



*Kitty's Chronicle*  
*Mercy Associates' Newsletter*

Volume 5: No. 1 – January 2022



**Prayers**

***Sick People***

**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), Michael Kelly (husband of Anna Kelly, Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Mary Taylor, Edith Antle, Sylvia Flood and Geraldine Duhamel (sister of Sharon Drover).

**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**





(If you wish to have your name or another person's name added to or removed from this prayer list please let Sharon Drover know ([drover.sharon@yahoo.ca](mailto:drover.sharon@yahoo.ca))

### **Birthdays**

Tomi Cleal – January 12<sup>th</sup>  
Sharon Drover – January 15<sup>th</sup>  
Sonia Harvey – January 16<sup>th</sup>



### **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**

*“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves*





*from this prison by widening our circle of compassion  
to embrace all living creatures and the whole of  
nature in its beauty.*

- Albert Einstein

### Contemplative Presence

*True contemplation is not a psychological trick but a  
theological grace. It can come to us ONLY as a gift,  
and not as a result of our own clever use of spiritual  
techniques.*

- Thomas Merton

### Integrity of all Creation

*Yet the integrity of the universe is the context in which  
creativity is best expressed. The canvas does not limit  
God's creativity but rather celebrates it. The elegant  
complexity of creation is a beautiful reminder that  
the creative mind is a disciplined mind, that the  
creative act is not a struggle to be free of limitations  
but a demonstration that when we embrace our  
limitations, creativity has no boundaries.*

— Erwin Raphael McManus



## Notes from the Associates/Sisters

### Items of Interest

#### How did January get its name?

January is named after the Roman god Janus. As you can see in this print, he had two faces so he could see the future and the past! He was also the god of doors. ... The Roman calendar originally began in March, and the months of January and February were added later, after a calendar reform.

#### Christian Orthodox New Year

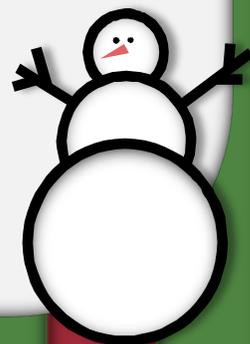
The Christian Orthodox New Year is celebrated on January 14<sup>th</sup>, because the Orthodox Church still follow the Julian calendar. The Chinese calendar is unisolar, following the Moon and the Sun. The Chinese New Year is celebrated sometime between January 21<sup>st</sup> and February 21<sup>st</sup>.



Saint Margaret Bourgeoys CND  
(17 April 1620 – 12 January 1700)

**Feastday:** January 12<sup>th</sup>

**Patron:** Against poverty; loss of parents





At the age of twenty, Margaret Bourgeoys of Troyes, France, was walking in a procession for the feast of the Holy Rosary when her gaze fell upon a statute of the Blessed Virgin Mary atop a gate. The statute appeared to come to life, as Margaret saw Mary's eyes tenderly gaze upon her. The mysterious incident changed her life, as she would later attest: "I gave myself to God in the year 1640". After two convents had refused her requests for admission, she was asked to undertake a school-teaching apostolate in Canada. Agonizing over this decision, Margaret finally became convinced that the Canadian mission was God's will for her. In 1653 Margaret journeyed to Montreal, Canada, the colony of New France, now part of Québec, Canada. It was there that she founded the Congregation of Notre Dame, dedicated to the education and spiritual formation of young women.



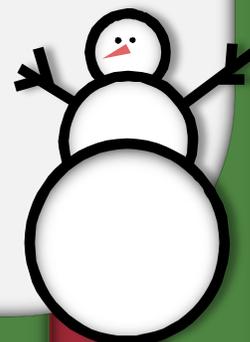
*From Kitty's Kitchen*

### **Fish Cakes – COD or SALMON with Tartar Sauce**

#### **Ingredients:**



- 1 pound cooked cod or salmon
- $\frac{3}{4}$  cup panko
- 2 eggs
- $\frac{1}{4}$  cup thinly sliced green onion





1 tablespoon lemon juice  
½ tablespoon coarse salt  
¼ teaspoon black pepper  
Cooking Oil

### Directions:

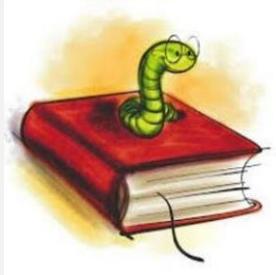
1. Place ingredients in a large mixing bowl. Stir the ingredients together with a fork, breaking apart the fish, until evenly combined.
2. Portion mixture into patties (about 2 tablespoons each).
3. Coat the bottom of a large skillet with cooking oil and heat to medium-high. Fry fish cakes in batches until golden brown, about 3 minutes per side.



### Tartar Sauce

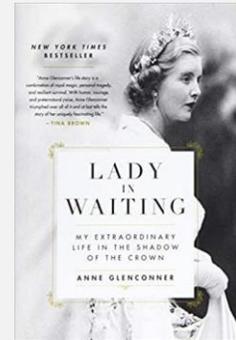
½ cup mayonnaise  
1 small dill pickle, chopped very small (3 tablespoons)  
1 tablespoon fresh lemon juice, plus more to taste  
1 tablespoon chopped fresh dill or 1 teaspoon dried dill  
½ to 1 teaspoon Worcestershire sauce  
½ teaspoon Dijon mustard, optional  
Salt and fresh ground black pepper





From Kitty's Library

A Good Read:



## ***Lady in Waiting***

### ***My Extraordinary Life in the Shadow of the Crown***

By: Anne Glenconner

Discover untold secrets with this extraordinary memoir of drama and tragedy by Anne Glenconner – a close member of the royal circle and lady-in-waiting to Princess Margaret.

Anne Glenconner has been at the center of the royal circle from childhood when she met and befriended the future Queen Elizabeth II and her sister, Princess Margaret. Though the firstborn child of the 5<sup>th</sup> Earl of Leicester, who controlled one of the largest estates in England, as a daughter she was deemed “the greatest disappointment” and unable to inherit. Since then she had needed all her resilience to survive court life with her sense of humor intact.

With unprecedented insight into the royal family, *Lady in Waiting* is a witty, candid, dramatic, at times heart-breaking personal story capturing life in a golden cage for a woman with no inheritance.





## Twas the Week After Christmas

Twas the week after Christmas  
and all through the house  
Nothing would fit me,  
not even a blouse.

The cookies I'd nibbled,  
the eggnog I'd taste.  
All the holiday parties  
had gone to my waist.

When I got on the scales  
there arose such a number!  
When I walked to the store  
...less a walk than a lumber.

I'd remember the marvelous  
meals I'd prepared;  
The gravies and sauces  
and beef nicely rared,

The wine and the rum balls,  
the bread and the cheese  
And the way I'd never said,  
"No thank you, please."

So – away with the last  
of the sour cream dip,  
Get rid of the fruitcake,  
every cracker and chip.





Every last bit of food  
that I like must be banished  
Till all the additional  
ounces have vanished.

I won't have a cookie --  
not even a lick.

I'll want only to chew  
on a long celery stick.

I won't have hot biscuits,  
or corn bread, or pie,  
I'll munch on a carrot  
and quietly cry.

I'm hungry, I'm lonesome,  
and life is a bore --  
But isn't that what  
January is for?

Unable to giggle,  
no longer a riot.  
Happy New Year to all  
and to all a good diet!





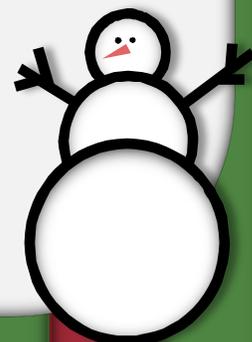
## ***The Legend of the Christmas Robin***

The little red-breasted, cheerful robins, often called also the Christmas robins, indicate the season of sun and spring. This rather ordinary bird holds such tremendous importance to Christmas. Robins are known in fact for having shared the holy stable of Bethlehem.

According to the legend, that Christmas night was extremely cold in the stable where Mother Mary lay with her infant, Baby Jesus. The fire in the stable, the only source of heat for the baby, was about to go out and all that Mary could do was call the surrounding animals for help. She asked the sleeping ox, but he lay sound asleep on the stable floor and did not hear her. Next, Mary asked the lazy donkey to breathe life back into the fire, but he did not hear Mary either. Nor did the horse or sheep.

Suddenly, Mary heard the flapping sound of wings. A robin had heard cry for help and had flown to the stable to help her out. His wings were like little bellows puffing air onto the embers until they glowed bright red again. He continued to fan the fire, singing all the while, until the ashes began to kindle. With his beak, the robin picked up some fresh, dry sticks and tossed them into the fire. As he did, a flame suddenly burst forth and burned the little bird's breast a bright red. But the robin simply continued to fan the fire until it crackled brightly and warmed the entire stable, while Baby Jesus slept.

Mother Mary thanked the robin for his efforts and tenderly looked at his breast that was now red with the





burns and blessed him for his deed of selflessness. And to this day, the robin's red breast covers his humble heart.

## **New Year's Prayer**

### *The Year Ahead*

*May God make your year a happy one!  
Not by shielding us from all sorrows and pain,  
But by strengthening us to bear it, as it comes;  
Not by making our path easy,  
But by making us sturdy to travel any path;  
Not by taking hardships from us,  
But by taking fear from our heart,  
Not by granting us unbroken sunshine,  
But by keeping our face bright, even in the shadows;  
Not by making our life always pleasant,  
But by showing us when people and their causes need  
us most,  
and by making us anxious to be there to help.  
God's love, peace, hope and joy to us for the  
year ahead.*

- Author Unknown; Adapted by Debra Mooney



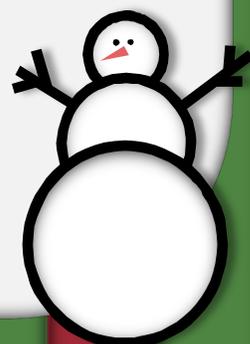


## Pause for Thought



And now we  
welcome the new year.  
Full of things that  
have never been.

—RAINER MARIA RILKE,  
POET





*the*  
**LAST WORD**

*Generosity is not in bestowing gifts ... but in bestowing ourselves  
most freely and relying with unhesitating confidence on the  
Providence of God.*

*~Catherine McAuley~*



Kitty's Chronicle

Mercy Associates' Newsletter

Volume 5: No. 2 – February 2022



## 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 and Geraldine Duhamel (sister of Sharon Drover).

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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 8<sup>th</sup>  
Hannah McGrath – February 13<sup>th</sup>  
Barbara Bradbury – February 17<sup>th</sup>  
Louise Brennan – February 18<sup>th</sup>  
Kay McNally – February 22<sup>nd</sup>  
Barbara Albrechtsons – February 28<sup>th</sup>



Wishing you a smile on your face,  
happiness in your heart  
and many blessings  
in the year ahead.

\*

Happy 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**

*Until you extend the circle of compassion to include all living things,  
you will not find peace.*

- Albert Schweitzer

## Contemplative Presence

*Contemplative living is living in true relationship with oneself, God, others and nature, free of the illusions of separateness.*

- Thomas Merton

## Integrity of all Creation

*Laudato Si*

*Let us be protectors of Creation,  
Protectors of God's plan  
Inscribed in nature, protectors of  
One another and of the environment.*

- Pope Francis  
Word on Fire

## Notes from the Associates/Sisters

### Items of Interest

*February*

*Did you know ....*

**February 4<sup>th</sup>, 1965**

Hamilton Falls in Labrador becomes Churchill Falls. The Premier of Newfoundland, Joey Smallwood, renames the falls to pay tribute to British Prime Minister Sir Winston Churchill, who had died in



London on January 24, 1965, at the age of 90. An inspiration to many Canadians during the Second World War, the legendary British prime minister will have several Canadian locations named after him, including a town, two rivers, and the falls.



## **February 2<sup>nd</sup> - Groundhog Day**

Groundhog Day is celebrated in Canada and the United States every year on 2 February. Legend has it that watching a groundhog emerge from its burrow can determine the weather forecast for the coming weeks. Accordingly, if it is a sunny day and the groundhog sees its shadow, it goes back to sleep for six more weeks of winter. If the weather is cloudy and the groundhog does not see its shadow, it stays outside, meaning that the worst of winter is over and spring will soon arrive. Approximately 10 communities in Canada keep up this tradition today, attracting the attention of tourists and media alike.



## **February 2<sup>nd</sup> - Candlemas Day**

Candlemas Day is another name for the feast of the Presentation of the Lord. Forty days after His birth, Mary and Joseph brought Jesus to the temple for the rites of purification and dedication as prescribed by the Torah.

In many Eastern European countries, the feast of the Presentation officially closes the celebration of Christmas. For this reason, Blessed John Paul II began the custom of keeping the Nativity scene in St. Peter's square until Feb. 2.

Candlemas Day also was important in the lives of farmers. An old English song went as follows:

“If Candlemas be fair and bright,  
Come, Winter, have another flight.  
If Candlemas brings clouds and rain,  
Go, Winter, and come not again.”

So if the bright sun “overshadows” the brightness of Candlemas Day, there will be more winter. However, if the light of Candlemas Day radiates through the gloom and darkness of the day, the end of winter is near.



**February 8th - Feast Day**  
**Patron saint to South Sudan and Human Trafficking Survivors**

On 7 December 1893, Josephine Bakhita entered the novitiate of the Canossian Sisters, and on 8 December 1896, she took her vows, welcomed by Cardinal Sarto. In 1902 she was assigned to the Canossian convent at Schio, in the northern Italian province of Vicenza, where she spent the rest of her life. A strong missionary drive animated her throughout her entire life - "her mind was always on God, and her heart in Africa".

During her 42 years in Schio, Bakhita was employed as the cook, sacristan, and doorkeeper and was in frequent contact with the local community. Her gentleness, calming voice, and ever-present smile became well known and Vicenzans still refer to her as "little smiling sister". Her special charisma and reputation for sanctity were noticed by her order.

Her last years were marked by pain and sickness. She used a wheelchair but she retained her cheerfulness, and if asked how she was, she would always smile and answer: "As the Master desires."

Bakhita died at 8:10 PM on 8 February 1947. For three days, thousands of people arrived to pay their respects. Her remains were transferred to the Church of the Holy Family of the Canossian convent of Schio in 1969.

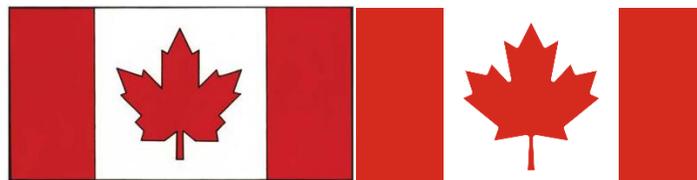
## February is Black History Month in Canada



Canada celebrates Black History Month for the first time. Every February, Canadians are invited to attend festivities that honour the legacy of black Canadians.

## February 15 - National Flag of Canada Day!

George Stanley's original flag design, as rendered by heraldic artist Alan Beddoe, incorporated a stylized maple leaf with 13 points. While Stanley's design was selected to become Canada's new National Flag, the maple leaf had to be changed, because the 13-point maple leaf lost its detail when seen from far. The leaf was redesigned with 11 points by graphic artist Jacques St-Cyr. Today this adapted design is now found on Canada's National Flag.



February is the shortest month of the year.

The Welsh call February "y mis bach" which means "little month".





## Dates to Remember

February 2<sup>nd</sup>

The Presentation of The Lord aka Candlemas Day – Blessing of the Candles

World Day of Consecrated Life

The purpose of the day is “to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels” as well as “to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervor which should inspire their offering of themselves to the Lord” (Saint John Paul II, 1997).

February 3<sup>rd</sup>

Feast of St. Blaise – Blessing of the Throats

February 11<sup>th</sup>

World Day of the Sick

February 11<sup>th</sup> (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those affected with illness and disease.



From Kitty's Kitchen

## Zucchini Carrot Fritters



### Ingredients for 8 fritters

1 cup chickpeas (200 g)  
1 zucchini, grated  
1 carrot, grated  
2 eggs  
½ cup whole wheat panko (10 g)  
2 teaspoons fresh basil, chopped  
½ teaspoon garlic powder  
½ teaspoon salt  
½ teaspoon pepper  
Olive oil

### GARNISH

Plain Greek yogurt  
Green onion, diced

### Preparation

Mash chickpeas with a fork in a large bowl. Set aside.  
Grate zucchini. Place in a clean dish towel or cloth.  
Grate carrots. Place in a clean dish towel or cloth with zucchini.  
Squeeze out as much moisture as possible.  
Add veggies, panko, egg, basil, garlic powder, salt, and pepper to the bowl with the mashed chickpeas.  
Stir until completely combined.  
Heat olive oil in a large skillet on medium heat.  
Scoop 2 tablespoons of mixture into your hand press to compress it into a patty.  
Cook for about 1-2 minutes, until the underside, is golden brown then flip and repeat.  
Serve with a dollop of plain Greek yogurt and diced green onion.  
Enjoy!

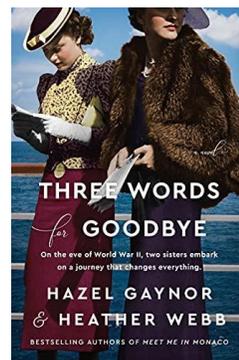




From Kitty's Library

A Good Read

***Three Words For Goodbye***  
**By: Hazel Gaynor and Heather Webb**



**Three cities, two sisters, one chance to correct the past . . .**

New York, 1937: When estranged sisters Clara and Madeleine Sommers learn their grandmother is dying, they agree to fulfill her last wish: to travel across Europe—together. They are to deliver three letters, in which Violet will say goodbye to those she hasn't seen since traveling to Europe 40 years earlier; a journey inspired by a famed reporter, Nellie Bly.

Constantly at odds with each other as they explore the luxurious *Queen Mary*, the Orient Express, and the sights of Paris and Venice, Clara and Madeleine wonder if they can fulfill Violet's wish until a shocking truth about their family brings them closer together. But as they reach Vienna to deliver the final letter, old grudges threaten their reconciliation again. As political tensions rise, and Europe feels increasingly volatile, the pair are glad to head home on the *Hindenburg*, where fate will play its hand in the final stage of their journey.

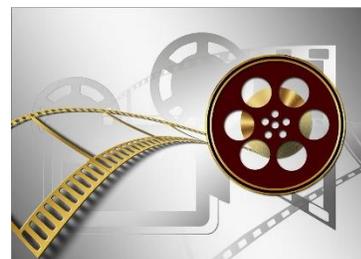


*From Kitty's Movies*

**Turner Classic Movies**

**Bell Aliant: Channel 204**

**Rogers: Channel 50**

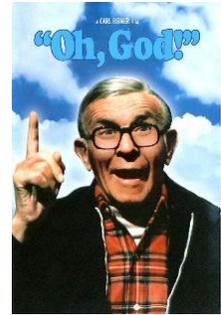


## Oh, GOD

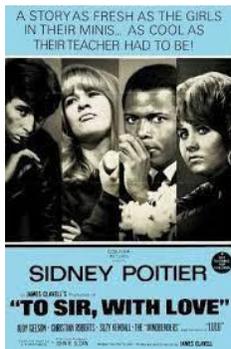
Tuesday, February 8th at 6:15 pm

A grocer is selected by God to help spread a message.

Starring: George Burns, John Denver, Terri Garr



## To Sir With Love



Sunday, February 20th at 2 pm

A new teacher changes the lives of a rowdy class of youngsters and gains their respect.

Starring: Sidney Poitier, Christian Roberts, Judy Geeson



## Pause for Thought

### *On God's Team*



*"Your will be done on earth as it is in heaven."*

*Jesus, in Matthew 6:10*

One of the greatest differences between earth and heaven is that in heaven everything is done according to one will - God's will. Earth is currently operating with over six billion wills because each of us has our own. That's why there are ethnic conflicts, racial strife, and fights within families. But in heaven, God's will rules. His will is everyone's will.

The best comparison I can think of is those unusual moments in team sports when every member works perfectly together. It's the synergism of five basketball players smoothly moving the ball down the court for basket after basket. It's the rhythm of a rowing crew skimming over the water. It's the indescribable coordination of a World Cup soccer team. It's hard to describe and tough to beat.

Maybe that's a little of what heaven is like. It's everyone on God's team together, pulling in the same direction.



*Our Father in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven. Make me an example of your ways and your will. May I move in perfect harmony with what you want. My prayer is that I will make all choices and carry them out so that others will see a preview of heaven in my life. Amen.*

Leith Anderson

The Last Word...

*The only return God requires of us for all His favours is a return of love.*

Catherine McAuley



# 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 and Geraldine Duhamel (sister 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](mailto: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, Maureen Hynes who passed away recently and to the family of Barbara Bradbury, whose mother, Mona Myler, passed away on February 20<sup>th</sup>, 2022. Let their families be assured of our prayers in their bereavement and our prayer that Maureen and Mona 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

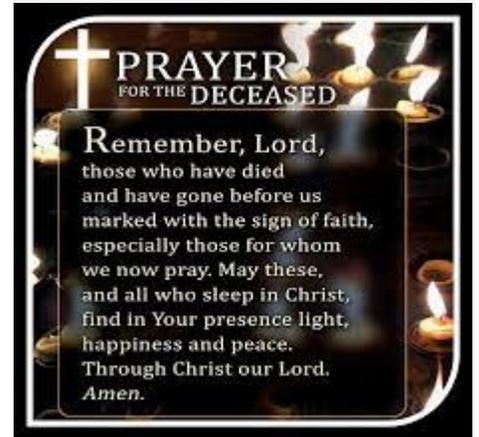
### Circle of Compassion

*“Empathy is about finding echoes of another person in yourself.”*

- Mohsin Hamid

### Contemplative Presence

*“Contemplative prayer is natural, unprogrammed; it is perpetual openness to God, so that in the openness his*



### Happy Birthday Wishes to:

Regina Shapter – March 2<sup>nd</sup>

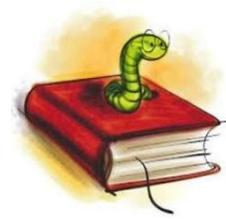
Anne Bown – March 7<sup>th</sup>

Bess Collins – March 28<sup>th</sup>



concerns can flow in and out of our minds as he wills.”

– Ray Simpson, *Exploring Celtic Spirituality*



## **Integrity of Creation**

“The Church has a responsibility towards creation and she must assert this responsibility in the public sphere. In so doing, she must defend not only earth, water and air as gifts of creation that belong to everyone. She must, above all, protect humankind from self-destruction.”

– Benedict XVI *Caritas in Veritate*

## **Diversity and Inclusion**

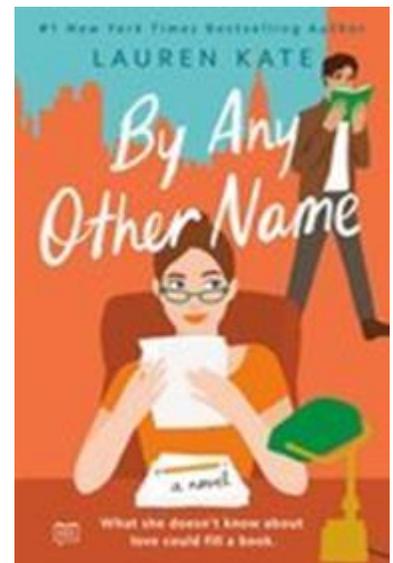
“We all should know that diversity makes for a rich tapestry and we must understand that all the threads of the tapestry are equal in value, no matter what their color is.”

– Maya Angelou



From Kitty's Library

## *A Good Read*



### ***By Any Other Name***

by [Lauren Kate](#)

With a successful career as a romance editor, and an engagement to a man who checks off all ninety-nine boxes on her carefully curated list, Lanie's more than good. Then she's given the opportunity of a lifetime: to work with world-renowned author and her biggest inspiration in love and life—the Noa Callaway. All Lanie

## Notes from the Associates/Sisters

### Items of Interest

#### March 19<sup>th</sup> – The Feast of St. Joseph



**The feast of St. Joseph** is celebrated annually on March 19th in honor of St. Joseph, the husband of Mary and stepfather of Jesus. This holiday takes place during Lent, a time of fasting.

Saint Joseph is well-known as the **patron saint of fathers**, both families, workers, especially carpenters, expecting mothers, and unborn children. Among many others, he is the patron saint of attorneys and barristers, emigrants, travelers, and house hunters.

#### March Facts and Trivia

- Every year, March and June finish on the same day of the week.
- March is the time of year when animals start waking up from hibernation.
- The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

#### March 1<sup>st</sup>

As the saying goes, March comes “in like a lion, out like a lamb.” ..I think Newfoundland went out like a lamb this year.

has to do is cure Noa's writer's block and she'll get the promotion she's always dreamed of. Simple, right?

But there's a reason no one has ever seen or spoken to the mysterious Noa Calloway. And that reason will rock Lanie's world. It will call into question everything she thought she knew. When she finally tosses her ninety-nine expectations to the wind, Lanie may just discover that love By Any Other Name can still be as sweet.



## March 14<sup>th</sup>

Daylight saving time begins, freeing us from the constant refrain of “it’s dark before I even leave work!!!”



## March 17<sup>th</sup>

St. Patrick’s Day - Named “*Talamh an Éisc*”, or the land of the fish, by the many fisherman emigrants who came to these shores in the 18th century, Newfoundland is the only place outside of Ireland that has an indigenous Irish language name.

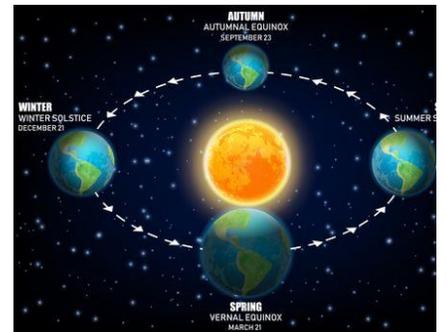
On any other day, it is easy to see the influence of our Irish heritage but on St. Patrick’s Day, we turn that dial-up full tilt.

It will be two years almost to the day on St. Patrick’s Day weekend that our province closed its doors to keep us safe from the COVID pandemic. Have a great St. Patrick’s Day and don’t forget all we have learned these past two years. We still have to stay safe and respect others’ space ... so wear something green and give a toast to St. Patrick.



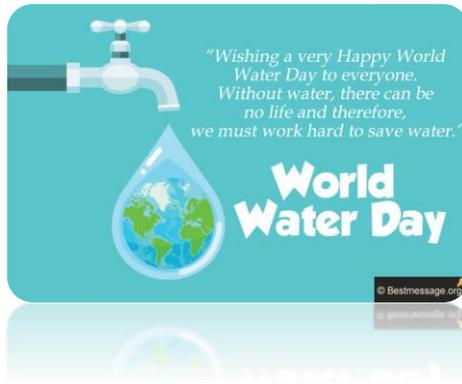
## March 20<sup>th</sup>

The sun shines on the equator for the Vernal Equinox giving us a near 50-50 split of day and night.



**March 22<sup>nd</sup>**

World Water Day



**March 27<sup>th</sup>**

### Why Does Earth Hour 2022 Matter?

This year's Earth Hour is more than a one-night event. It could also decide the state of our environment in the next 10 years and beyond. In short, Earth Hour 2022 is an hour for the future.

Focusing on biodiversity and nature, this year's event hopes to gain the support of more people. This is to show a symbol of collective support for the urgent call to address nature loss and climate change.

Another importance of this event is the support it would rally to convince world leaders and representatives in the upcoming United Nations Convention on Biological Diversity in China. This convention will produce a global plan for the state of our nature and biodiversity for the decades to come.

With enough support from the population for Earth Hour, we could have the chance to make world leaders commit to a plan to reverse biodiversity loss by 2030.





From Kitty's Kitchen

## Carrot, Sweet Potato & Feta Fritters

### Ingredients

800g carrots  
2 large potatoes  
1 large onion  
600g sweet potatoes  
5 medium free-range eggs  
200g feta, crumbled  
  
6 tbsp. wholemeal flour  
25g fresh coriander, chopped  
2 tbsp. cumin seeds  
300ml vegetable oil  
Green salad, lime wedges & yogurt to serve

### Directions

Peel and grate carrots, potatoes, onion and sweet potatoes. Put in a colander over the sink with a big pinch of salt to drain for 30 minutes.

In a large bowl, combine the eggs, feta, flour, coriander and cumin seeds, then beat with a fork until mixed. Squeeze as much liquid from the vegetables as you can, pressing down hard into the colander for 1-2 minutes, then added to the egg mixture. Stir to combine and season well. Heat the oven to 200.

Heat the oil in a wok or saucepan. Put a small handful of the mix in a slotted spoon and lower into the oil. Cook 2-3 at a time: fry for 1-2 minutes, then turn and repeat until golden. Put on a plate and keep warm in a low oven.





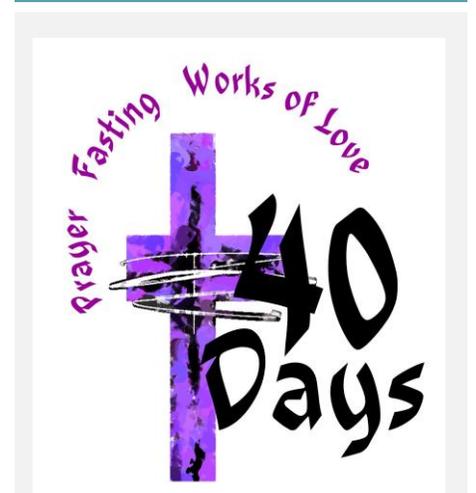
## Lenten Litany of Fasting and Feasting

Fast from judging others - Feast on seeing Christ within them.  
Fast from emphasis on differences - Feast on the unity of life.  
Fast from thoughts of illness - Feast on the healing power of God.  
Fast from words that pollute - Feast on phrases that purify.  
Fast from discontent - Feast on gratitude.  
Fast from anger - Feast on patience.  
Fast from pessimism - Feast on optimism.  
Fast from complaining - Feast on appreciation.  
Fast from negatives - Feast on affirmatives.  
Fast from unrelenting pressures - Feast on unceasing prayer.  
Fast from hostility - Feast on non-resistance.  
Fast from bitterness - Feast on forgiveness.  
Fast from self-concern - Feast on compassion for others.  
Fast from personal anxiety - Feast on eternal truth.  
Fast from discouragement - Feast on hope.  
Fast from lethargy - Feast on enthusiasm.  
Fast from suspicion - Feast on truth.  
Fast from thoughts that weaken - Feast on promises that inspire.  
Fast from shadows of sorrow - Feast on the sunlight of sincerity.  
Fast from idle gossip - Feast on purposeful silence.  
Fast from problems that overwhelm - Feast on prayer that undergirds.  
Fast from instant gratification - Feast on self-denial.  
Fast from worry - Feast on divine providence and trust in God.  
Fast from sin - Feast on the abundance of God's mercy.

*Adapted from text of William Arthur Ward - American author, teacher and pastor, 1921-1994*

The joy in doing this type of fasting and feasting is that these practices truly lead to rending our hearts and to conversion. And this conversion is a turning from those things that do not give life and a turning to God, who gives life to us in abundance. As you keep your gaze on the Father's love and mercy, may this season of Lent be filled with every grace and blessing!

**Faith Matters, 365 Daily Devotions by Leith Anderson**



# *the* LAST WORD

*“Crosses, no matter how great, must be received with cordial acquiescence in the Divine Will, which fashions and sends them.”*

*Catherine McAuley*

# KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 4 – April 2022



Anniversary:

Barbara & Eric – April 5<sup>th</sup>

## 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 Geraldine Duhamel (sister 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](mailto:drover.sharon@yahoo.ca))



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*May you be continually blessed with great love  
and happiness!*

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HAPPY  
*Anniversary*





## ***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***

*Praise be to the God and  
Father of our Lord Jesus  
Christ, the Father of*

*compassion and the God of all comfort, who  
comforts us in all of our troubles, so that we can comfort those in any trouble  
with the comfort we ourselves have received from God.*



~ 2 Corinthians 1:3-4

### ***Contemplative Presence***

*“Contemplation is a gaze of faith, fixed on Jesus...*

*Contemplative prayer is silence,  
the “symbol of the world to come” or “silent love.”*

*Words in this kind of prayer are not speeches;  
they are like kindling that feeds the fire of love...*

*“Contemplative prayer is a communion of love  
bearing Life for the multitude, to the extent that  
it consents to abide in the night of faith...  
We must be willing to “keep watch with [him] one hour.”*

- Excerpt CCC 2709-2719

## **Integrity of Creation**

### *Oneness of Earth and the Poor*

*Jesus took up the biblical faith in God, the Creator, emphasizing a fundamental  
truth: God is Father (cf. Mt. 11:25). In talking with His disciples, Jesus would  
invite*

*them to recognize the paternal relationship with all his creatures. With moving  
tenderness God would*

*remind them that each one of them is important in God’s*

*eyes: “Are not five sparrows sold for two pennies? And not one of them is  
forgotten before God.”*

- (Luke 12:6) (Laudato Si)

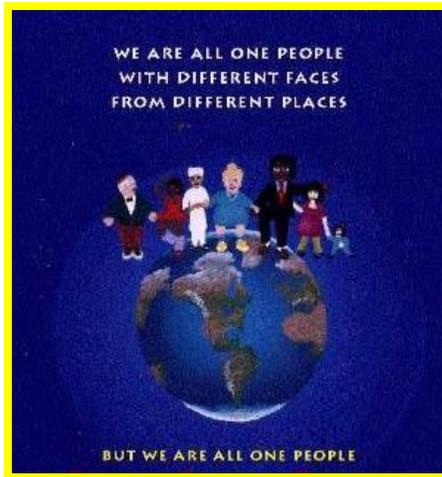
## **Diversity and Inclusion**

*When I see you through my eyes.*

*I think you are different*

*When I see you through my heart,  
I know we are the same.*

- Doe Zentamata



## Notes from the Associates/Sisters

### Items of Interest

#### **The Month of April**

The month of April gets its name from the Latin word *aperio*, meaning “to open [bud],” because plants really begin to grow now

#### ***April Fools’ Day - April 1<sup>st</sup>***

Although the origin of playing practical jokes and pranks on this day is hazy, many folklorists believe it may go back to 16th-century France. At that time, New Year’s Day was March 25, with a full week of partying and exchanging gifts until April 1. In 1582, the Gregorian calendar moved New Year’s Day to January 1. Those who forgot or refused to honor the new calendar were teasingly called, “April Fool!”

Weather folklore states, *“If it thunders on All Fools Day, it brings good crops of corn and hay.”*

## ***World Autism Awareness Day – April 2<sup>nd</sup>***

**Celebrate the Spectrum** is our theme for World Autism Day 2022 celebrations.

There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness.



## ***National Pet Day – April 11<sup>th</sup>***

If you have a pet at home we would love to see a picture of your furry friend.

Why not send a picture to Sharon or Catherine and we could put a picture in our newsletter.



Catherine's furry friend called "Mister" is 14 years old.



## ***National Scrabble Day – April 13<sup>th</sup>***

Pull out the board and find a friend!





## ***Easter Sunday - April 17<sup>th</sup>***

Why Is Easter So Late This Year?

This year, Easter will be observed on **Sunday, April 17**. (Eastern Orthodox Easter will take place on Sunday, April 24.)

Easter is a “movable feast,” so it doesn’t happen on the same date from year to year. However, it is always observed on a Sunday between March 22 and April 25.

Easter this year happens just one day after April’s Full Moon (Saturday, April 16), which is the first full moon to occur after the Spring Equinox (March 20, 2022) and is therefore known in the Christian calendar as the “Paschal Full Moon”. To make a long story short, Easter always occurs on the first Sunday after the Paschal Full Moon, which is why Easter is so late this year.



## ***Earth Day – April 22<sup>nd</sup>***



Today, not only is Earth Day a day meant to increase awareness of environmental problems, but it is also becoming a popular time for many communities to gather together to clean up litter, plant trees, or simply reflect on the beauty of nature.

Looking for something to do for EARTH DAY -

- **Clean Up Plastic in Your Neighborhood or Local Park**
- **Reduce, Reuse, Recycle in the Garden**
- **Stop Pesticides and Chemicals in the Garden**
- **Conserve Water**



## ***Dates to Remember***

**April 6<sup>th</sup> – Mass of Chrism**

**April 14<sup>th</sup> – Holy Thursday – Mass of the Lord’s Supper**

**April 15<sup>th</sup> – Good Friday – Celebration of the Lord’s Passion**

**April 16<sup>th</sup> – Holy Saturday – Easter Vigil – Resurrection of the Lord**

**April 17<sup>th</sup> – Easter Sunday – Resurrection of the Lord**

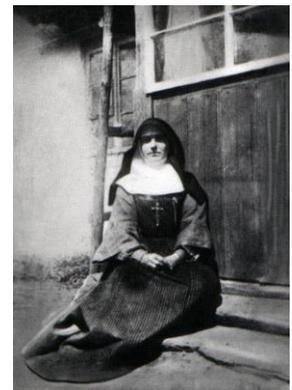


After a shocking wave of Russian military strikes across Ukraine, Catholic Ukrainians, and those around the world praying for their country.

***Blessed Michaelina Josaphata Hordashevka***

Born in Lviv in 1869, Michaelina was known for her unusual piety in childhood. At 18, she felt called to be consecrated entirely to God and made a private vow of chastity.

Michaelina planned to enter a contemplative and cloistered order of nuns until her spiritual director urged her to consider instead a new apostolic community of sisters, which would serve the poor as nurses, teachers, catechists, and caretakers for children.



The Sister Servants of Mary Immaculate were founded in 1892. Michaelina, taking the name Sister Josaphata. Within 10 years, there were 128 sisters in Ukraine, and sisters soon went to Canada to serve Ukrainian immigrants living there.

Under Sister Josaphata’s leadership, the community’s active life was attractive and evangelically effective, and it became eventually the largest community of women religious in the Ukrainian Greek Catholic Church.

She faced health problems: in her 40s she was diagnosed with tuberculosis, and after a long and painful illness, she died at 49 in April 1919.

She was beatified in 2001, during Pope St. John Paul II's pastoral visit to Ukraine.



From Kitty's Kitchen

### ***Braided Easter Bread***

Makes two loves...one for you and one for a friend...Happy Easter

### **Ingredients**

- 1 and 1/2 Cups very warm milk
- 1 cup white sugar + 1 tsp sugar
- 1/2 cup (8 Tbsp) unsalted butter, softened
- 1 tsp salt
- 2 envelopes active dry yeast (1 and 1/2 Tbsp)
- 3 eggs, well beaten
- 6 1/2 Cups unsifted all-purpose flour \***measured correctly**
- 1 egg
- 1 tsp water
- 3/4 cup to 1 cup white or brown raisins + 2 cups boiling water

### **Instructions**

1. Place 1 cup white or brown raisins in a bowl with 2 cups boiling water for 10 minutes. Drain well and set the raisins aside.
2. Pour 1/2 cup warm milk (heated 30 seconds in micro) into a **large measuring cup**. Add 1 tsp sugar and sprinkle yeast over the top. Stir and let it stand to proof until bubbly and doubled in volume, about 10 minutes.

3. Combine 1 Cup of very warm milk (1 minute in micro), with the 1 Cup sugar, softened butter and 1 tsp salt in a large bowl. Stir until most of the butter is melted.
4. Stir in 3 well-beaten eggs, then yeast mixture into the butter mixture. Using the dough hook attachment (or a wooden spoon if mixing by hand), Beat in 6 1/2 cups flour, one cup at a time until a soft dough forms. Knead for 8-12 minutes or until smooth and elastic.

Dough will still be a little sticky and will stick to the bowl, but should not stick to your fingers. If kneading by hand, turn out onto a well-floured surface and knead 8-12 minutes (using only enough flour necessary to prevent sticking to your hands).

5. Stir in the raisins until evenly distributed. Transfer the dough to a large buttered bowl, turning it to bring the buttered side up. Cover with a tea towel and let rise in a warm place, away from draft, about 1 and 1/2 hours or until double in volume.

(I set my oven to low, then turned it off and let the dough sit in a warm oven; about 100°F).



6. Punch dough down. Turn out onto a lightly floured surface. Divide the dough in half. Divide one half into four equal pieces and form about 15" strips with each quarter.

7. Pinch the four strips together on one end and let the braiding begin.

8. Cross the far right strip over its neighbor.

9. Tuck the far left strip under its neighbor and over the next strip. Repeat step 8 & 9 until you finish the braid, then pinch together the other end.

10. Place each braid in a buttered baking dish (they would have expanded even better if I had used a large baking pan). Cover loosely with a towel and let them sit for 30 minutes.



11. After the braids have been sitting for 30 minutes, now pre-heat the oven to 375 °F. It's hard to tell, but they did rise!

12. Beat together 1 egg and 1 tsp water. Generously brush the top and sides of the bread with the egg mix just before baking.

13. Bake each loaf separately for 20-22 minutes or until golden brown.



From Kitty's Library



### *A Good Read*

They Left Us Everything: A Memoir.

A warm, heartfelt memoir of family, loss, and a house jam-packed with decades of memories.

After almost twenty years of caring for elderly parents--first for their senile father, and then for their cantankerous ninety-three-year old mother, author Plum Johnson and her three younger brothers have finally fallen to their knees with conflicted feelings of grief and relief.

Now they must empty and sell the beloved family home, 23 rooms bulging with history, antiques, and oxygen tanks. Plum thought: *How tough will that be? I know how to buy garbage bags.*

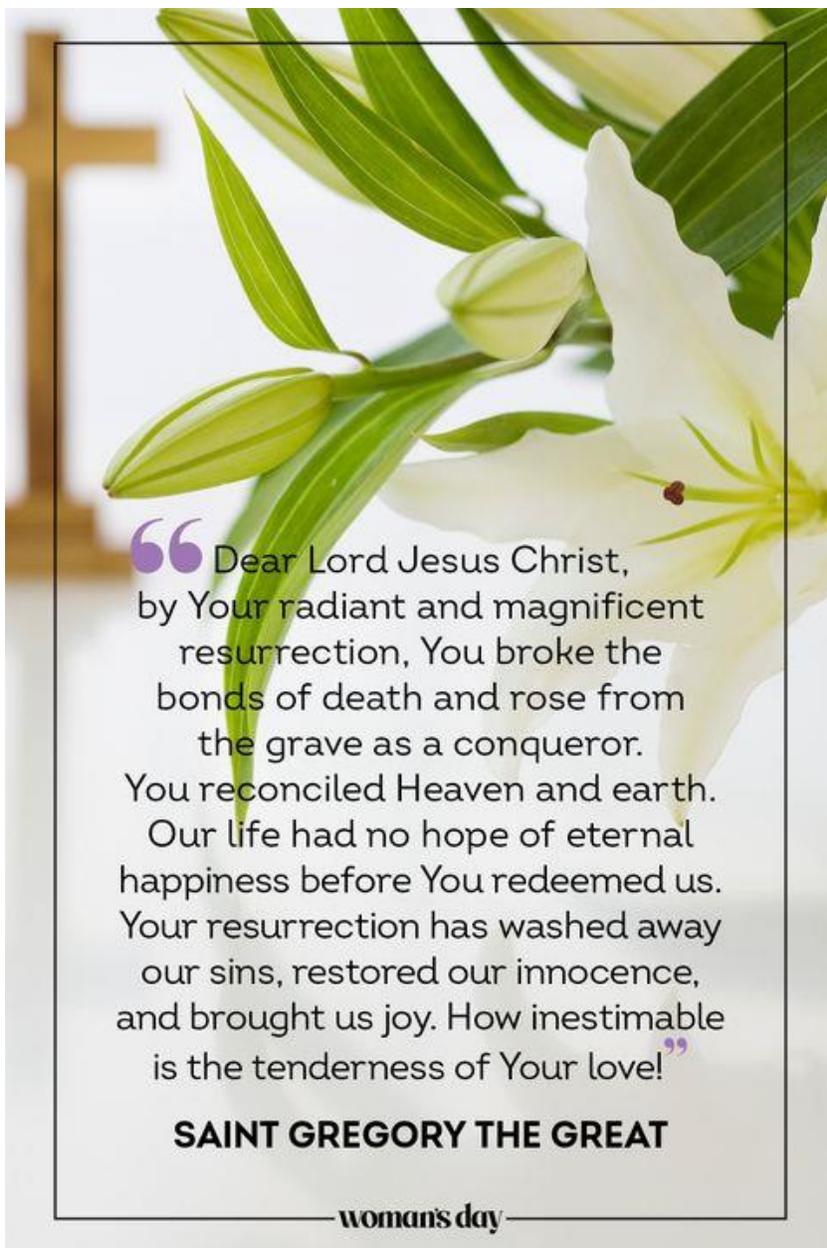
But the task turns out to be much harder and more rewarding than she ever imagined. Items from childhood trigger difficult memories of her eccentric family growing up in the 1950s and '60s, but unearthing new facts about her parents helps her reconcile those relationships, with a more accepting perspective about who they were and what

they valued.

*They Left Us Everything* is a funny, touching memoir about the importance of preserving family history to make sense of the past and nurturing family bonds to safeguard the future.

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### *Pause for Thought*



“Dear Lord Jesus Christ,  
by Your radiant and magnificent  
resurrection, You broke the  
bonds of death and rose from  
the grave as a conqueror.  
You reconciled Heaven and earth.  
Our life had no hope of eternal  
happiness before You redeemed us.  
Your resurrection has washed away  
our sins, restored our innocence,  
and brought us joy. How inestimable  
is the tenderness of Your love!”

**SAINT GREGORY THE GREAT**

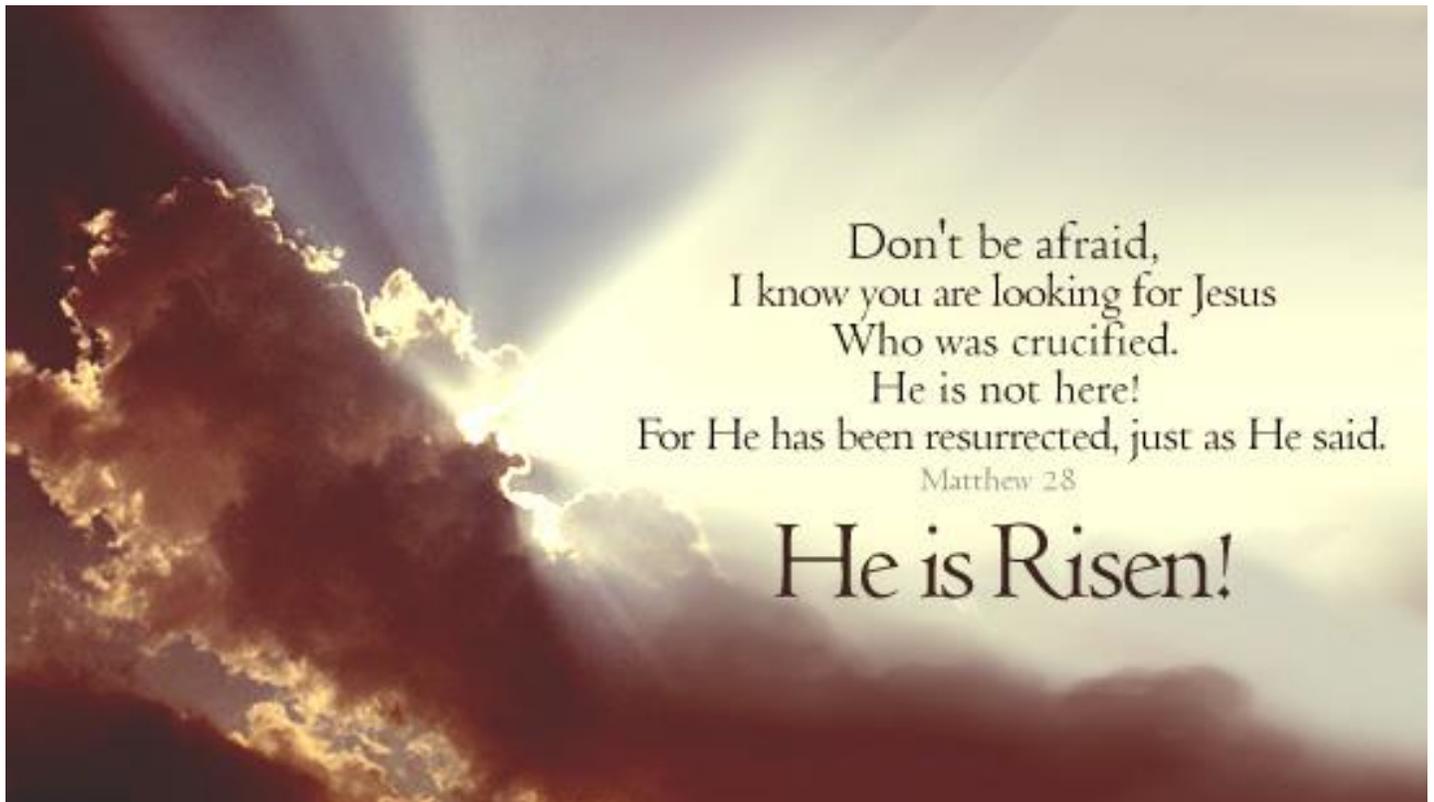
—woman's day—

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The Last Word...

*It is therefore by being united to Jesus Christ that we will be united  
with each other.*

Catherine McAuley



# KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 5 – May 2022



## 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), Michael Hickey (brother of Cathy Hickey), Geraldine Duhamel (sister of Sharon Drover), and Louise Foley (aunt 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](mailto:drover.sharon@yahoo.ca))



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*May you be continually blessed with great love  
and happiness!*

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### *Happy Birthday Wishes to ...*

Geraldine Vicars	-	May 3 <sup>rd</sup>
Marilyn Stack	-	May 11 <sup>th</sup>
Marie Higgins	-	May 16 <sup>th</sup>
Sr. Monica Hickey	-	May 25 <sup>th</sup>
Gerri Stapleton	-	May 26 <sup>th</sup>
Lois Craig	-	May 28 <sup>th</sup>
Barbara Hawley	-	May 29 <sup>th</sup>





### ***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***

*“Our human compassion binds us the one to the other – not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future.”*

- Nelson Mandela

### ***Contemplative Presence***

*We’re already in the presence of God.*

*What’s absent is awareness.*

- Richard Rohr

## ***Integrity of Creation***

*Every person on earth depends entirely on the  
quality of earth's ecosystems.*

*So, every person on earth, not just a few scientists,  
bears a responsibility for good earth stewardship.*

- Pope Francis – Care for the Earth

## ***Diversity and Inclusion***

*At the heart of creativity is diversity.*

*Diversity is at the core of the universe  
and is its art form. We need to embrace  
and appreciate the differences in places  
and people.*

- James Conlon



## Notes from the Associates/Sisters

### Items of Interest

#### **May Month**



“May” is **likely named for the Roman goddess Maia, who oversaw the growth of plants.** Alternatively, the name might have come from the Latin *maiores*, meaning “elders”.

#### **Mother’s Day - May 8th**

Mother’s Day endures and evolves. Modern Mother’s Day celebrates the varied roles of mothers today. We commemorate the many ways mothers have fought to better the lives of their children, from social welfare to non-violence. Many women have taken on the role of mothers over the years when circumstances arose. So we also honor the grandmothers; aunts, stepmothers and friends who stood in to play such an important role in the lives of others. We honor the way "mothers" have raised and nurtured their children with love and courage.

For our mothers who are no longer with us.....



#### **World Day for Cultural Diversity - May 21st**



Every year on May 21st, the World Day for Cultural Diversity for Dialogue and Development urges everyone to do their part to bridge the gap between cultures. The day is often referred to as Diversity Day.

According to the UN, bridging this gap is essential for peace, development, and stability. When we deepen our understanding of the values of cultural diversity we can achieve so much.

UNESCO encourages members of society to take part in this day.

These events include concerts, educational seminars, workshops, and exhibitions. Here are some of the many ways to celebrate this day:

- Visit an art exhibition or a museum dedicated to other cultures
- Learn about another religion
- Watch an International film
- Listen to a musical tradition from a different culture
  
- Cook traditional food from a different culture
- Learn about traditional celebrations from other cultures
- Volunteer with an organization working for diversity and inclusion
- Learn another language



Oh! fragrant is the breath of May,  
In the tranquil garden closes,  
And soft yet regal is her sway  
Among the springtide roses.



— William Hamilton Hayne, American poet (1856–1929)

***The National Nursing Week "We Answer the Call" May 9-15, 2022:***

Annual celebrations take place from the Monday to the Sunday of the same week as Florence Nightingale's birthday, May 12.

The theme this year is **#WeAnswerTheCall** and was developed by CNA to showcase the many roles that nurses play in a patient's healthcare journey. The pandemic

brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community.



Florence Nightingale (the Lady with the lamp) at the Barrack Hospital

## ***World Bee Day – May 20<sup>th</sup>***

World Bee Day seeks to raise awareness about the importance of bees. Bees are important insects that help preserve balance within ecosystems. They play an important role as they help pollinate flowers and agricultural plants. According to [worldbeeday.org](http://worldbeeday.org), 1/3 of all food produced in the world depends on pollination. Unfortunately, bee populations have been decreasing due to climate change, pollution, and intensive agriculture. This day aims to encourage new solutions to prevent bee populations from declining.



World Bee Day was established in 2017 by the UN General Assembly. It is observed annually on May 20<sup>th</sup>, the birthday of Anton Janša, a pioneer in modern beekeeping. So maybe this year keep that lawnmower stowed away for a little longer and let the bees help the ecosystem.

## ***Saints***

### **Isidore the Farm Labourer, and Saint Maria Torribia**

May 15 Feast day.....

Isidore was a Spanish farmworker known for his piety toward the poor and animals.

Isidore was born in 1070 to a peasant family near Madrid, Spain.

Isidore the farmer was actually a day laborer, working on the farm of the wealthy John de Vergas at Torrelaguna, just outside Madrid. He married a poor girl, Maria Torribia. Their only child, a son, died in infancy.

The couple took a vow of continence to serve God. Isidore's life is a model of simple Christian charity and faith. He prayed while at work. He shared what he had with the poor, even his meals. He often gave them more than he had for himself. Isidore often came later to work in the fields than other laborers because he would first attend Mass in the morning. Yet his work never suffered and he always met the chores required of him. It was said two angels, one on either side of Isidore, appeared and joined their pious companion in plowing the fields.

St. Maria (feast day, September 9) always kept a pot of stew on the fireplace in their humble rural dwelling. She knew that her husband Isidore would often bring home anyone who was hungry. One day he brought home more hungry people than usual. After she served many of them, Maria told him that there simply was no more stew in the pot. He insisted that she check the pot again, and she was able to spoon out enough stew to feed them all.

After Isidore's death, Maria became a hermit, but she too performed miracles and merited after her death the name of "Santa Maria de la Cabeza". Often her prayers of rain from heaven were answered for an afflicted dry countryside. Her remains are honored by all of Spain by pilgrimages and processions at Torrelaguna, where they were transferred in 1615. She was beatified in 1697.



Saints Isidore and Maria remind us that no matter how ordinary our lives seem we can lead lives of holiness.





From Kitty's Kitchen

## **Chicken Parmesan**

No need to boil or drain the pasta in this dish. Just stir the uncooked pasta right into your saucy chicken mixture and simmer away. The pasta is extra delicious from absorbing all of the fabulous flavors.



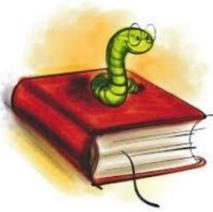
### **Ingredients:**

- 2 tbsp Olive Oil
- 1/2 lb boneless, skinless chicken breast, cut into 1-inch pieces
- 3 cloves garlic, minced
- 1 can CAMPBELL'S Condensed Cream of Chicken Soup
- 3 cups CAMPBELL's Chicken broth
- 3 cups uncooked Penne pasta
- 2 cups frozen peas
- 1/2 cup grated parmesan cheese
- 1/4 cup fresh basil leaves

### **Directions:**

1. Heat oil in a large saucepan over medium-high heat. Add chicken and cook for 5 minutes, stirring occasionally, until browned. Add garlic; cook and stir for 30 seconds.
2. Stir in the soup and broth; mix well. Stir in the penne and bring to boil. Reduce heat to medium. Cook, uncovered, stirring occasionally, for 15 minutes.
3. Stir in peas. Cook 3 minutes or until the penne is tender and the chicken is cooked through. Sprinkle with cheese and basil.



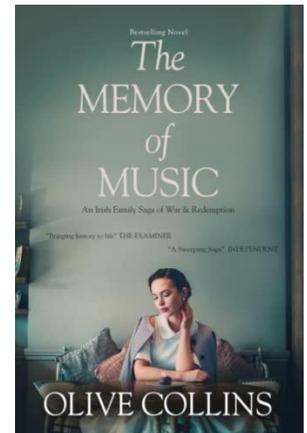


From Kitty's Library

## *A Good Read*

### **The Memory of Music**

By: Olive Collins



The bestselling novel, *The Memory of Music One Irish Family* – One hundred turbulent years: 1916 to 2016 Betty O’Fagarty is proud and clever. Spurred on by her belief in her husband Seamus’s talent as a violin-maker and her desire to escape rural life, they elope to Dublin. She expects life there to fulfill all her dreams. To her horror, she discovers that they can only afford to live in the notorious poverty-stricken tenements. Seamus becomes obsessed with republican politics, neglecting his lucrative craft. And, as Dublin is plunged into chaos and turmoil at Easter 1916, Betty gives birth to her first child to the sound of gunfire and shelling. But Betty vows that she will survive the war and move her little family out of the tenements. Nothing will stand in her way. One hundred years later, secrets churn their way to the surface and Betty’s grandchildren and great-grandchildren uncover both Betty’s ruthlessness and her unique brand of heroism.

### ***Pause for Thought***



## Garbage In, Garbage Out



Whatever is true, whatever is noble, whatever is right,  
Whatever is pure, whatever is lovely, whatever is admirable – if  
Anything is excellent or praiseworthy think about such things.

*Philippians 4:8*

You're probably familiar with the expression "garbage in, garbage out." Every day we are bombarded with words and images that compete for our attention. Some people continually dwell on negative thoughts that eventually destroy them from the inside out. Others are habitually positive, thinking good thoughts that in turn produce a good life. Both extremes illustrate you are what you think.

"Yeah, yeah," you say. "But I don't have any control over what I think. I just think what I think. Thoughts float into my head."

But you're wrong. According to God, you do have control over what you think. When an idea or image floats into your mind, you choose whether to dwell on it or let it go by. If you use the Bible as a filter, you'll let good thinking in and keep bad thinking out.

If you are what you think, it's important to make sure you think good thoughts!



*Father, forgive me for all the garbage I think about. My brain needs a good cleaning by your Holy Spirit. I commit to think better. I will make a conscious effort to unthink the bad and rethink the good. Be the Lord of my thoughts. Amen*

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- Leith Anderson – Faith Matters

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# A God-Centered Life

## The Last Word ...

We have one solid comfort amidst this tripping about, our hearts  
can always be in the same place centred in God,  
for whom alone we go forward or stay back.

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- Catherine McAuley

# KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 6 – June 2022



## 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), Michael Hickey (brother of Cathy Hickey), Geraldine Duhamel (sister of Sharon Drover) and Rick Stone (son of Doreen Stone).

(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](mailto:drover.sharon@yahoo.ca))

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*May you be continually blessed with great love and happiness!*

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### **Happy Birthday Wishes to ...**

Cathy Hickey - June 18<sup>th</sup>  
Sister Maureen - June 18<sup>th</sup>

### **Happy Anniversary Wishes to ...**

Joanne & Ed - June 10<sup>th</sup>  
Sharon & Bill - June 26<sup>th</sup>  
Barbara & George - June 28<sup>th</sup>



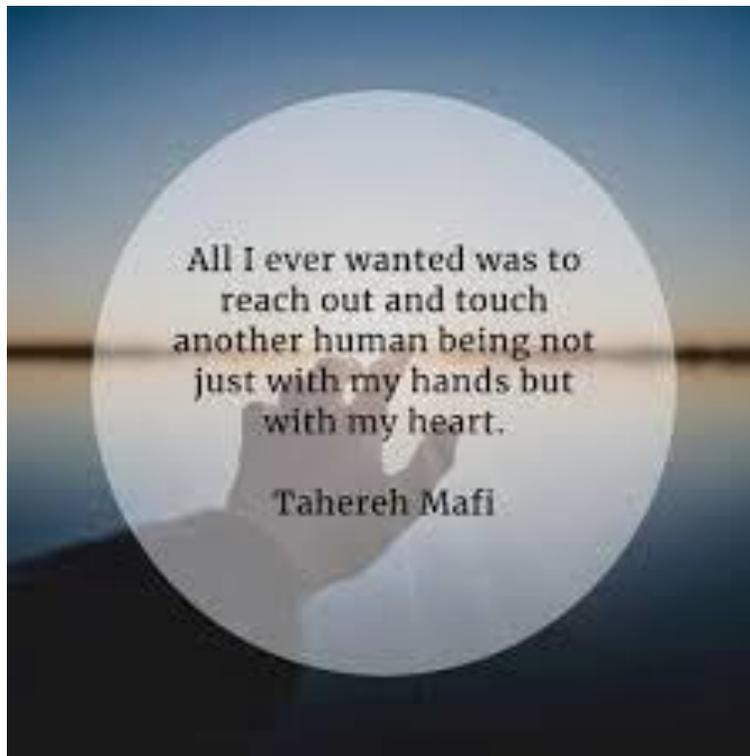


### *Light a Candle*

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*



## **Contemplative Presence**

*“Contemplative prayer is a deepening of faith that moves beyond thoughts and concepts. One just listens to God, open and receptive to the Divine Presence in one’s inmost being as its source. One listens not with a view to hearing something, but with a view to becoming aware of the obstacles to one’s friendship with God.”*

— Thomas Keating

## **Integrity of Creation**

Let us be “protectors” of creation, protectors of God’s plan inscribed in nature, protectors of one another & of the environment...to be “protectors,” we also have to keep watch over ourselves! Let us not forget that hatred, envy & pride defile our lives!

- Pope Francis

## ***Diversity and Inclusion***



*The greater the diversity,  
the greater the perfection.*

- Thomas Berry



### **Notes from the Associates/Sisters**

#### **Items of Interest**



#### **When is June Day?**

June Day is a provincial holiday in Newfoundland and Labrador. It is celebrated on the Monday nearest June 24th.

June Day was previously called Discovery Day, which commemorated the discovery of the province in 1497 by John Cabot... Discovery Day, also known as Cabot Day, commemorates John Cabot's arrival to Newfoundland and Labrador.

Critics of the holiday have pointed out that John Cabot didn't 'discover' Newfoundland and Labrador when he landed on its shores in 1497. Instead, his arrival played a role in centuries of conflict between European visitors and Indigenous people.

June Day is a provisional name and the government will consult with the province's Indigenous groups before choosing a new name for the holiday.

## History of June Day

The expedition left Bristol on 2 May 1497 in a ship called 'Matthew' and made landfall somewhere on the coast of North America on 24 June 1497 (St. John's Day). This discovery marked the first Europeans to set foot on the North American continent since the Vikings in the 11th century.

Though historians have argued where exactly Cabot made landfall, in 1997 the Canadian and UK governments designated Cape Bonavista in Newfoundland as the official place of Cabot's landing.

Discovery Day had been a statutory holiday from 1962 until 1992, when it was removed from the Shops Closing Act.

Since 1997, Discovery Day has also been known as **Cabot 500 Day** marking the 500th anniversary of the discovery.

## Other important dates in June

- **June 19 is Father's Day**

A time to celebrate our fathers and those who have been role models in lives where a father was absent. Whether to celebrate this day worldwide or not remained a debatable topic. In 1908, Grace Golden Clayton proposed the day to honor those men who had lost their lives in a mining accident in the US. Though it was not accepted then, in 1909 Sonora Smart Dodd, who along with her five brothers was raised by her father alone, after attending Mother's Day in a church, convinced the Spokane Ministerial Association to celebrate Father's Day worldwide. In addition to Father's Day, International Men's Day is celebrated in many countries on November 19 in honor of both men and boys

- **June 21** is the **summer solstice**, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.

- **June 21** is **National Indigenous Peoples Day** (Canada). This holiday is meant to remind Canadians of the contributions of the many First Nations, Métis, and Inuit peoples.
- Newfoundland and Labrador is home to three distinct Indigenous groups: **the Inuit, Innu, and the Mi'kmaq**. Descendants of the Thule Inuit, the Inuit have made Labrador their home for centuries.



- **June 24** brings **Midsummer Day**, traditionally the midpoint of the growing season, halfway between planting and harvesting. It is celebrated in many cultures on the night of June 23, as Midsummer Eve.



## Saint of the Day for June 15

### Saint Marguerite d'Youville's Story

We learn compassion from allowing our lives to be influenced by compassionate people, by seeing life from their perspectives, and by reconsidering our own values.

Born in Varennes, Canada, Marie Marguerite Dufrost de Lajemmerais had to interrupt her schooling at the age of 12 to help her widowed mother. Eight years later she married François d'Youville; they had six children, four of whom died young. Despite the fact that her husband gambled, sold liquor illegally to Native Americans, and treated her indifferently, she cared for him compassionately until his death in 1730.

Even though she was caring for two small children and running a store to help pay off her husband's debts, Marguerite still helped the poor. Once her children were grown, she and several companions rescued a Quebec hospital that was in danger of failing. She called her community the Institute of the Sisters of Charity of Montreal; the people called them the "Grey Nuns" because of the color of their habits. In time, a proverb arose among the poor people of



Montreal, “Go to the Grey Nuns; they never refuse to serve.” In time, five other religious communities traced their roots to the Grey Nuns.

The General Hospital in Montreal became known as the Hôtel Dieu (House of God) and set a standard for medical care and Christian compassion. When the hospital was destroyed by fire in 1766, Mère Marguerite knelt in the ashes, led the *Te Deum*—a hymn to God’s providence in all circumstances—and began the rebuilding process. She fought the attempts of government officials to restrain her charity and established the first foundling home in North America.

Pope Saint John XXIII, who beatified Mère Marguerite in 1959, called her the “Mother of Universal Charity.” She was canonized in 1990, and her liturgical feast is celebrated on October 16.

## Reflection

Saints deal with plenty of discouragement, plenty of reasons to say, “Life isn’t fair” and wonder where God is in the rubble of their lives. We honor saints like Marguerite because they show us that with God’s grace and our cooperation, suffering can lead to compassion rather than bitterness.



From Kitty's Kitchen

Best Roasted Potatoes  
Great to go with any BBQ this summer



Preheat oven to 425.

Slice the potatoes into wedges - (you can peel or leave the skin on the potatoes).

Bring a large pot of water to a boil.

Place potato wedges in boiling water for 4 (Four) minutes

Drain potatoes and pat dry.

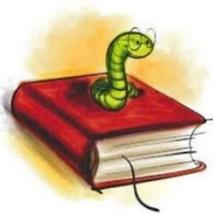
In another bowl combine 1/8 cup of olive oil, 1/2 tsp of paprika, 1/4 salt, pepper, garlic .

Place potato wedges in a bowl and mix.

Arrange potatoes on a pan lined with parchment paper.

Roast for 40 minutes - turn potatoes and continue to roast for 30 minutes.

When potatoes are deeply golden on the underside they are ready to be seasoned with fresh parsley to give an enticing green color and some light flavor. Then stir to help the parsley stick. Serve while warm.

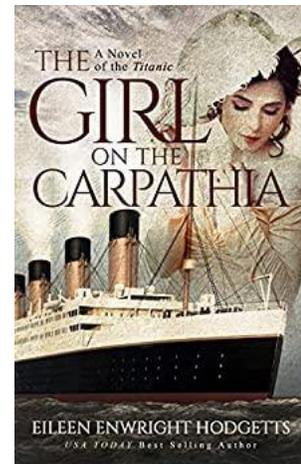


From Kitty's Library

*A Good Read*

## THE GIRL ON THE CARPATHIA

By: Eileen Enwright Hodgetts



“SOS TITANIC TO ALL SHIPS, SINKING HEAD DOWN 41.46 N 50.14 W. COME AS SOON AS POSSIBLE”

North Atlantic Ocean, 1912. Kate Royston is a witness to history as the RMS Carpathia responds to the Titanic's desperate SOS. Kate plans to escape personal tragedy by fleeing to Europe but everything changes when the Carpathia races to save the Titanic's survivors.

Forced to return to New York, Kate abandons her hope of escape and becomes embroiled as a vital witness in the high-profile Senate investigation of the disaster.

Can Kate find happiness in the midst of tragedy?

Meticulously researched and using actual witness testimony, *The Girl on the Carpathia* begins where most Titanic stories end and answers the questions “What happened next?” and “Who was to blame?”



*Pause for Thought*



## Cooling the Conflict



His speech persuaded them.

*Acts 5:40*

A huge conflict erupted in first-century Jerusalem between the followers of Jesus and the religious establishment. Change was in the wind, and the Sanhedrin was protective of the status quo. Several Christian leaders had been thrown into jail, only to be set free by an angel. They were then rearrested, and the Sanhedrin was called into session to determine what to do with them. Many of the Sanhedrin wanted the Christians killed to quell the movement.

Before the vote was taken, Gamaliel, a leading rabbi, advised, “Leave these men alone. Let them go. For if their purpose or activity is of human origin, it will fail. But if it is from God, you will not be able to stop these men. You will only find yourself fighting against God.”

Good for Gamaliel. This veteran of conflict knew how to deescalate conflict. I want to be like him, understanding that while conflict is inevitable, it can be a force for good, if handled correctly.



*There is no shortage of conflict in our world – from wars between nations to family feuds. It’s too easy to join the fight and make things worse. God, I want to be more like Gamaliel, who cooled the crowd and trusted you for the outcome. May I be the one who throws water, not fuel, on the fires of hostility. Amen*

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- Leith Anderson – Faith Matters

# *the* LAST WORD

“Generosity is not in bestowing gifts ... but in bestowing ourselves  
most freely and relying with unhesitating confidence  
on the Providence of God.”

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- Catherine McAuley

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