

KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 6 / No. 4 – April 2023



Anniversary:

Barbara & Eric – April 5th



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), Denis Duhamel and Mary Coish (brother-in-law and sister-in-law of Sharon Drover) and Marion Bonia (sister of Anne Marie Davis).

(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, Sonia Harvey (Neary) who passed away on March 9, 2023. Let her family be assured of our prayers in their bereavement and our prayer that Sonia 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

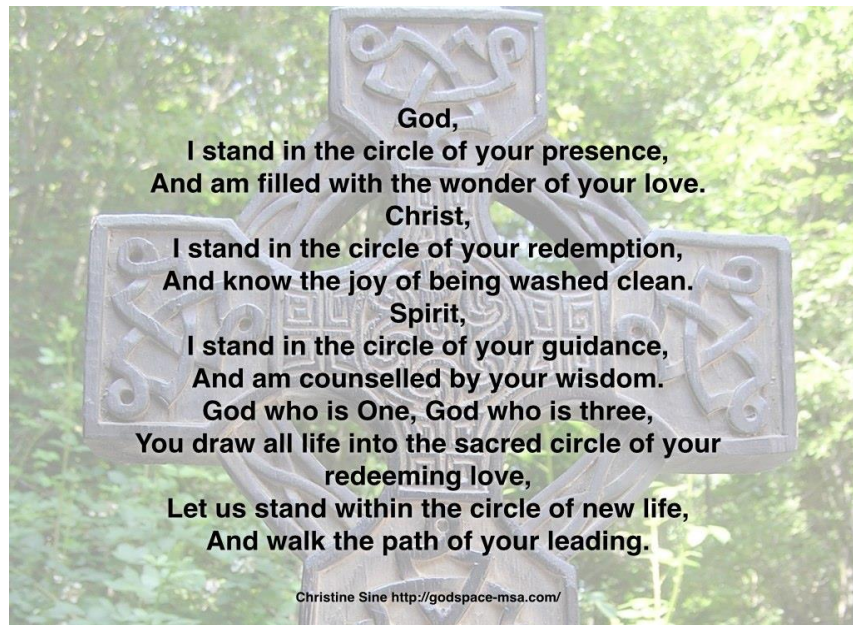
Circle of Compassion



Photo credit: Justin Drover

Bonavista, NL

Contemplative Presence



Christine Sine <http://godspace-msa.com/>

Integrity of Creation

Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honour and all blessings.

To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,
Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,
through whom You light the night and he is beautiful and playful and
robust and strong.

Praised be You my Lord through our Sister,
Mother Earth
who sustains and governs us,
producing varied fruits with coloured flowers and herbs.
Praise be You my Lord through those who grant pardon for love of You
and bear sickness and trial.

Blessed are those who endure in peace, By You Most High, they will be
crowned.

Praised be You, my Lord through Sister Death,
from whom no-one living can escape. Woe to those who die in mortal sin!
Blessed are they She finds doing Your Will.

No second death can do them harm. Praise and bless my Lord and give
Him thanks,
And serve Him with great humility.

St. Francis of Assisi

Diversity and Inclusion

We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion.

Max de Pree

Photo credit: Justin Drover

Black Island, NL

Notes from the Associates/Sisters

Items of Interest

April 2nd - International Children's Book Day

International Children's Book Day is celebrated every year on **April 2nd**, the birthday of the famous fairy tale writer Hans Christian Andersen.

Children's books stimulate the imagination, teach values, and introduce children to new things. International Children's Book Day also aims to encourage children to read more (or parents to read more to their children) to inspire their love for books.

The International Board on Books for Young People founded International Children's Book Day in 1967, to promote children's literature and encourage young people to read more.



Born in Odense on April 2, 1805, this author of many classic fairy tales wrote over 150 stories that many people know and love. Some of his titles are: The Little Mermaid; The Ugly Duckling; The Emperor's New Clothes and The Princess and the Pea.



April 13th - International Plant Appreciation Day

Today is a perfect opportunity to get closer to the plant world. Pamper your indoor plants. Don't have any? Well, what are you waiting for? Go out and buy some maybe give a plant to a friend as a gift in the month of May. This special day falls in the spring, a perfect time for you to plant outdoor plants. If you are not yet a gardener, now is the time to start a relaxing and rewarding, lifetime gardening hobby.



Gardeners and non-gardeners alike should appreciate plants for the benefits they provide. They produce oxygen, essential for our existence. Plants instill calm, peacefulness, and serenity. Many of them are beneficial to our health. We appreciate:

- Flowers for their beauty.
- Vegetable plants to feed us. They taste so good and offer a wide range of flavors for our consumption.
- Herbs are the spice that makes eating such a pleasure. Many of them offer medicinal uses, too.
- Trees give us shelter and shade. They also provide the paper that we write on.
- Weeds, well let's appreciate them too, if only for today.
- And, the list goes on and on.

April 22nd, 2023 - International Mother Earth Day



Change starts with action. Better yet, an action that affects the world around you. A Billion Acts of Green are happening across the planet. From students in classrooms to organizers in their communities to officials in government there are ways for anyone of any background to make a difference. Start small and go big — or start big and stay big. Either way, keep coming back, keep taking action and join the movement to change the world.

Mercy Nun Serving Disabled Children Wins American Catholic Honor

March 20, 2023

By John Lavenburg



PROSPECT HEIGHTS — Sister Rosemary Connelly, a lifelong advocate for individuals with developmental disabilities, will receive the 2023 Laetare Medal from the University of Notre Dame, one of the oldest and most prestigious honors given to American Catholics.

Sister Rosemary, 92, is chairwoman of the board of the Misericordia Foundation, a nonprofit organization on Chicago's South Side that provides home and custodial care to children with disabilities from birth to age 6. She joined the organization as executive director in 1969. Through her leadership, the organization has grown to serve more than 600 children and adult residents and more than 140 additional families.

For her work, Sister Rosemary has received nine honorary degrees — including one from Notre Dame in 1997. She has also received the Order of Lincoln Medallion, Illinois' highest award for lifelong achievements; the Illinois Entrepreneur of the Year Award from Ernst and Young; and a Caring Institute award, naming her one of the most caring people in America.

“With her characteristic tenacity, grace, and genius, Sister Rosemary has ensured that residents of Misericordia — as wonderful children of God — have the quality of life and opportunities they deserve,” said Father John Jenkins, the president of Notre Dame.

“We are inspired by her leadership and her compassion and are honored to bestow the Laetare Medal on her,” Father Jenkins said.

Sister Rosemary is a native Chicagoan, one of six children born to Irish immigrant parents. She joined the Sisters of Mercy at age 19 and taught in the Archdiocese of Chicago school system while pursuing her own education. She earned a bachelor's degree in social science from Saint Xavier University in 1959, a master's in sociology from St. Louis University in 1966, and a master's in social work from Loyola University Chicago in 1969.

She credited God's presence for her success.

“I always felt that God was with me, that God really took care of me. He even spoiled me by always making sure the right people were in the right place at the right time,” Sister Rosemary said. “And I don't think that's accidental. The Lord has been more than gracious to me. So I'm thankful to God that we have a Misericordia. It's a place where the children are respected and loved, and the staff is very committed to them.”

As for her motivation to continue her work, she said it has everything to do with the people by whom she's surrounded.

"What motivates me? I think the fact that I'm surrounded by wonderful people, including the staff and especially the residents here," Sister Rosemary said. "They challenge us to be our best. They're loving. They live life beautifully. And they can be models for us all."

The Laetare Medal is announced each year on the fourth Sunday of Lent, known as Laetare Sunday, and dates back to 1883. Notre Dame established the award as an American counterpart of the Golden Rose, a papal honor that goes back to the 11th century.

Previous recipients of the award include President Joe Biden, President John F. Kennedy, Dorothy Day, former Speaker of the House John Boehner, Cardinal Joseph Bernardin, Sister Norma Pimentel, and Hollywood actor Martin Sheen. Last year's recipient was environmental activist Sharon Lavigne.

The Laetare Medal bears the Latin inscription "*Magna est veritas et praevalabit*" ("Truth it is mighty, and it shall prevail"). Every year the award goes to a Catholic "whose genius has ennobled the arts and sciences, illustrated the ideals of the Church, and enriched the heritage of humanity."

Sister Rosemary will receive the 2023 Laetare Medal at the university's commencement ceremony in May.



**So God created humankind
in God's own likeness, in the
image of God, God created
them.... God saw everything
that God had made, and
indeed it was very good.**

Gen. 1:26-31



Dates to Remember

April 4th – Mass of Chrism (7:00 pm) - Basilica

April 6th – Holy Thursday – Mass of the Lord’s Supper

April 7th – Good Friday – Celebration of the Lord’s Passion

April 7th – Good Friday – Stations of the Cross

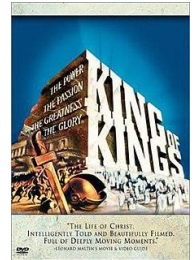
April 8th – Holy Saturday – Blessing of the Easter Baskets and Morning Prayer (10:00 am) - Basilica

April 8th – Holy Saturday – Easter Vigil – Resurrection of the Lord

April 9th – Easter Sunday – Resurrection of the Lord

Easter Specials on NTV

NTV will be airing the following movies. Please check your local listings for the holiday movies “*King of Kings*” (April 8th) and “*Easter Parade*” (April 9th); special cartoon specials “*Daffy Ducks Easter Show*” (April 9th), “*Easter Bunny is Comin’ to Town*” (April 9th) and “*Bugs Bunny Easter Special*” (April 9th).





From Kitty's Kitchen

Cinnamon Beef Stew

INGREDIENTS

UNITS: **US**

- **2** tablespoons **olive oil**
- **2** lbs **stewing beef**, cut into 1 1/2 inch pieces
- **1** bunch **scallion**, sliced thin (about 1 cup)
- **3** large **celery ribs**, chopped fine
- **1** small **green bell pepper**, chopped fine
- **1** (2 lb) can whole **tomatoes with juice**, chopped
- **1** cup prepared **tomato sauce**
- **1** cup beef stock
- **1** tablespoon **Worcestershire sauce**
- **1** tablespoon finely chopped **parsley**
- **1** tablespoon **brown sugar**
- **1** **bay leaf**
- 1/4 teaspoon **rosemary**, crumbled
- 1/8 teaspoon **thyme**, crumbled
- 1/8 teaspoon **oregano**, crumbled
- **1** teaspoon **cinnamon**
- **1** pinch **cayenne**
- **3** **carrots**, sliced 1/2 inch thick
- **4 -6** small **new potatoes**, peeled, cut in half

DIRECTIONS

- Heat oil over moderately-high heat and brown beef in batches, transferring to a bowl as it is browned.
- Pour off fat if desired.
- Return beef to kettle and stir in scallions, celery, bell pepper, tomatoes with juice, tomato sauce, beef stock, Worcestershire Sauce, brown sugar, herbs and spices.
- Simmer, covered, 2 1/2 hours.

- Add carrots and potatoes and simmer 30 minutes longer, or until they are tender.
- For Crock pot: Put browned beef and all remaining ingredients in crock pot.
- Give everything a stir and cook on low for 10-12 hours, adding more water or stock if stew appears too dry (probably not necessary).



From Kitty's Library

A Good Read

A Novel by Bobbi French

An unforgettable, life-affirming novel about a woman living on her own terms at last and reclaiming the friendship of a lifetime, for readers of *The Unlikely Pilgrimage of Harold Frye* and *Me Before You*.



Frances Delaney is staring down the last days of her life. Looking back over her fifty-eight years with wit and no small amount of regret, she sees not the life she wanted but the one that happened. An idyllic childhood in the small Newfoundland fishing town of Safe Harbour was darkened by the loss of her father at sea, an unwanted pregnancy and a betrayal by her closest friend, Annie Malone. Frances and Annie were inseparable, and this rupture rocked Frances to the core. In the aftermath, she fled to St. John's and a solitary life nothing like what she and Annie had dreamed of as their grand escape. Now, with the help of her young, optimistic friend Edie, Frances begins a journey toward resolution and back to Annie and Safe Harbour. With these good women in her corner, Frances can at last chart her course to living on her own terms, right to the very end.

A powerfully touching celebration of friendship and forgiveness, *The Good*

Women of Safe Harbour is about a woman who finally gives herself a chance to love and be loved. It's a story that is impossible to read with dry eyes.



Photo credit: Justin Drover

Black Island, NL

The Last Word...

“Let us not think of the means [God] has employed to convey to us a portion of the Holy Cross, being ever mindful that it came from Himself.”

Catherine McAuley
Letter to Frances Warde May 28, 1841



Jesus
said to her,
"I am
the resurrection
and the life.
The one who
believes in me
will live,
even though
they die;
and whoever
lives by
believing in me
will never die.
Do you believe this
?"

John 11:25-26 (NIV)