

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), 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 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, Anne Marie Metcalf, who passed away on August 8th, 2023. Anne Marie was a long-time Associate from Bell Island. We also extend sincere sympathy to the family of Mary Craig, who passed away on August 23rd, 2023. Let their families be assured of our prayers in their bereavement and our prayers that Anne Marie and Mary are 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.

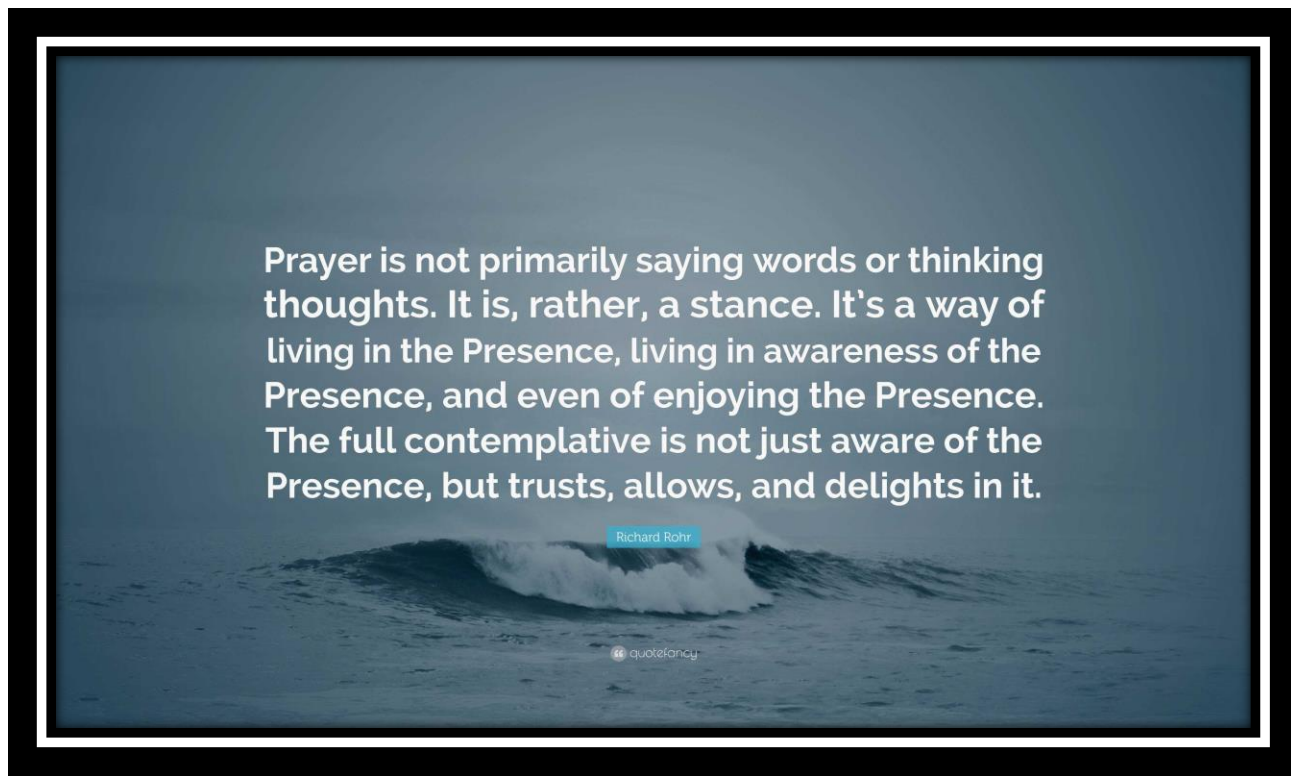
From the Wisdom Circles

Circle of Compassion

“We can’t heal the world today, but we can begin with a voice of compassion, a heart of love, an act of kindness.”

Mary Davis

Contemplative Presence



Richard Rohr

Integrity of Creation

“Creation is not some possession that we can lord over for our own pleasure; nor, even less, is it the property of only some people, the few: creation is a gift, it is the marvelous gift that God has given us, so that we will take

care of it and harness it for the benefit of all, always with great respect and gratitude.”

Pope Francis, June 15, 2015

Diversity and Inclusion

“The feeling of belonging should never be encouraged or supported by false-positive beliefs when only the welcomed majority feels that way.”

Ty Howard

Notes from the Associates/Sisters

Items of Interest



September (from Latin septem, "seven") or mensis September was originally the seventh of ten months on the ancient Roman calendar that began with March (mensis Martius, "Mars' month"). It had 29 days. After the reforms that resulted in a 12-month year, September became the ninth month, but retained its name.

September 15th - Feast Day: Our Lady of Sorrows

We honor our Blessed Mother, our Lady of Sorrows, we honor her as the faithful disciple and exemplar of faith. Let us pray as we do in the opening prayer of the Mass for this feast day: Father, as your Son was raised on the cross, His Mother Mary stood by Him, sharing His sufferings. May your Church be united with Christ in His suffering and death and so come to share in His rising to new life. Looking to the example of Mary, may we too unite our sufferings to our Lord, facing them with courage, love, and trust. By honouring Our Lady under the title of Our Lady of Sorrows on this day. We remember that sacrifice that Christ made for us, and we are united with his Holy Mother in her grief for the sins of the world that led to the death of her son.



September 24th – Foundation Day

The House of Mercy on Baggot Street was opened on September 24th, 1827. Catherine McAuley's first co-workers were Catherine Byrn and Anna Maria Doyle. They moved into the House to provide a residence and a school for homeless girls and women.



Poetry Pause:

Rennies River, St. John's



Autumn Fires

*In the other gardens
And all up in the vale,
From the autumn bonfires
See the smoke trail!*

*Pleasant summer over,
And all the summer flowers,
The red fire blazes,
the grey smoke towers.*

*Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!*

Robert Louis Stevenson



From Kitty's Kitchen

Turkey Chili

Healthy turkey chili made with lean ground turkey, kidney beans and corn. This famous recipe is perfectly spiced, packed with plenty of protein and fiber, and is simply the BEST. Make it on the stovetop or in your slow cooker for an easy, delicious weeknight dinner.



Ingredients:

- 2 teaspoons olive oil
 - 1 yellow onion, chopped
 - 3 garlic cloves, minced
 - 1 medium red bell pepper, chopped
 - 1 pound extra lean ground turkey or chicken (99%)
 - 4 tablespoons chili powder
 - 2 teaspoons ground cumin
 - 1 teaspoon dried oregano
 - 1/4 teaspoon cayenne pepper
 - 1/2 teaspoon salt, plus more to taste
 - 1 (28-ounce) can diced tomatoes or crushed tomatoes
 - 1 1/4 cups chicken broth
 - 2 (15 oz) cans dark red kidney beans, rinsed and drained
 - 1 (15 oz) can sweet corn, rinsed and drained
- For toppings you can add: cheese, avocado, tortilla chips, cilantro, sour cream

Instructions:

Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently.

Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.

Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.



From Kitty's Library

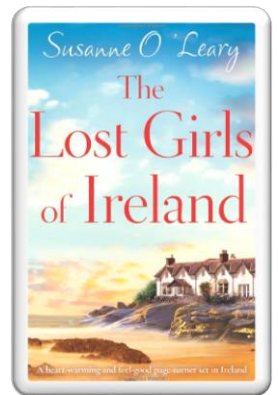
A Good Read...

The Lost Girls of Ireland by 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...

Has she finally found people who will truly accept her, or will the truth force her to leave the cottage for good?





A Woman of Vision

Catherine McAuley: Catalyst

Catherine's birth in 1778 coincided with the First Catholic Relief Bill. Her patron was Michael, the warrior archangel. Catherine too would wage her own kind of war: WAR ON WANT, and she would bring merciful relief to people craving for spiritual and material assistance, for justice, knowledge and love. She initiated a *Doctrine of Self-Help* to enable the poor to extricate themselves from dependence on hand-outs and to offer them a scheme of outdoor relief as against the indoor relief of the Poor Law System which would make them paupers for life. Thus, she helped to free them from exploitation and made it possible for each poor person to stand erect and look at the world with the open, candid gaze of a free man. Her House of Mercy in Baggot Street was at once a Hostel, a Sheltered Workshop and an Employment Bureau: big innovations for that period. In the same way, Sisters of Mercy bringing food to poor families: MEALS ON FEET, were the forerunners of today's worldwide MEALS ON WHEELS SERVICES.

The Last Word...

"The blessing of unity still dwells amongst us and oh what a blessing, it should make all else pass into nothing... This is the spirit of the Order, indeed the true spirit of Mercy flowing on us..."

Letter to Elizabeth Moore Easter Monday, 1841