that loyalty throughout his whole life.

Born the third of thirteen children in 1461, Casimir was committed to God from childhood. Some of that commitment was the result of a tutor, John Dlugosz, whose Holiness encouraged Casimir on his own journey.

It may be hard for us to imagine royal luxury as a pressure, but for Casimir the riches around him were temptations to forget his true loyalties. Rebelling against the rich, fashionable clothes he was expected to enjoy, he wore the plainest of clothes.

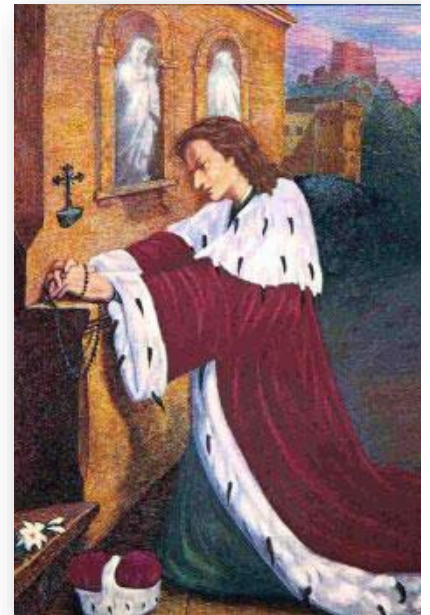
Rejecting even ordinary comforts, he slept little, spending his nights in prayer. And when he did sleep, he lay on the floor, not on a royal bed. Even though he was a prince, many of those around him must have laughed and joked at his choices. Yet, in the face of any pressure, Casimir was always friendly and calm.

Though his father must have wondered about him, he must have seen and admired Casimir's strength.

He died at the age of 23 in 1484 from lung disease. He was buried with his favourite song, a Latin hymn to Mary called "*Omni die dic Mariae*" which we know as "Daily, Daily Sing to Mary". Because of his love for the song, it is known as the Hymn of St. Casimir.

Casimir is the patron saint of Poland and Lithuania.

Set in St. John's, Newfoundland, in the 1980s and resonating with a vivid sense of place, Finishing School chronicles Eileen's sometimes traumatic, sometimes funny but fully engaged life during the school "Always ready to try anything."



March 8th is International Women's Day.

This day is observed globally every year on 8 March to celebrate the achievements of women. Purple is the colour that symbolizes women internationally. The combination of the purple, green and white colour is to symbolize the equality of women which is originated from the Women's Social and Political Union in the UK in 1908. Do you know that purple signifies justice and dignity, green symbolises hope and white purity?



March 12th is the start of Daylight savings time, which begins at 2:00 A.M. that day. If your area observes it, don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!



March 15th is the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!



March 17th is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.



March 21st "World Poetry Day"

*The brown buds thicken on the trees,
Unbound, the free streams sing,
As March leads forth across the leas
The wild and windy spring.*

— Elizabeth Akers Allen (1832–1911)



March 22nd marks the start of Ramadan, which begins at sundown on that day. In Islam, Ramadan is considered a holy month when a month-long, sunrise-to-sunset fast is observed.

March 22nd is "World WATER Day".

March 29th-31st are known as the Borrowing Days. According to lore, the last three days of March have a reputation for being stormy.



2023 Accelerating Change



According to folklore, wear a sprig of rosemary in your hair to improve your memory.



From Kitty's Kitchen

Beefy Penne

Ingredients

1 pound of uncooked penne

½ medium chopped onion

1 pound of ground beef

1 tablespoon of Olive Oil

1 clove of minced garlic

1 ½ cups of tomato sauce

Salt and pepper to taste

1 ½ cups of shredded cheese

Directions

1. Preheat your oven to 350°. Grease a 9x13 baking dish (I use Pam spray).
2. Boil a large, salted pot of water for the penne. Cook it for 10 minutes (it should be slightly underdone so it doesn't get mushy).
3. Add the oil, beef, and onion to a skillet. Sauté over medium-high heat, breaking the meat up as you go along, for 10 minutes. Once it gets going, stir in the garlic. Spoon out excess fat if needed.
4. Stir in the tomato sauce and warm through. Give it a taste and season with salt & pepper as needed.



5. Drain the pasta and pour it into the baking dish. Pour the beef mixture over top and then toss until it's combined with the pasta. Top with an even layer of the cheese.
6. Bake for 20 minutes, uncovered, until the cheese is nicely melted.

Note: Penne can be substituted with Macaroni or another pasta and chicken or turkey can be substituted for beef.



A Story from our Indigenous Wisdom Tradition captures the Essence of Charism:

“Many years ago, among the Wurrundjerri people in Victoria, as it was most likely with other Aboriginal peoples, it was the sacred task of the women in the tribe during the gray, wet winter months to carry the fire. Fire meant life. In the drizzle and the damp that we associate with the winter months, it was, of course, not possible to start fires at every new camp-site. The fire had to be carried. This was achieved by maintaining hot coals in shell cones bartered from the coastal people, like the Bunnarong. Upon setting up



Aboriginals at [Merri Creek](#) by [Charles Troedel](#)



camp the coals could be enflamed into life. It is not difficult to imagine what a vital and important duty it was to carry those shells with the coals inside them, carefully and with a great sense of responsibility.”

—
Father David Ranson

When reading this passage can you imagine Catherine McAuley passing on the flame to her sisters. Catherine asking her sisters to carry the fire within them as they left Dublin and made the journey to establish new convents and create new communities. The journeys were long and at times they were asked to travel across oceans to other countries. They, like the women of the Wurundjeri people, had to keep the fire alive; care for the spark that would give life and warmth to the people that were waiting for them.



Pause for Thought

Silence is the pause in me
when I am near to God.

Arvo Part



the LAST WORD

*“Let us fly often to the foot of the cross and repose in the wounds of
Jesus. He has written us in His hands.*

Shall we not write His wounds in our minds and hearts?”

—
Catherine McAuley

