



Vol. 6/No. 11 November 2023

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), Marion Bonia (sister of Anne Marie Davis) and Gabrielle Knight.

(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 Ttime.

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
Amen.
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

*“If we have no peace, it is because we have forgotten that
we belong to each other.”*

Mother Teresa

Contemplative Presence

“Since I was introduced to the practice of God’s presence, which in turn led me into the contemplative way, I have nearly always felt so rich, so blessed, so sincerely full of “enough.”...I believe it is on this robust, overflowing...contemplative pathway that one gains the joy and serenity to be generous.”

Brian D. McLaren

Integrity of Creation

“Today the great gift of God’s Creation is exposed to serious dangers and lifestyles which can degrade it. Environmental pollution is making a particularly unsustainable the lives of the poor of the world... we must pledge ourselves to take

*care of creation and to share its resources in
solidarity.”*

Pope Benedict XVI

Diversity and Inclusion

*“Peace is not unity in similarity but unity in diversity, in the
comparison and conciliation of differences.”*

Mikhail Gorbachev

Notes from the Associates/Sisters

ITEMS OF INTEREST

November

November derives from the Latin root novem - meaning “nine,” because in the Roman calendar there were only 10 months in the year, and November was indeed the ninth month.

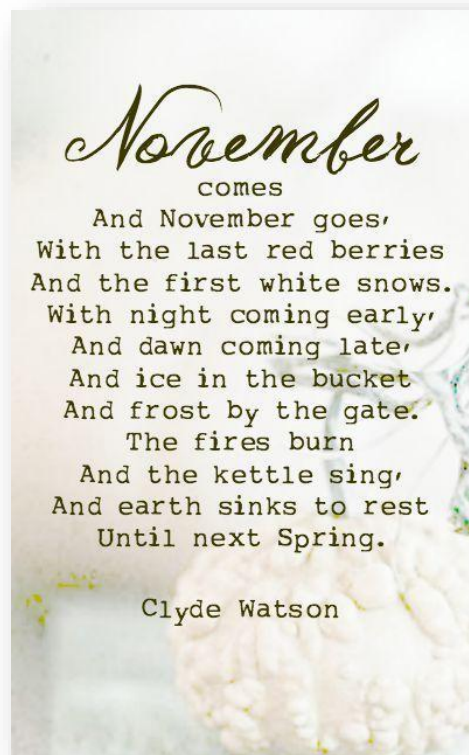
What does the month November symbolize?

The month of November is traditionally a time in which the Catholic community remembers those who have died. It is related to the fact that the end of November is the end of the Liturgical Year with a new year starting the First Sunday of Advent – the four-week period of preparation before Christmas.

What’s going on in November?

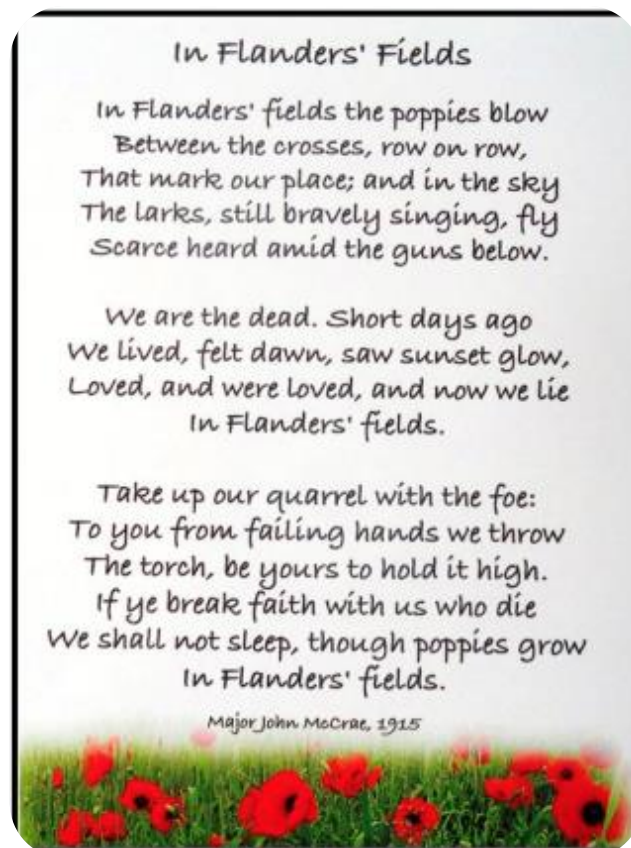
- [Hindu Heritage Month](#)

- **November 5 - 11**
Veterans' Week
- **November 8**
Indigenous Veterans Day
- **November 11**
Remembrance Day
- **November 20**
National Child Day
Transgender Day of Remembrance
- **November 20 – 26**
Canada History Week
- **Fourth Saturday of November**
Holodomor Memorial Day
- **November 25 - December 10**
16 Days of Activism Against Gender Violence



"**In Flanders Fields**" is a war poem written during the First World War by Canadian physician Lieutenant-Colonel John McCrae. He was inspired to write it on May 3, 1915, after presiding over the funeral of friend and fellow soldier Lieutenant Alexis Helmer, who died in the Second Battle of Ypres. According to legend, fellow soldiers retrieved the poem after McCrae, initially dissatisfied with his work, discarded it. "In Flanders Fields" was first published on December 8 of that year in the London magazine Punch. Flanders Fields is a common English name of the World War I battlefields in Belgium and France.

It is one of the most quoted poems from the war. Its references to the red poppies that grew over the graves of fallen soldiers resulted in the remembrance poppy becoming one of the world's most recognized memorial symbols for soldiers who have died in conflict. The poem and poppy are prominent Remembrance Day symbols throughout the Commonwealth of Nations, particularly in Canada, where "In Flanders Fields" is one of the nation's best-known literary works.



Nurse Maysie Parsons

Born March 8, 1899 in harbour Grace, NL

Shortly after graduating from the General Hospital School Of Nursing in 1914 she signed up to serve in the Canadian Military.

Maysie Parsons later rose to the rank of Lieutenant and was the first Newfoundland educated nurse to join the war

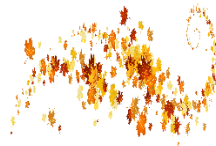
APRIL 6 1915 – St. John's Daily News

Nurse Maysie PARSONS of Harbour Grace, leaves for duty at the Front.

Newfoundland's first War nurse.

Previous service with a nursing Unit in Belgium.

The Distaff (1917) Nurse Masie Parsons - who trained at the General Hospital, St. John's, through the application of her brother, Captain W. H. Parsons M.C.R.A.M.C., was enabled to join the Canadian Nurses of the Royal Victoria Hospital, Montreal, who gave voluntary service at the Queen of Belgians Hospital in Belgium. After serving five months at La Panne, close to the firing line, Miss Parsons went to London where she was attached to the C.A.M.C. and sent to Lemos. Here she met several of "our boys"; Nurse Parsons was transferred to Cairo and then to Salonika where she is now. Miss Parsons is another Harbour Gracian who has experienced some thrilling events for two years she has been with the Forces.



Don't forget to fall back on November 5th.



Maria Francesca Cabrini,

born July 15, 1850, Sant'Angelo Lodigiano, Lombardy Italy

Frances Cabrini had a strong desire to become a nun from a young age but encountered obstacles of fulfilling this call due to her poor health. She faithfully worked on an Italian farm with her siblings for several years until she received a call from a priest who asked her to teach at a girls' school, which she did for six years.

This was truly the onset of her life's work, because St. Frances eventually immigrated to the United States and Undeterred, in 1880, Frances founded her own order with seven other young women—the Institute of the Missionary Sisters of the Sacred Heart of Jesus.

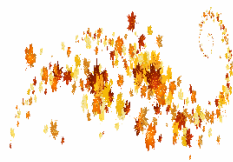
She and her Sisters wanted to be missionaries in China and despite all obstacles; she visited Rome to obtain an audience with Pope Leo XIII. The Pope told Frances to go “not to the East, but to the West” to New York rather than to China as she had expected. She was to help the thousands of Italian immigrants already in the United States.

In 1889, New York seemed to be filled with chaos and poverty, and into this new world stepped Mother Frances Cabrini and her Sister companions. Cabrini organized catechism and education classes for the Italian immigrants and provided for the needs of the many orphans. She established schools and orphanages despite tremendous odds.

Soon, requests for her to open schools came to Frances Cabrini from all over the world. She traveled to Europe, Central and South America, and throughout the United States. She made 24 trans-Atlantic crossings and established 67 institutions: schools, hospitals, and orphanages.

On December 22, 1917, in Chicago, she died. In 1946, she was canonized a saint by Pope Pius XII in recognition of her holiness and service to mankind.

Today, the Missionary Sisters and their lay collaborator can be found on six continents and 17 countries throughout the world; wherever there is a need.



From Kitty's Kitchen

Pumpkin French Toast Casserole

Ingredients

- 1 loaf French bread or sourdough bread
- 1 cup pumpkin puree
- $\frac{3}{4}$ cup packed light or dark brown sugar
- 2 $\frac{1}{2}$ teaspoons of pumpkin spices
- 6 large eggs
- 2 $\frac{1}{3}$ cups whole milk
- 2 teaspoons pure vanilla extract

Crumb Topping

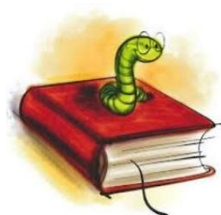
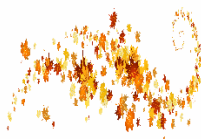
- $\frac{1}{3}$ cup packed light brown sugar
- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- 6 tablespoons unsalted butter, cold and cubed
- $\frac{3}{4}$ cup roughly chopped pecans

Instructions

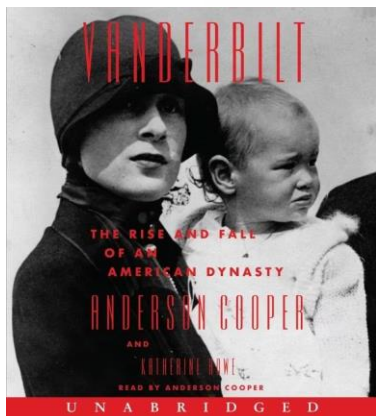
1. Slice and cut the bread into 1-inch cubes.



2. Grease or spray a 9 x 13 inch baking dish. Spread cubes of bread in the dish.
3. Whisk pumpkin, brown sugar, pumpkin pie spice, eggs, milk, and vanilla extract together in a large bowl. Pour evenly over bread.
4. Cover the pan tightly and place in the refrigerator while you make the crumb topping. This gives the bread a chance to soak up the pumpkin custard.
5. Crumb Topping: Mix the brown sugar, flour, and cinnamon together. Add the cold butter and using fork, cut butter into the brown sugar mixture until pea-size crumbles form. You can also use your hands to mix it together. Stir in the pecans. (Do not add to soaking casserole.) Cover and refrigerate for one hour.
6. After one hour remove the bread mixture and crumb topping from the fridge.
7. Preheat oven to 350°F (177°C).
8. Sprinkle crumb topping evenly over casserole and bake uncovered for 20 minutes, and then cover with aluminum foil and bake for an additional 25-35 minutes or until center appears set and is no longer runny. The total time this casserole takes is 45-55 minutes.
9. Remove from oven and drizzle with maple syrup when serving.



From Kitty's Library



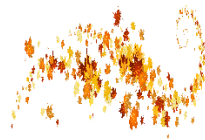
A Good Read...

New York Times bestselling author and journalist Anderson Cooper teams with *New York Times* bestselling historian and novelist Katherine Howe to chronicle the rise and fall of a legendary American dynasty—his mother's family, the Vanderbilts.

When eleven-year-old Cornelius Vanderbilt began to work on his father's small boat ferrying supplies in New York

Harbor at the beginning of the nineteenth century, no one could have imagined that one day he would, through ruthlessness, cunning, and a pathological desire for money, build two empires—one in shipping and another in railroads—that would make him the richest man in America. His staggering fortune was fought over by his heirs after his death in 1877, sowing familial discord that would never fully heal. Though his son Billy doubled the money left by “the Commodore,” subsequent generations competed to find new and ever more extraordinary ways of spending it. By 2018, when the last Vanderbilt was forced out of The Breakers—the seventy-room summer estate in Newport, Rhode Island, that Cornelius’s grandson and namesake had built—the family would have been unrecognizable to the tycoon who started it all.

Now, the Commodore’s great-great-great-grandson Anderson Cooper, joins with historian Katherine Howe to explore the story of his legendary family and their outsized influence. Cooper and Howe breathe life into the ancestors who built the family’s empire, basked in the Commodore’s wealth, hosted lavish galas, and became synonymous with unfettered American capitalism and high society. Moving from the hardscrabble wharves of old Manhattan to the lavish drawing rooms of Gilded Age Fifth Avenue, from the ornate summer palaces of Newport to the courts of Europe, and all the way to modern-day New York, Cooper and Howe wryly recount the triumphs and tragedies of an American dynasty unlike any other.



STORMS AND TEACUPS: AN ACROSTIC ON THE LEADERSHIP OF CATHERINE MCAULEY

(This article was first published in the ISMA Journal Listen, Vol. 22, No. 1, 2004.)

Part II

Animator

Mary Sullivan writes in an early MAST article that one of Catherine’s favourite and frequently used words was “animation”. Along with “comfort” and “console”, it features often in the letters, and if by a person’s words one knows the heart, then they reveal to us much about the heart of Catherine. *“Animation was the word Catherine*

repeatedly ussed to designae the effect of God’s merciful action in human hearts and the power of Jesus’ example.” [iii]

The word animation connotes warmth and energy, a particularly apt necessity in a bleak Irish winter one might think, as if warmth of spirit would thaw cold bones! It is a word she enjoins on Frances Warde in a time of hardship, encouraging her to be “cheerful and happy, animating all around you.” (p.118).

Catherine’s fondness for the word ‘animate’ reflects her own capacity to effect such animation in others. Part of the uniqueness of her leadership was her giftedness in inspiring her first companions. The derivation of the word animate suggests one who quickens, breathes the spirit into, brings life to. Truly Catherine, as gift of the Spirit, stirred the embers of the community and vision of Mercy to flame. She was inspirer.

How else does this exquisitely mysterious quality of animation suggest itself in her letters? We see one who is adept at praising her companions’ efforts, at building confidence where it may be wanting, at cheering the heart that is troubled. So, to Frances Warde, Superior at Carlow, she writes effusively in praise of that foundation after a visit there; (p. 256) she prays kindly in a letter for Elizabeth Moore “May our Blesseds Redeemer dwell with you” in difficulties, so that (you) will be preserved from “jealousy, coldness or party-spirit” (p. 194); she reminds herself, in a letter to Frances Warde, of the need for perseverance: “Thus we go on, my dear...flourishing in the very midst of the Cross...” (p. 125)

The spirituality she commends to her Sisters is demanding, but also realistic in its awareness of human limitation. To Sister de Sales White she offers the following advice, including herself as one who can learn from it, thus promoting a sense of camaraderie. Part of the genius of her gift as leader was never to set herself above or apart from the common struggle:

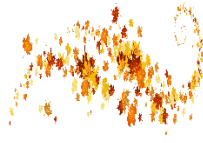
The simplest and most practical lesson I know...is to resolve to be good today, but better tomorrow. Let us take one day only in hands, at a time, merely making a resolve for tomorrow, thus may we hope to get on taking short, careful steps, not great strides. (p. 310)

The words of medieval Beguine mystic Mechtild of Magdeburg, seem to have a close affinity with Catherine’s witness to the transformative work of the Spirit, that which breathes soul, the life of God, into human experience:

Who is the Holy Spirit? The Holy Spirit is a compassionate outpouring of the Creator and the Son. This is why when we on earth pour out compassion and mercy

from the depths of our hearts and give to the poor, and dedicate our bodies to the service of the broken, to that very extent do we resemble the Holy Spirit. [iii]

Next month, Catherine: Tea Maker



The Last Word...

”Humility

It is assuredly the short road to perfection, for no other virtue can flourish without it, no sanctity can be attained, unless the groundwork is first laid. Humility does not consist in words but in ACTS. To be genuine it must be practical. It is essential to attain sanctity and union with God and is necessary for those who instruct others.”

(Familiar Instructions, 112, 114)

[ii] Mary Sullivan rsm, *Comforting and Animating: The Generative Work of Catherine McAuley*,
The MAST Journal, Vol. 3, No. 1, Fall 1992

[iii] *Meditations With Mechtild of Magdeburg*, ed. Sue Woodruff, Bear & Company, Santa Fe, 1982