

Kitty's Chronicle

MERCY ASSOCIATES NEWSLETTER



Prayers

Prayers for the Sick

Let us pray for the sick, especially our Associates, Sisters of Mercy, family members, friends and care-givers. May God touch them with comfort, healing and strength.

We pray for people who are on our list this week – Jaxon McKinney (Sister Maureen O'Keefe's grandnephew), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), 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)

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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*



Happy Birthday Wishes to ...

Mary Norman - July 6th
Joanne - July 26th



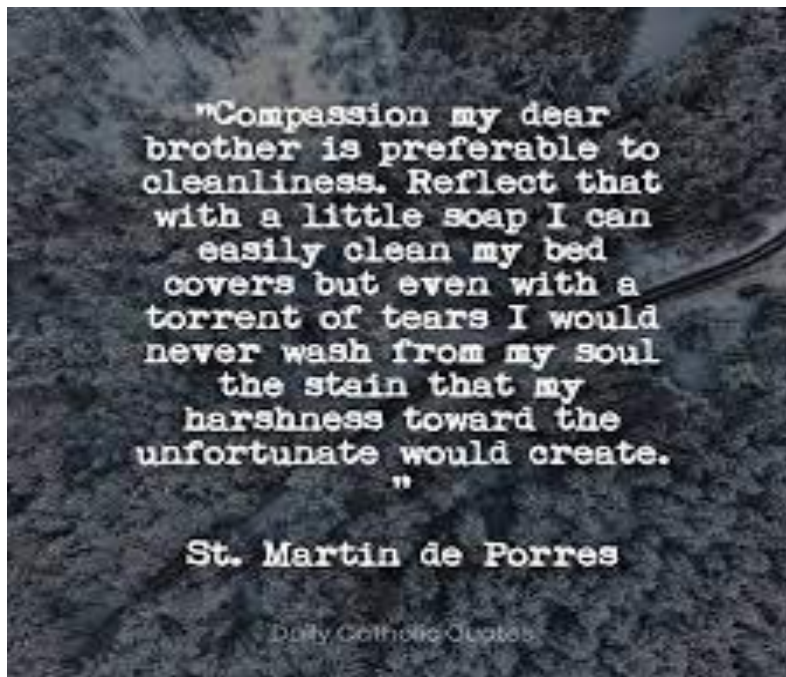
Light a Candle

Let us continue, in solidarity with Mercy Sisters, Associates and Colleagues around the world, to light a candle and pray for justice and peace.

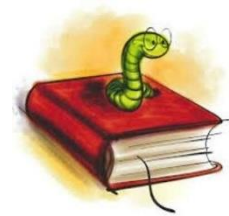
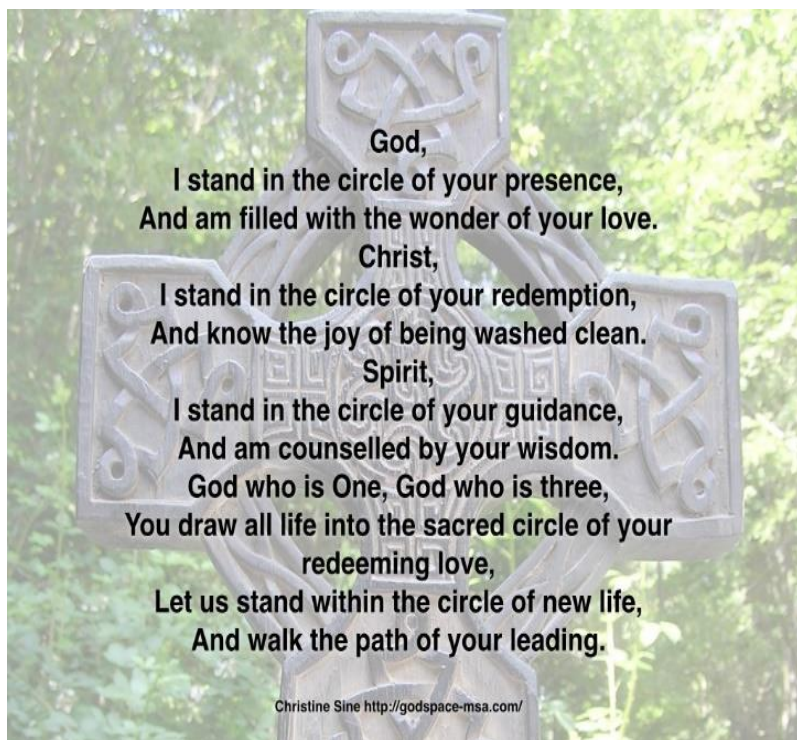


From the Wisdom Circles

Circle of Compassion

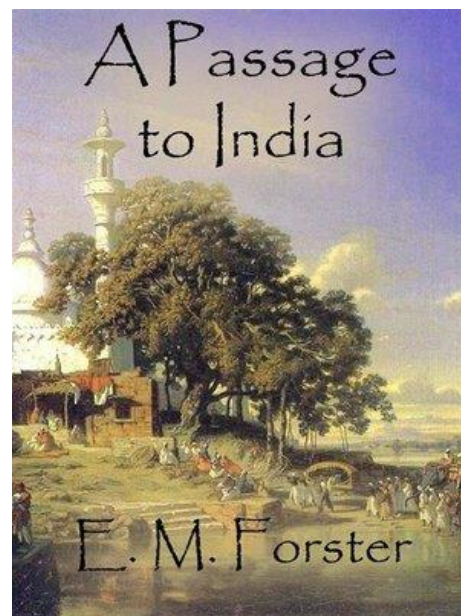


Contemplative Presence



From Kitty's Library

A Good Read



Integrity of Creation

Reflection

Open our hearts through scripture, prayer, theology and liturgy.

Every element of creation is a gift of God and a revelation of God.

Justice Peace and Integrity of Creation JPIC-TSSF

A Passage to India

AUTHOR:

E.M. Forster

When Adela Quested and her elderly companion Mrs Moore arrive in the Indian town of Chandrapore, they quickly feel trapped by its insular

Diversity and Inclusion

Diversity is about all of us and
about us having to figure out
how to walk through this world
together.

Jacqueline Woodson

Notes from the Associates/Sisters

Items of Interest

July fun Facts:

July was named in honor of **Julius Caesar**. Quintilis, which was his birth month, was renamed July when he died. Quintilis means "fifth month" in Latin, which represents where this month originally fell in the Roman calendar.

The name Canada derives from an Iroquoian word for "village," *kanata*, that French explorers heard used to refer to the area near present-day Quebec City.

July 1 is **Memorial Day** for the people of Newfoundland and Labrador. It is the day Canada's youngest province remembers the Newfoundland Regiment during the Battle of the Somme in 1916.

and prejudiced 'Anglo-Indian' community. Determined to escape the parochial English enclave and explore the 'real India', they seek the guidance of the charming and mercurial Dr Aziz, a cultivated Indian Muslim. But a mysterious incident occurs while they are exploring the Marabar caves with Aziz, and the well-respected doctor soon finds himself at the centre of a scandal that rouses violent passions among both the British and their Indian subjects. A masterful portrait of a society in the grip of imperialism, *A Passage to India* compellingly depicts the fate of individuals caught between the great political and cultural conflicts of the modern world.

The Somme....July 1st, 1916 Newfoundland Regiment

- The Newfoundlanders were to be in the second wave of attack to move into the German front lines & capture enemy positions near the French town of Beaumont-Hamel
- For these men waiting in their reserve trenches ...they can't see what was happening to the first waves of attackers but they can hear the disaster that was unfolding in front of them



Newfoundland & the Great War

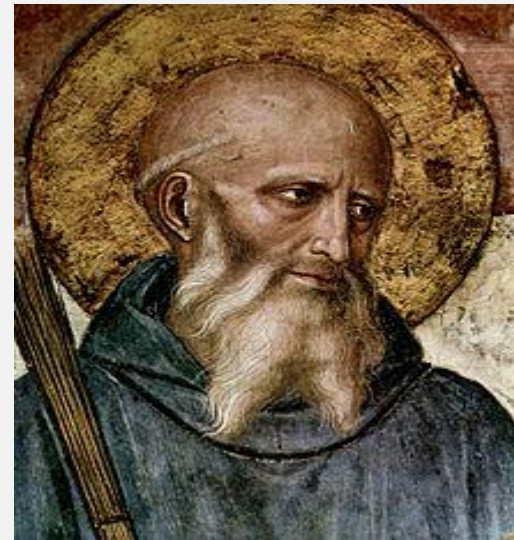
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Benedict of Nursia

For three years Benedict dwelt in a cave located in the mountains near Subiaco, Italy. Assisted by a monk from a nearby monastery who brought food and clothing, Benedict lived in solitude. His life changed dramatically when the abbot of the monastery died and Benedict was asked to take his place. His reputation as a man of deep prayer and spirituality and soon people from around the country began coming to him for spiritual guidance.

Late in his life, Benedict wrote a book known as the Rule as a way to draw together the wisdom of a monastic tradition that had been in place for over three hundred years. His rule stressed the importance of living in community rather than in total isolation or as a vagabond. He also valued continuity and stability and the implementation of common practices that would further strengthen the communal bond. The walls of the monastery were not meant to close people in, however, but to remain open to the stranger.



Thus, one of the most vital aspects of Benedict's Rule is not only to welcome the stranger but also to receive them as one would receive Christ. This is the essence of Benedictine hospitality.

The hospitable heart is one ultimately open to Christ and that means making ourselves vulnerable to change and challenge.

It also offers multiple opportunities to grow more loving, compassionate, forgiving, and generous. That's a rule all of us can take to heart.



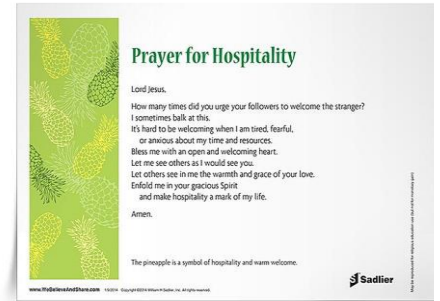
From Kitty's Kitchen

Apple Glazed Chicken and Potato Wedges

Spend beautiful summer days outside instead of in the kitchen with quick summer dinners that go from start to table in just 30 minutes.

Preheat oven to 375.

Sprinkle chicken with pepper. In a large skillet, brown chicken in oil on both sides. In a small bowl, combine the remaining ingredients; pour over chicken. Cover and place in oven and cook for 20 minutes.



Ingredients:

- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- 2/3 cup chunky applesauce
- 2/3 cup spicy barbecue sauce
- 2 tablespoons brown sugar
- 1 teaspoon chili powder

Potatoe Wedges

Preheat oven to 375

4 medium potatoes

1/2 tsp salt

1/2 tsp pepper

1 tsp of garlic powder

1 tsp of paprika.

Start with quality Russet potatoes - You'll need about four medium potatoes.

Slice the potatoes into even wedges so they bake evenly.

The secret to making *ultra* crispy potato

wedges: Soak your raw potato wedges in hot water for 10 minutes before baking. This step releases some of the starch in the potatoes and lets them absorb moisture, which leads to crisp outsides and moist interiors.

After soaking the potatoes pat the wedges dry and put them in a bowl and add 1/2 tsp salt...1/2 tsp pepper.... 1 tsp of garlic powder....1 tsp of paprika. Mix well and place wedges on a parchment lined baking sheet and bake for 20 minutes.

A side salad or vegetable can be added to the meal.

Summer scenes ...

MUN Botanical Gardens located at 306 Mt. Scio Road



From Kitty's Movies

Turner Classic Movies

Bell Aliant: Channel 204

Rogers: Channel 50

Saturday July 16th

It's a Mad, Mad, Mad, Mad World (1963)

Comedy

A group of greedy clowns tears up the countryside in search of buried treasure.

Cast: Spencer Tracy;
Ethel Merman; Milton Berle



In the large Pippy Park, on the outskirts of the city, Memorial University (MUN) Botanical Garden has themed gardens and trails through different ecosystems, which include a bog, a marsh, and various types of forest. The flower gardens feature extensive collections of native wildflowers and plants, along with display beds of cultivated annuals, perennials, and herbs. In June and early July there is a splendid **display of rhododendrons**.

Also in Pippy Park, at the edge of Long Pond, is the **Fluvarium**, an underwater viewing station that year-round gives a close-up view of the fish, insects, and plants that live underneath the water. **Rennie's River Trail** connects Long Pond, in Pippy Park to Quidi Vidi Lake, following the river that runs between the two.

Salmonier Nature Park

Not far from the City of St. John's are miles and miles of wild parklands where moose, caribou, and other wild animals and birds roam free. But tourists rarely have a chance to observe these woodland creatures.

A 45-minute drive from St. John's, Salmonier Nature Park is home to moose, caribou, lynx, foxes, otters, mink, beavers, snowy owls, and other wildlife, which you can see as you follow a two-mile loop of forest trails and boardwalks across wetlands. Enclosures are sensitively designed to assure that each species is in its own natural habitat.

Address: Salmonier Line, Holyrood, Newfoundland

Friday July 22nd

Killer's Kiss (1955)

Suspense/Mystery

When he rescues a girl from her gangster lover, a prizefighter is marked for death.

Cast: Frank Silvera; Irene Kane; Jamie Smith

Saturday July 23rd

The Thomas Crown Affair (1968)

Romance

A bored tycoon turns to bank robbery and courts the insurance investigator assigned to bring him in.

Cast: Steve McQueen; Faye Dunaway; Paul Burke

Downtown Pedestrian Mall



St. John's pedestrian mall will operate from June 30th to September 5th.

The Rooms



Admission information: <https://www.therooms.ca/visit-us>

Free Friday Evenings

Admission to all exhibition galleries is free every Friday from 6-9 pm from June 3 – September 30, 2022.

Free Student Friday

Admission to all exhibition galleries is free for all day Fridays for post-secondary students with a valid student ID.

The Rooms (continued)

Please Note:

Admission to all exhibition galleries is free between 6 – 9 pm on the first Wednesday evening of the month. There may be a charge for some Wednesday evening programs and events.

General admission fees do not apply to the Archives. First-time users of the Archives pay a one-time \$10.00 fee (plus HST) to obtain a permanent Researcher Registration number.

Access to Red Oak Café on Level 4 does not require admission.

My Beloved Dumbo



“Man looks at the outward appearance, but the Lord looks at the heart.”

The Lord, in 1 Samuel 16:7

As a little boy, I had a beloved stuffed elephant named Dumbo. Over the years, he lost an eye, his color faded, and I sort of lost interest. But after my daughter, Jill, came along, I gave Dumbo to her, and it was love all over again.

Jill is now grown with a daughter of her own, but Dumbo is prominently displayed in her living room. He doesn't look as good as he once did; in fact, his market value is probably zero. But I doubt Jill would sell him for any price. Dumbo is still loved – not because of his looks, but because of his value to her. She values Dumbo because of his relationship to her father.

Isn't that the way we want to be loved? Not because of our looks, but for ourselves? It is our relationship to God the Father that gives us value. It was while we were at our worst, with nothing to offer, that God loved us and sent his Son to die for us.



Loving Lord, I live in a world where I am continually judged by the way I look. My heart yearns to be loved and accepted just as I am – not because of clothes, age, or appearance. That's the way you love me. You see me exactly the way I am and you love me completely. I am so grateful. Amen.



As you talk to Heavenly Father and pour out your heart to Him, you will draw closer to Him. Then pause, stop, and listen to the feelings of your heart. Seek to understand the promptings of the Spirit. As you pray sincerely, you will come to feel Heavenly Father's great love for you.

Margaret D. Nadauld

A page from our Mercy Associates History....

A TRUE FRIEND OF OUR MERCY ASSOCIATES HAS GONE TO HER ETERNAL
REWARD

Sister Elsie Lahey passed peacefully away on June 24th at The Residence at Litledale. She was surrounded by sisters praying for her as she went off to God.

Sister Elsie was a dear friend to many of our Mercy Associates. In 1994 she and Sister Maureen O'Keefe gathered nine ladies together at the Baie Verte Renewal Centre and began the Baie Verte Mercy Associate Group, now named "The Seeds of Mercy". These nine ladies made their commitment as Mercy Associates on June 11, 1997. Since that time just two of the original group, Madonna Clarke and Mary Walsh, remain. They have been joined by a number of women who continue to flourish today under the leadership of Ellie Gavin and Geraldine Drover. Sister Elsie and Sister Eileen Osborne left Baie Verte and continued to work with Associates on Bell Island until their retirement from Active Ministry.

We remember Sister Elsie and her happy smile and generous heart and ask her to continue to watch over all our Mercy Associates especially those in Baie Verte and on Bell Island.



In His Mercy, Jesus Christ did not say, "Come to me, you who are free from sin" – but, "come to me all you who labour and are burdened, and I will refresh you."

Catherine McAuley

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Happy Anniversary Wishes to ...

Barbara Hawley - August 10th



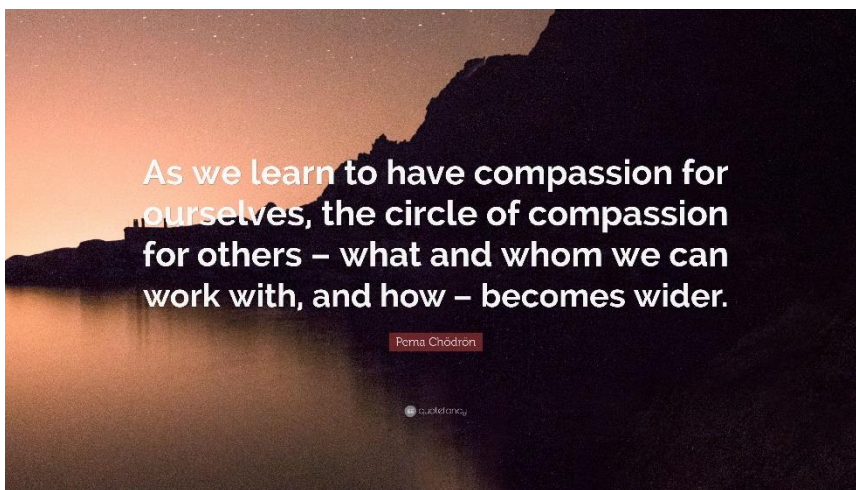
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From the Wisdom Circles

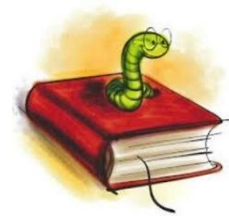
Circle of Compassion



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 at 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



From Kitty's Library

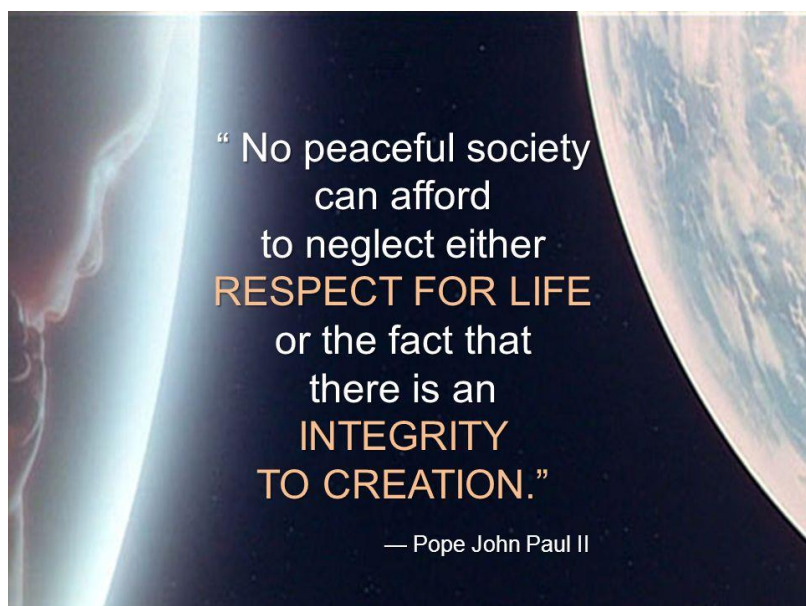
A Good Read



The Kite Runner by Khaled Hosseini (2003)

Khaled Hosseini's debut novel has been read by millions of people all over the world, clearly marking it as one of the best books of all time. It tells the touching story of two boys in modern-day Afghanistan: one wealthy, the other poor. Themes of friendship, redemption and familial love make it a universal chronicle that will keep readers of all ages riveted until the end.

Integrity of Creation



Diversity and Inclusion

Diversity may be both the hardest thing to live with and the most dangerous thing to be without.

- William Sloan Coffin



Notes from the Associates/Sisters

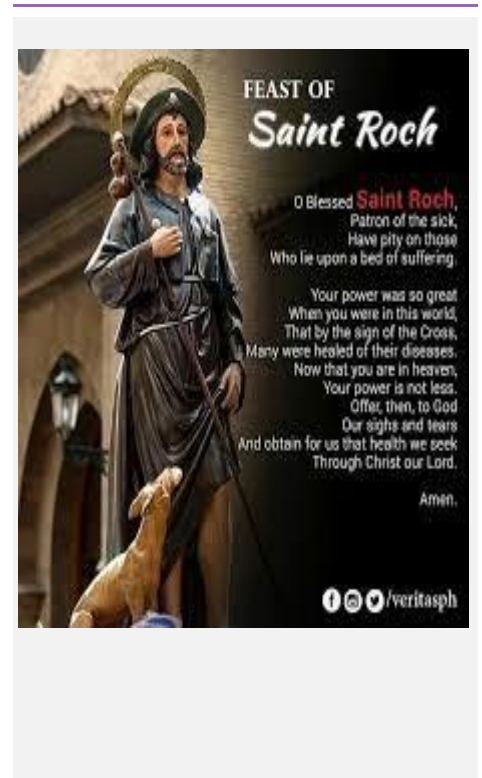
Items of Interest

August 16 is the annual feast day of St. Roch, the patron saint of dogs. Saint Roch (pronounced "rock") was a Frenchman born to nobility in 1295, so it may seem strange that he is recognized as the patron saint of dogs.

But, there's a lot more to the story... While he was born into wealth he was well-known for donating not only his money, but his time, to the peasants who suffered from plague.

After years of helping others and donating nearly his entire fortune to others, Saint Roch eventually caught the plague himself. Not wanting to burden others with his care, he entered the forest to die alone.

As he suffered, starved and alone, he was discovered by a stray dog.



Roch fully expected the animal to attack him and end his suffering. Instead, the animal brought him bread to eat. Every day, the dog returned with food, then stayed by his side to care for him.

Eventually, Roch recovered. He and his newly acquired dog went to town and discovered that the dog was owned by a local Count who had been a friend over the years. Surprised and impressed, the dog was presented to Roch by the owner.

Together, Roch and his newfound four-legged friend began traveling again, eventually returning to Montpellier, France.



S. ROCCO



From Kitty's Kitchen

Sweet and Sour Ribs

INGREDIENTS

- 3 lb. spareribs
- 2 tbsp. brown sugar
- 2 tsp. kosher salt
- 1 tsp. garlic powder

- 1 tsp. onion powder
- 1 tsp. oregano
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. chili powder
- 1/2 tsp. mustard powder
- 1/4 tsp. cayenne pepper
- 4 tbsp. butter, cut into cubes
- 1 c. [barbecue sauce](#)

DIRECTIONS

1. Preheat oven to 300° and line a baking sheet with aluminum foil.
2. In a small bowl, combine brown sugar and seasonings. Rub mixture all over ribs until well coated.
3. Evenly distribute butter cubes over ribs, wrap tightly in foil, and place on prepared baking sheet. Bake until very tender, about 2 1/2 hours.
4. Switch oven to broil, unwrap ribs, and brush all over with barbecue sauce. Place back on baking sheet and broil until sauce starts to caramelize, 5 minutes.



Sights and Scenes in August

St. John's at the Downtown Pedestrian Mall – June to September



MUN Botanical Gardens Tour – June to September
Weekly on Thursday at 2:00 pm
206 Mount Scio Road

Join the Garden Staff on a guided walk through the gardens and learn about the many varieties of flora on display.

You may even get a gardening question or two of your own answered.



Farmer's Market - 245 Freshwater Road

Everyone's welcome at the St. John's Farmers' Market! We've created an experience for you that celebrates the best from local farmers, food artisans, craftspeople, and more. Discover new tastes and connect to your community like never before. We're looking forward to seeing you!



George Street Festival

Thursday, July 28th to August 3rd

Featuring: The Celtic Fiddlers, St. Pat's Dancers, The Masterless Men and The Navigators, the Celtic Connection, Alan Doyle, Kellie Loder, Shanneyganock & Signal Hill with Rum Ragged

August 22nd at 2PM

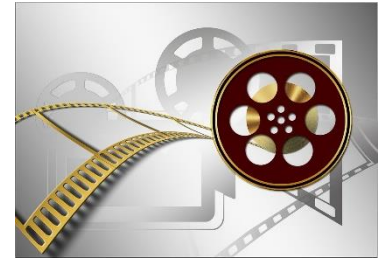
The Stanley Cup parade, featuring the Music Collection Drumline, will depart Bannerman Park at 2 p.m. and travel down the following streets: Military Road, Ordnance Street, Duckworth Street, Prescott Street, and Water Street. See [map of the parade route](#).

The parade will travel through the Downtown Pedestrian Mall (east to west) until it reaches George Street, where Alex will take the stage with the Stanley Cup. Alex will be joined by Mayor Danny Breen, and special guests.

METROBUS PARK N' RIDE AND GOBUS

Metrobus will operate on a load and go schedule between 12:30 and 2 p.m. from The Village Shopping Centre parking lot and will drop off in front of the St. John's Convention Centre (SJCC), 50 New Gower Street. Services from SJCC back to Village Mall will start immediately at the end of the event. A low-floor accessible bus will be available during the Park N' Ride.

GoBus stops are located in various areas downtown, GoBus customers may reserve their ride by contacting [GoBus directly](#).



From Kitty's Movies

Turner Classic Movies

**Bell Aliant: Channel
204**

Rogers: Channel 50

Saturday, August 6,
2022, at 8:00 pm

Roman Holiday (1953) / Romance

A runaway princess in Rome finds love with a reporter who knows her true identity. Starring: Gregory Peck, Audrey Hepburn, and Eddie Albert



**Join us this summer
for Wisdom Healing
Qigong on the
lawn of
Government House
with Sheila Leonard
– T'ai Chi Chih and
Wisdom Healing
Qigong.**

Every Thursday; June 30 – September 15, 2022. Wellness Breaks are returning to the grounds of Government House! Join us on the lawn this summer for free and accessible healthy living activities for all members of the community.



Mount Pearl Renaissance Festival

Aug 27th to Aug 28th

Rugby Field - 46 Ruth Avenue

Coming this summer is the Mount Pearl Renaissance Festival! Celebrating all things from the medieval and renaissance periods, this will be a unique historical event.

Tickets: Children ages five to 12: \$10 Per Day/ Adults: \$15 per day.

Wednesday, August 17, 2022
at 12:00 pm

Keeper of the Flame (1942) Drama

A reporter digs into the secret life of a recently deceased political hero.

Starring: Spencer Tracey, Katharine Hepburn, and Richard Whorf

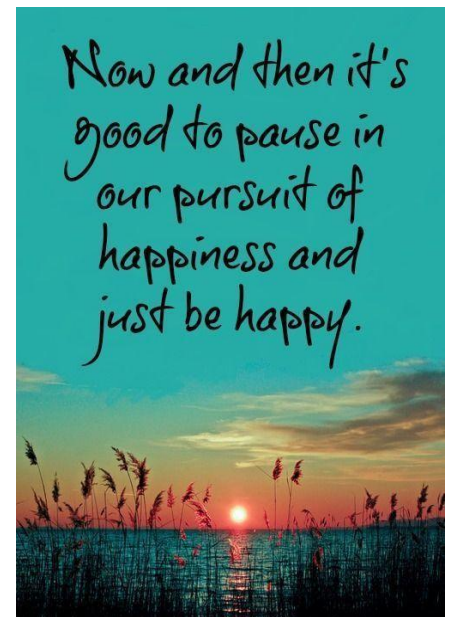
Saturday, August 20, 2022 at 1:15 pm

Queen Bee (1955) Drama

A manipulative Southern socialite sets out to destroy the lives of all those around her.

Starring: Joan Crawford, Barry Sullivan, Betsy Palmer, and John Ireland.

Pause for Thought ...



the LAST WORD

Catherine McAuley's world did not differ greatly from our own. She found ways to be courteous to poor people and her coworkers, and she encouraged simple living. She fostered a welcoming spirit within her works of mercy. In naming her first foundation the House of Mercy, she identified a fundamental value in her spirituality and in Christian living: hospitality. Indeed, all Christian homes should be houses of merciful hospitality.



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Volume 5 / No. 9 – September 2022



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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

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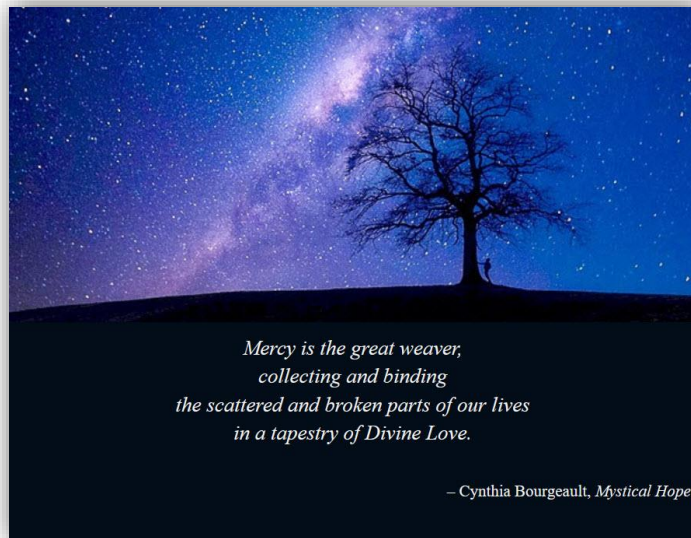
Circle of Compassion

That is what compassion does. It challenges our assumptions, our sense of self-limitation, worthlessness, of not having a place in the world, our feelings of loneliness and estrangement. These are narrow, constrictive states of mind. As we develop compassion, our hearts open.

— SHARON SALZBERG



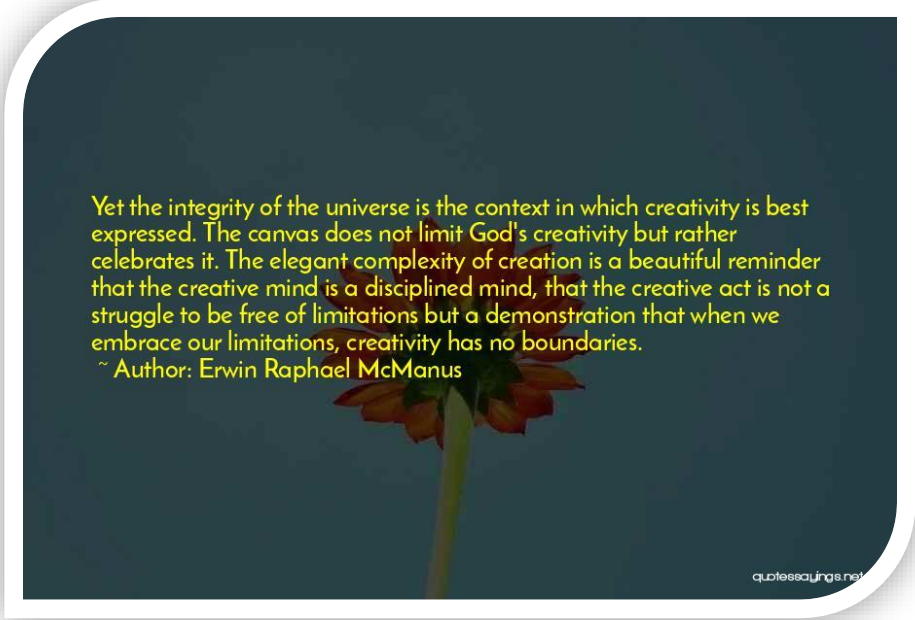
Contemplative Presence



*Mercy is the great weaver,
collecting and binding
the scattered and broken parts of our lives
in a tapestry of Divine Love.*

— Cynthia Bourgeault, *Mystical Hope*


Integrity of Creation

A quote about the integrity of creation is presented in a dark blue rounded rectangle with a white border. The background of the rectangle features a close-up of a sunflower with vibrant orange and red petals against a dark blue sky. The text is written in a yellow, sans-serif font.

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.
~ Author: Erwin Raphael McManus

quotesaying.net

Diversity and Inclusion

A quote about diversity and inclusion is presented in a dark blue rounded rectangle with a white border. The background of the rectangle features a wide, flat desert landscape with brown sand and rocky hills under a clear blue sky. The text is written in a white, sans-serif font.

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

Max de Pree

BrainyQuote

Notes from the Associates/Sisters

Items of Interest



Died age 81 - September 17, 1179

St. Hildegard, was a Doctor of the Church. She was also a writer, composer, philosopher, Christian mystic, and German Benedictine abbess. She was born around 1098 to a noble family as the youngest of ten children.

Her parents had promised their sick daughter to God, so they placed her in care of a Benedictine nun. Her holiness and strong piety made her adored by all who met her. It is said, from this young age, Hildegard began experiencing her visions.

When Hildegard turned 18, she became a Benedictine nun at the Monastery of St. Disibodenberg. After Jutta died in 1136, Hildegard was elected superior.

Hildegard quickly became recognized for her immense knowledge of all things faithful, music and natural science, with knowledge of herbs and medicinal arts, despite never having any formal education and not knowing how to write.

She is the patron saint of musicians and writers.





Newfoundland and Labrador Public Library

Did you know that you can borrow E-talk or audiobooks from the NL Public Libraries? You can sit back and let the book talk to you!!

If you don't already have a library card and are a resident of Newfoundland and Labrador, you can [obtain a library card from any library branch](#) or you may [register online for a library card](#).



Save the Dates.....

Sept 21-25th

This year the St. John's International CircusFest is partnering with artists and world from Quebec and Europe to join us at the edge of the world.

Innovative new performances, interactive industry panels, keynote speakers and workshops is partnering with artists and world renowned contemporary circus companies from Quebec and Europe to join us at the edge of the world.





Port Blandford Applefest – September 23rd – 25th, 2022

Celebrate all things apples at Port Blandford during the last weekend of September. There will be family activities at the municipal park, including a car show, a pig roast, an outdoor concert, and many apple-themed items.



Fall Market Etsy St. John's - Join us on Sunday, September 25 from 10-4 for the Etsy St. John's Fall Market taking place at 245 Freshwater Road, home of SJFM.

This year's event features local handmade and vintage sellers from across Newfoundland. The St. John's Etsy Made in Canada Market is the 'place' to be if you are looking for great handmade and vintage items.

ACC & Come Home Year 2022 Present COME FROM AWAY: THE CONCERT

2022 TOUR

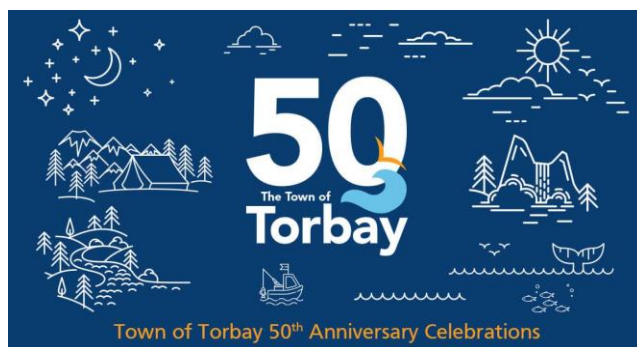
Gander - Steele Community Centre
September 13-15, 2022

St. John's - Mary Brown's Centre

September 19-20, 2022
September 21, 2022 **NEW DATE ADDED**



The international hit Olivier-winning and Tony-nominated musical *Come From Away* returns home in a concert version to be presented at the [Steele Community Centre](#) in Gander and [Mary Brown's Centre](#) in St. John's. *Come From Away* takes you into the heart of the remarkable true story of 7,000 stranded passengers and how the people of Gander, Appleton, Gambo, Glenwood, Norris Arm and Lewisporte welcomed them. [Details](#)



Town of Torbay 50th Anniversary Celebrations

Celebrate the 50th Anniversary of the Town of Torbay. Many events are planned to celebrate this momentous occasion. Check out the event calendar and attend the events happening in September.

SEPTEMBER 9-10

COMMON THREADS – QUILT SHOW & SALE

Time:

Friday, September 9, 4:00-9:00pm

Saturday, September 10, 10:00am-5:00pm

Tearoom on Saturday, September 10

12:00-4:00pm

A monetary donation for the Torbay local food bank is appreciated.

Location: Torbay Common Community Centre (8 Kinsmen Place)

Free Admission. The Torbay Quilters and The Watt's Cove Quilting Bees present the Quilt Show. Quilted items for sale at the Quilt Boutique.

Check the Town of Torbay website for more community events.



Easter Seals NL's Run Walk Stroll & Roll

Join us for an amazing afternoon at Bowring Park. You will have the options of a 2km loop (paved) or a 5km loop (trail). Feeling like you want to push it to 10km?

We will cheer you on every step of the way!

 **DATE:** Saturday, September 17, 2022

 **TIME:** 1:00pm - 3:00pm

 **LOCATION:** Bowring Park (Parking lot - 399 Waterford Bridge Rd, St. John's)





From Kitty's Kitchen

Stuffed bell pepper rings

Ingredients:

- 6 large bell peppers, any color
- 2 cups wild rice, cooked
- 1 lb. 93% Lean ground turkey
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 16 oz. jar crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups sharp cheddar cheese, shredded
- 1 tablespoon olive oil



Instructions:

1. Preheat oven to 350 degrees. Prepare your rice and set aside. You will need two cups of cooked rice.
2. Cut off the tops of the peppers remove the seeds, trim the bottoms to help them sit flat in the skillet and rinse thoroughly. In a large pan boil the peppers for 5 minutes, remove from water and turn upside down onto a paper towel to dry.
3. In a large skillet add the olive oil, garlic and onion, sauté until tender. Add the turkey and brown until thoroughly cooked.
4. Add the crushed tomatoes, rice, Italian seasoning, salt, pepper and 1/2 cup of the shredded cheese and stir until blended.
5. Fill the peppers evenly with the mixture, place in a lightly greased 10 inch cast iron skillet, or baking dish of your choice. Bake uncovered for 25 to 30 minutes. Remove and add the remaining cheese to the top of peppers and bake for an additional 5 minutes or until the cheese is melted.



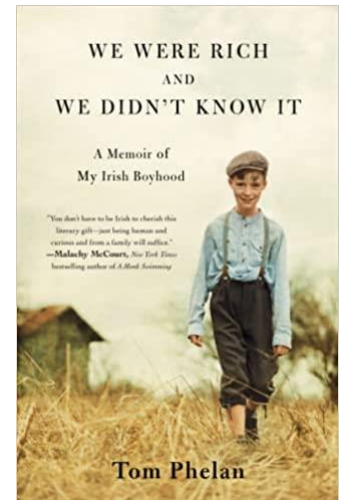
From Kitty's Library

A Good Read

We Were Rich and We Didn't Know It

Author: Tom Phelan

Tom Phelan, who was born and raised in County Laois in the Irish midlands, spent his formative years working with his wise and demanding father as he sought to wrest a livelihood from a farm that was often wet, muddy, and back-breaking.



It was a time before rural electrification, the telephone, and indoor plumbing; a time when the main modes of travel were bicycle and animal cart; a time when small farmers struggled to survive and turkey eggs were hatched in the kitchen cupboard; a time when the Church exerted enormous control over Ireland.

We Were Rich and We Didn't Know It recounts Tom's upbringing in an isolated, rural community from the day he was delivered by the local midwife. With tears and laughter, it speaks to the strength of the human spirit in the face of life's adversities.

Pause for Thought

Pause and remember - Every single event in your life, especially the difficult lessons, have made you smarter, stronger, and wiser than you were yesterday. Be thankful!

— Jennifer Young —

AZ QUOTES

“I realize as never before that the Lord is gentle and merciful; He did not send me this heavy cross until I could bear it. If He had sent it before, I am certain that it would have discouraged me ... I desire nothing at all now except to love until I die of love. I am free, I am not afraid of anything, not even of what I used to dread most of all ... a long illness which would make me a burden to the community. I am perfectly content to go on suffering in body and soul for years, if that would please God. I am not in the least afraid of living for a long time; I am ready to go on fighting.”

- St. Teresa of Avila – Teresa of Jesus



the
LAST WORD

“If we looked more to our suffering Lord, our trials would seem light, and consolation would soon come to our hearts.”

- 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, Kevin Drover (husband of Geraldine Drover), 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).

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, Mary Craig, on the passing of her beloved son, Aiden Craig, on August 7, 2022. We also extend sincere sympathy to one of our Coordinators of Mercy Associates NL, Sister Maureen, on the passing of her loving sister, Clara Young, on September 11th. We again extend sincere sympathy to our Associate, Cathy Hickey, on the passing of her beloved brother, Michael, on September 28th. Let their families be assured of our prayers in their bereavement and our prayer that they are enjoying eternal happiness in the company of our God of Mercy. 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

“I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness.”

- Mother Theresa



Happy Birthday Wishes to:

Michelle Furlong – October 4th

Catherine Ryan – October 16th

Mary Craig – October 30th



Contemplative Presence

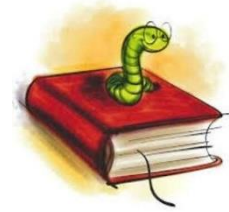
“Seeking the face of God in everything, everyone, all the time, and his hand in every happening; This is what it means to be contemplative in the heart of the world. Seeing and adoring the presence of Jesus, especially in the lowly appearance of bread, and in the distressing disguise of the poor.”

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

Integrity of Creation

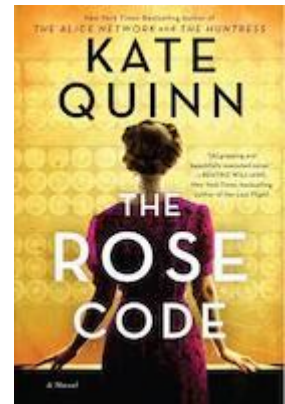
“We must extend our circle of community to include all that lives. Can we ever reach the point where our sensitivities to the loss of a species will be felt as the loss of a family member? When you realize that you have enough, then you are truly rich.”

- Tao te Ch'ing



From Kitty's Library

A Good Read



The heart-stopping World War II story of three female code breakers at Bletchley Park and the spy they must root out after the war is over.

1940. As England prepares to fight the Nazis, three very different women answer the call to mysterious country estate Bletchley Park, where the best minds in Britain train to break German military codes.

Diversity and Inclusion

“Diversity is not about how we differ. Diversity is about embracing one another’s uniqueness.”

Notes from the Associates/Sisters

Items of Interest

October 5th – Blessed Francis Seelos



Like so many others in the litany of America’s saints, Blessed Francis Xavier Seelos was filled with missionary zeal. His boyhood desire to follow in the footsteps of his namesake — the patron of missionaries, St. Francis Xavier led Seelos to spend his life leading many souls to the Lord through preaching and the sacraments. And his saintly example

continues this work today, as Pope St. John Paul II prayed when beatifying Seelos in 2000, “Today, Blessed Francis Xavier Seelos invites the members of the Church to deepen their union with Christ in the Sacraments of Penance and the Eucharist.”

The German native was baptized on the day of his birth in 1819. Early on, Seelos felt called to the priesthood. After entering the seminary, he became familiar with the Redemptorist order, known for works of evangelization and care for the poor.

Cheerful and kind, Seelos always was smiling. He enjoyed a good joke and wasn’t afraid of humor. Devotion to prayer and dependence on the will of God also characterized Seelos.

Imperious self-made Mab, product of east-end London poverty, works the legendary code-breaking machines as she conceals old wounds and looks for a socially advantageous husband.

The local village spinster Beth, whose shyness conceals a brilliant facility with puzzles, and soon Beth spreads her wings as one of the Park’s few female cryptanalysts. But war, loss, and the impossible pressure of secrecy will tear the three apart.

Then as the royal wedding of Princess Elizabeth and Prince Philip whips post-war Britain into a fever, three friends-turned-enemies are reunited by a mysterious encrypted letter. Now Osla, Mab, and Beth must resurrect their old alliance and crack one last code together. But each petal they remove from the rose code brings danger--and their true enemy--closer...

Quickly developing a reputation as an ideal pastor, Seelos was known for his empathy and understanding as a very popular spiritual director and confessor.

From 1863 to 1866, Seelos was a travelling missionary. He preached in English and German throughout many states between Rhode Island and Missouri. After spending a few months at a Detroit parish, Seelos arrived as pastor of Assumption Church in New Orleans in 1866, prophetically stating, "I have come here to pass the rest of my days and find a last resting place."

In New Orleans, Seelos was known for his devoted service to the poor and marginalized. Caring for the victims of an outbreak of yellow fever, Seelos contracted the disease himself. Suffering intensely but patiently, Seelos died on Oct. 4, 1867, at the age of 48. A miracle was attributed to Seelos' intercession the next day, when the sickly Christine Holle touched his hand and was instantly cured of all pain. His remains were buried that day in the New Orleans church where he died.



From Kitty's Kitchen

LEFTOVER TURKEY FRIED RICE

Leftover cooked turkey / chicken - you will need 1 1/2 cups of leftover shredded or cubed cooked turkey.

2 cups of cooked white rice

1 egg - a staple in fried rice dishes

Leftover Turkey Fried Rice (Con'd)



1 Tablespoon of vegetable oil - required for any stir-fry.

1/2 small onion

1 clove of garlic

1 cup of frozen vegetable mix. You can add them into the stir fry from the freezer.

Seasonings - 1 tsp soy sauce, dash of salt and pepper.

Sesame seeds and green onion (for garnish)

Leftover turkey fried rice is so easy and convenient to make. It takes about 5 minutes to prep, and just 10 minutes to stir-fry.

Directions: First, heat oil in a large wok or skillet over medium high heat for 2 minutes until the oil sizzles and shimmers. Add onions and garlic and saute with a spatula for 2 minutes until fragrant.

Throw in frozen vegetables or whatever vegetables that you have on hand, just chop them up into bite-sized pieces. Let simmer for a few minutes.

Push ingredients to the side and cook egg in the wok/skillet and mix in with the vegetables.

Add salt and pepper to taste.

Add 1 tsp of soy to the cooked rice then add rice and turkey/chicken to the mixture

Garnish with sesame seeds and green onion.

Customize the seasoning:

- Add in a spoonful of teriyaki sauce for a Japanese twist.
- Add in spoonful of satay sauce for a Malaysian twist.
- Replace the soy sauce with fish sauce and add in some roasted peanuts for a Thai variation.
- Add in a spoonful of BBQ sauce for another variation.

Things to Do & Places to Go

Sunday Morning Bird Walk

WHEN: Sunday, October 17th

WHERE: MUN Botanical Gardens

Things to Do & Places to Go (cont'd)

Time: 9:00am

Take a guided walk on the Gardens' nature trails with a Friend of the Garden volunteer and learn about Newfoundland birds.

Dog Days at the Garden

WHEN:

Saturday, October 16, 2021
- 1:00pm to 4:00pm

WHERE: MUN Botanical Gardens

We're breaking our own rules again, this time on a fine autumn afternoon.

Puppies big and small are invited in to enjoy a walk around our trails and gardens. Does Fido have a costume for

love to see it!

Water bowls and dog treats included. General admission rates apply. Remember physical distancing rules - stay 6 paces apart!

Ground rules for dogs visiting the Gardens. Dogs should be:

- Kept on a lead at all times.
- With their handlers at all times.
- Only walked on paths.
- **#1 RULE:** dog mess (waste) is promptly and properly disposed of in the special bins provided.
- Aggressive dogs are not permitted. We reserve the right to refuse entry to, or remove, any dog thought to be dangerous to visitors or other dogs.

Annual Rennie's River Duck Race

WHEN: Sunday October 16th at 12:00pm

WHERE: The Duck drop begins at the Herder Bridge and the finish line is near Winter Avenue and Kings Bridge Road.

The Rennie's River Duck Race has been a St. John's tradition since 1988, attracting large crowds to the banks of Rennie's River. Help us celebrate at our Family Fun day! Then join us river side to watch up to 2,500 of Rennie's yellow rubber ducks race down the

Things to Do & Places to Go (cont'd)

River to the finish line. The first three ducks across the finish line win one of 3 prizes.



Fall Craft Fair

The City's Annual Fall Fair takes place on Thanksgiving Monday, October 10th. Vendors showcase handmade crafts, fall-inspired décor, and delicious food.

You can find fantastic gifts and unique home décor that is handcrafted at the Fall Craft Fair. There is also a kiddie corner that will keep the kids entertained while you are shopping and checking out the vendor's tables.

Pumpkinfest

WHEN: Weekends October 2-24th

WHERE: Lesters Farm Market

Find your way through the corn maze, wagon rides, giant slide, other mazes, fall props and designs, petting barn and more at Lester's Farm Market! There will also be special guests from time to time such as Princesses from Spoonful of Sugar, music lessons from School of Rock, and balloon animals from Squeak-eez Balloon Animals.



Prayer for the Victims of Hurricanes Fiona and Ian

We ask that you intensify your prayers for everyone in the midst of these natural disasters. In particular, for those facing the aftermath of Hurricanes Fiona and Ian. Please pray for the safety of the people affected and pray for those suffering and struggling to rebuild their lives. We pray for the first responders and the volunteers who put their own lives at risk at times like this to

Prayer (cont'd)

be of service to others. We pray now especially for those who lost their lives in this disaster, we ask that the Lord grant them a place of rest "where there is neither sickness, nor sorrow, nor sighing, but life everlasting." Amen.



It Takes Time



I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.

2 Corinthians 11:27

St. Paul lived a life of contrasts. He received the best possible education available in his generation. He traveled the empire, conversed with the rich and powerful, and was God's leader in bringing the gospel to Europe. He also wrote much of the New Testament.

But Paul also did and said stupid things. He made bad mistakes, suffered serious illness, and knew poverty and distress firsthand. He was run out of town on several occasions, beaten, imprisoned, shipwrecked, and misunderstood. Yet through all his successes and difficulties Paul learned that every difficulty in life is a lesson from God in how to be content even if things go wrong.

Learning contentment takes time, just as a mighty oak requires time to mature. It takes the combination of winter's cold, the budding of spring, summer's warmth,

and the fallen leaves of Autumn over a cycle of many years to make a mighty oak tree that can stand solid in a storm.

Contentment doesn't come in a day or in one lesson. It's learned over a lifetime.



*Be patient with me, God. I am slow to learn from life's experiences. Use my difficulties for good. Use them all and let none go to waste. May defeats, discouragements, and difficulties all teach me contentment and shape me for good.
Amen.*

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

the LAST WORD

“When God sends you a cross, be sure He has in store for you some extraordinary consolation.”

Catherine McAuley



May God bestow on you all his bountiful Blessings!

Happy Thanksgiving!

KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 5 / No. 11 – November 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), 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)



We extend sincere sympathy to the family of our beloved Associate, Ida Bruce, who passed away on October 7, 2022. Let her family be assured of our prayers in their bereavement and our prayer that she is enjoying eternal happiness in the company of our God of Mercy. Amen



Light a Candle

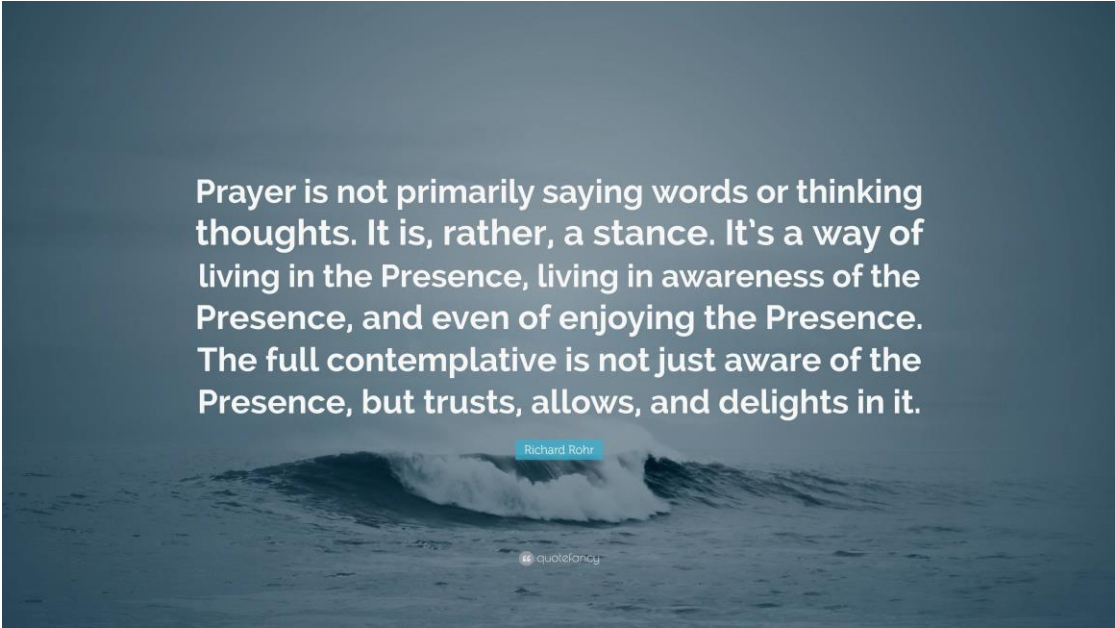
Let us continue, in solidarity with Mercy Sisters, Associates and Colleagues around the world, to light a candle and pray for justice and peace.

From the Wisdom Circles

Circle of Compassion



Contemplative Presence

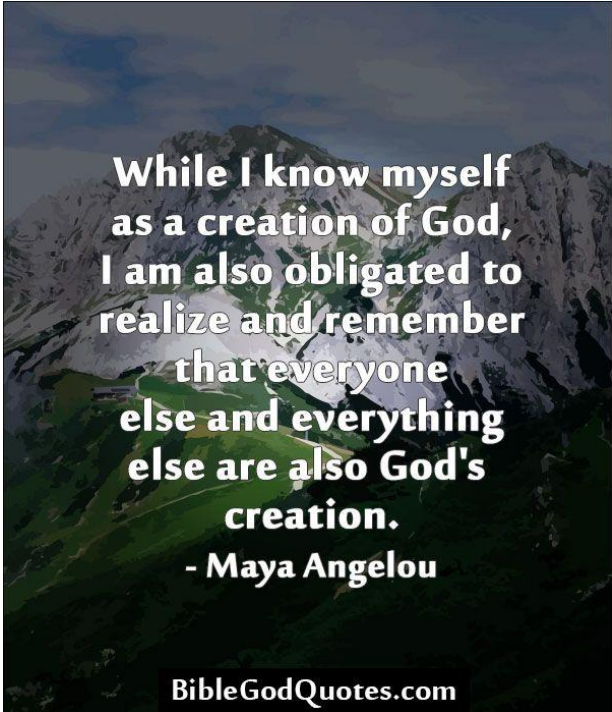


Prayer is not primarily saying words or thinking thoughts. It is, rather, a stance. It's a way of living in the Presence, living in awareness of the Presence, and even of enjoying the Presence. The full contemplative is not just aware of the Presence, but trusts, allows, and delights in it.

Richard Rohr

quote fancy

Integrity of Creation



**While I know myself
as a creation of God,
I am also obligated to
realize and remember
that everyone
else and everything
else are also God's
creation.**

- Maya Angelou

BibleGodQuotes.com

Diversity and Inclusion



Notes from the Associates/Sisters

Items of Interest

November





"Fall Back in the Fall".....Don't forget to set your clocks BACK one hour on November 6th.

Prayers of remembrance

All Souls' Day, and throughout out 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. The Church then uses this end of the year period as a time to think of the end of life and the end of all things and the great hope that our earthly end is transition into a new life in God's heavenly reality. We give thanks for those who have gone before us and we look with prayer and hope to their new life in heaven and our desire to join them there one day.

A Litany of Remembrance –
We Remember Them by Rabbi Sylvan Kamens and Rabbi Jack Riemer

In the rising of the sun and in its going down,
we remember them.

In the blowing of the wind and in the chill of winter,
we remember them.

In the opening of buds and in the rebirth of spring,
we remember them.

In the blueness of the sky and in the warmth of summer,
we remember them.

In the rustling of leaves and in the beauty of autumn,
we remember them.
In the beginning of the year and when it end,
we remember them.
When we are weary and in need of strength,
we remember them.
When we are lost and sick at heart,
we remember them.
When we have joys we yearn to share,
we remember them.
So long as we live, they too shall live,
for they are now a part of us,
as we remember them.

The light of God's promise

May you be held by the God of compassion
as you remember your loved ones today.
May God be with you in your sorrow,
and comfort you in your loss.
May your God, your family and your friends,
give you strength and confidence.
May your spirit be lifted, may your heart be filled with peace,
and may the light of God's promise fill you with joy and hope.
Amen.

On Remembrance Day, Canadians pause to honour the men and women who have served and continue to serve Canada during times of war, conflict, and peace. More than 2,300,000 Canadians have served and more than 118,000 made the ultimate sacrifice.



The poppy is the symbol of Remembrance Day. In the run-up to Remembrance Day, replica poppies are sold by the Royal Canadian Legion to provide assistance to veterans.

The reason that the poppy is worn for Remembrance Day is due to a Canadian physician and poet who noticed how quickly poppies had grown over the graves of soldiers who had died during the Battle of Ypres. This symbolism of the blood-red flowers was beautifully captured by Lieutenant Colonel John McCrae in his 1915 poem "In Flanders Fields." The poem was apparently discarded by McCrae but was found by soldiers who sent it to a London-based magazine named Punch.

In Flanders Fields

In Flanders Fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
 In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
 In Flanders fields.

by John McCrae



Gertrude the Great

November 17th

St. Gertrude the Great, or St. Gertrude of Helfta, was born on January 6, 1256 in Germany. She eventually chose to follow the Lord by pursuing a vocation as a

Benedictine Nun. Her deep relationship with the Lord in prayer led to her being hailed as a mystic. She was also regarded as a great theologian and went on to become one of the great mystics of the 13th century.

Although little is known about Gertrude's childhood, it is widely accepted that at just four-years-old, she was enrolled in the Cistercian monastery school of Helfta in Saxony, under the governance of Abbess Gertrude of Hackerborn.

Gertrude, known for being charming and able to win people over, entered the Benedictine Order at Helfta and became a nun. She devoted herself to her studies, and received an education in many different subjects. Gertrude was both fluent in Latin and very familiar with scripture and works from the Fathers of the Church, including Augustine.

In 1281, 25-year-old Gertrude experienced her first series of visions that would continue until the day she passed away. Her priorities turned away from secular teachings and focuses more on studying Scripture and theology. Her life became full with this awakening and she was an enthusiastic student, writing for the spiritual benefit of others.

On November 17, 1301, Gertrude passed away. Throughout her life, Gertrude produced numerous writings, although only a few still exists today. One of her longest surviving works is *Legatus Memorialis Abundantiae Divinae Pietatis (The Herald of Divine Love)*.

Although Gertrude was never formally canonized, Rome approved a liturgical office of prayer and readings in her honor. To separate her from Abbess Gertrude of Hackeborn, Pope Benedict XIV gave her the title, "the Great," making her the only woman saint to be called, "the Great."





From Kitty's Kitchen

Baked Cod with Tomato and Thyme

Ingredients

1 medium onion
6 oz. mini sweet peppers
salt
1 tbsp. extra-virgin olive oil
1 pt. grape tomatoes, halved
8 springs fresh thyme
1 1/2 lb. cod fillets
1/4 c. water
pepper
whole-grain rolls, for serving



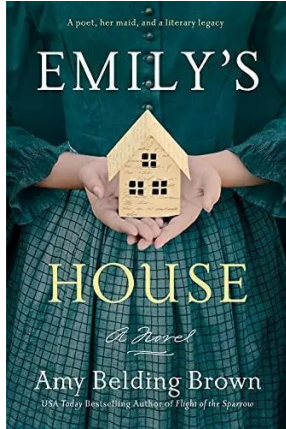
Directions

1. In a 7 to 8 quart wide-bottomed over-safe saucepot on medium-high, cook onion, peppers, and 1/4 teaspoon of salt in olive oil for 5 minutes or until onions are almost tender, stirring occasionally.
2. Add tomatoes and thyme; cook 2 minutes. Add cod fillets and water; sprinkle cod with 1/4 teaspoon each salt and pepper. Cover and bake at 450 degrees F for 15 minutes or until cod is cooked. Discard thyme sprigs. Serve with whole-grain rolls.





From Kitty's Library



Emily's House: A novel by: Amy Belding Brown

An evocative new novel about Emily Dickinson's long-time maid, Irish immigrant Margaret Maher, whose bond with the poet ensured Dickinson's work would live on.

Massachusetts, 1869. Margaret Maher has never been one to settle down. At twenty-seven, she's never met a man who has tempted her enough to relinquish her independence to a matrimonial fate, and she hasn't stayed in one place for long since her family fled the potato famine a decade ago.

When Maggie accepts a temporary position at the illustrious Dickinson family home in Amherst, it's only to save money for her upcoming trip West to join her brothers in California. Maggie never imagines she will form a life-altering friendship with the eccentric, brilliant Miss Emily or that she'll stay at the Homestead for the next thirty years.

In this richly drawn novel, Amy Belding Brown explores what it is to be an outsider looking in, and she sheds light on one of Dickinson's closest confidantes—perhaps the person who knew the mysterious poet best—whose quiet act changed history and continues to influence literature to this very day.

Save the Dates

Christmas at Commissariat - by Candlelight

Hot chocolate by the fire, carols, a tour through the Commissariat lit by candlelight. Kick off the Christmas season 1830's style! Get into the festive spirit with the sights, sounds, tastes and traditions of a St. John's Christmas.



11 - 13 King's Bridge Road, St. John's

Nov 25 - 26, 2022

Dec 3 - 4, 2022

Admission is a non-perishable food item to be donated to the Community Food Sharing Association.

For more information ...

+1 (709) 729 6717

+1 (709) 729 0592

Record Fair NL - Farmers Market
November 13th from 10-4pm



November 10 – 13, 2022

THE CRAFT FAIR
Jack Byrne Arena, Torbay, NL

95 Exhibitors



“Dancing into Christmas” Craft Fair
Nov 19, 10:00 a.m.–3:00 p.m

St. Lawrence Anglican Church Hall
1824A Portugal Cove Road
Portugal Cove-St. Philip's

They have approximately 25-30 homemade and direct sales vendors so come do some Christmas shopping or buy a treat for yourself.

Admission will be \$2 with kids under 12 free. They will have a canteen, 50/50, and an awesome door prize!

Miracle on 34th Street

Holy Heart Theatre
55 Bonaventure Avenue

Friday, November 25th, 7:00–9:00 p.m.

Saturday, November 26th 7:00–9:00 p.m.

WOMEN'S CHRISTMAS RETREAT

Thursday, 6 January 2023, 12pm (Dublin) virtual Women's Christmas is an Irish tradition to mark the Feast of the Epiphany. This programme will uncover stories of women who made a great impact on the birth of Christ, and provide space for rejuvenation for the women who work tirelessly during the holidays. Join via Zoom from 12pm - 2:30pm (Dublin). Cost: €30



Pause for Thought for Advent





the LAST WORD

A little before the elevation at Mass each day let us beg of God that he would grant us that day his supporting, animating grace, which will enable us to discharge all the duties of the day in such a manner as will give him glory, and sanctify our souls.

- Catherine McAuley

Kitty's Chronicle

Mercy Associates' Newsletter

Volume 5: No. 12 – December 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, Kevin Drover (husband of Geraldine Drover), 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).

Recently Deceased



We extend sincere sympathy to the family of our beloved Associate, Regina Shapter, of Baggot Street Circle, on her passing on November 3, 2022. We also extend sincere sympathy to our Associate, Lois Craig of Cooklock House and her family on the passing of her beloved brother, Robert Carew, on November 11,

2022. Let their families be assured of our prayers in their bereavement and our prayer that they are enjoying eternal happiness in the company of our God of Mercy. Amen

Birthdays



Betty Pomroy – December 5th

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

*There is a nobility in
compassion, a beauty in
empathy, a grace in
forgiveness.*

John Connolly

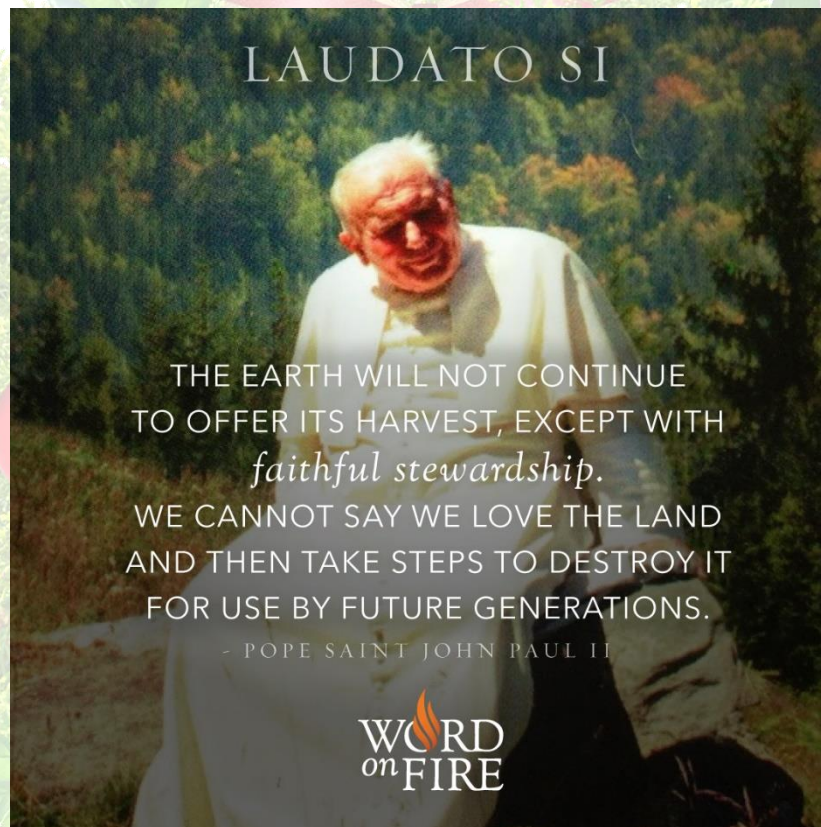
Contemplative Presence

“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



Diversity and Inclusion

*We have become not a melting pot but
a beautiful mosaic. Different people,
different beliefs, different*

*yearnings, different hopes, different
dreams.*

Jimmy Carter

Items of Interest



Frances Xavier Cabrini
Patron Saint of Immigrants
Feast Day: December 22

Frances Xavier Cabrini was the first United States citizen to be canonized. She herself was an immigrant to the U.S. having traveled from Italy to NY City in 1889 to work with the thousands of Italian immigrants living there.

Pope Francis has described St. Frances Xavier Cabrini as a woman who understood that the modern world would be marked by people fleeing their homes in search of peace, and that these were the people she wished to take care of.

Advent

The Advent season is a time of preparation for our hearts and minds for the anniversary of the Lord's birth on Christmas.



The wreath and candles are full of symbolism tied to the Christmas season. The wreath itself, which is made of various evergreens, signifies continuous life. The circle of the wreath, which has no beginning or end, symbolizes the eternity of God, and the everlasting life we find in Christ.

The candles also have their own special significance. The four candles represent the four weeks of Advent, and one candle is lit each Sunday. Three of the candles are purple because the color violet is a liturgical color that signifies a time of prayer, penance, and sacrifice.

The first candle, which is purple, symbolizes hope. It is sometimes called the "Prophecy Candle" in remembrance of the prophets, especially Isaiah, who foretold the birth of Christ.

The second candle, also purple, represents faith. It is called the "Bethlehem Candle" as a reminder of Mary and Joseph's journey to Bethlehem.

The third candle is pink and symbolizes joy. It is called the "Shepard's Candle", and is pink because rose is a liturgical color for joy. The third Sunday of Advent is Gaudete Sunday and is meant to remind us of the joy that the world experienced at the birth of Jesus.

On the fourth week of Advent, we light the final purple candle to mark the final week of prayer and penance as we wait for the birth of our Savior. This final candle, the "Angel's Candle", symbolizes peace. It reminds us of the message of the angels: "Peace on Earth, Good Will Toward All People".

The white candle is placed in the middle of the wreath and lit on Christmas Eve. This candle is called the "Christ Candle" and represents the life of Christ. The color white is for purity.

Pause for Thought

"In face of the hatred and anger of the world we must bring the gentleness and the smile of the Infant Jesus of Bethlehem. In face of the pride of the world we must bring the littleness and powerlessness of the tiny new born baby of the crib."

Little Sister Magdeleine



From Kitty's Kitchen

Spinach Chicken Casserole

- 2 large boneless skinless chicken breasts cut horizontally
- 8 oz. cream cheese softened
- 2 cups spinach, rinsed
- 2 tablespoons olive oil, divided
- 4 oz. Mozzarella cheese, shredded
- 1 clove garlic, minced
- 1/2 teaspoon red pepper flakes, optional
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon Italian seasoning, optional



1. To prepare the spinach chicken casserole: Add olive oil, garlic, Italian seasoning, and red pepper flakes into a Ziplock bag along with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Seal the bag and shake until mixed. Add the chicken breasts, seal, and massage so the chicken breasts are covered in the marinade, set aside for 10-15 minutes on the counter while you prep the remaining ingredients. Position a rack in the center of the oven and preheat the oven to 400°F (200°C).
2. Quickly wilt the spinach in a skillet with 1 tablespoon of olive oil and set aside.
3. Arrange chicken breasts drained from the marinade in a baking dish. Spread the softened cream cheese over the chicken

breasts and lay spinach on top of the cream cheese. Finally, sprinkle mozzarella over the top.

4. Bake the spinach chicken casserole for 20-30 minutes. Chicken casserole is done when cooked to an internal temperature of 165° F (75° C). Serve the spinach chicken casserole warm with a side of cauliflower rice, or baked veggies. Enjoy!

A Good Read...

Orphans of the Storm

Author: Celia Imrie

Based on a sensational true story, Celia Imrie's *Orphans of the Storm* follows Marcelle and Margaret: two women leading very different lives, whose paths cross in the aftermath of the Titanic's sinking.



From Kitty's Movies



Turner Classic Movies

Bell Aliant: Channel 204

Rogers: Channel 50

King of Kings (1961)

Saturday, December 17th at 5:00 p.m.

Brief Synopsis: *King of Kings* is a 1961 American epic film adapted from the New

Testament. The film tells the story of Jesus of Nazareth from his birth and ministry to his crucifixion and resurrection.

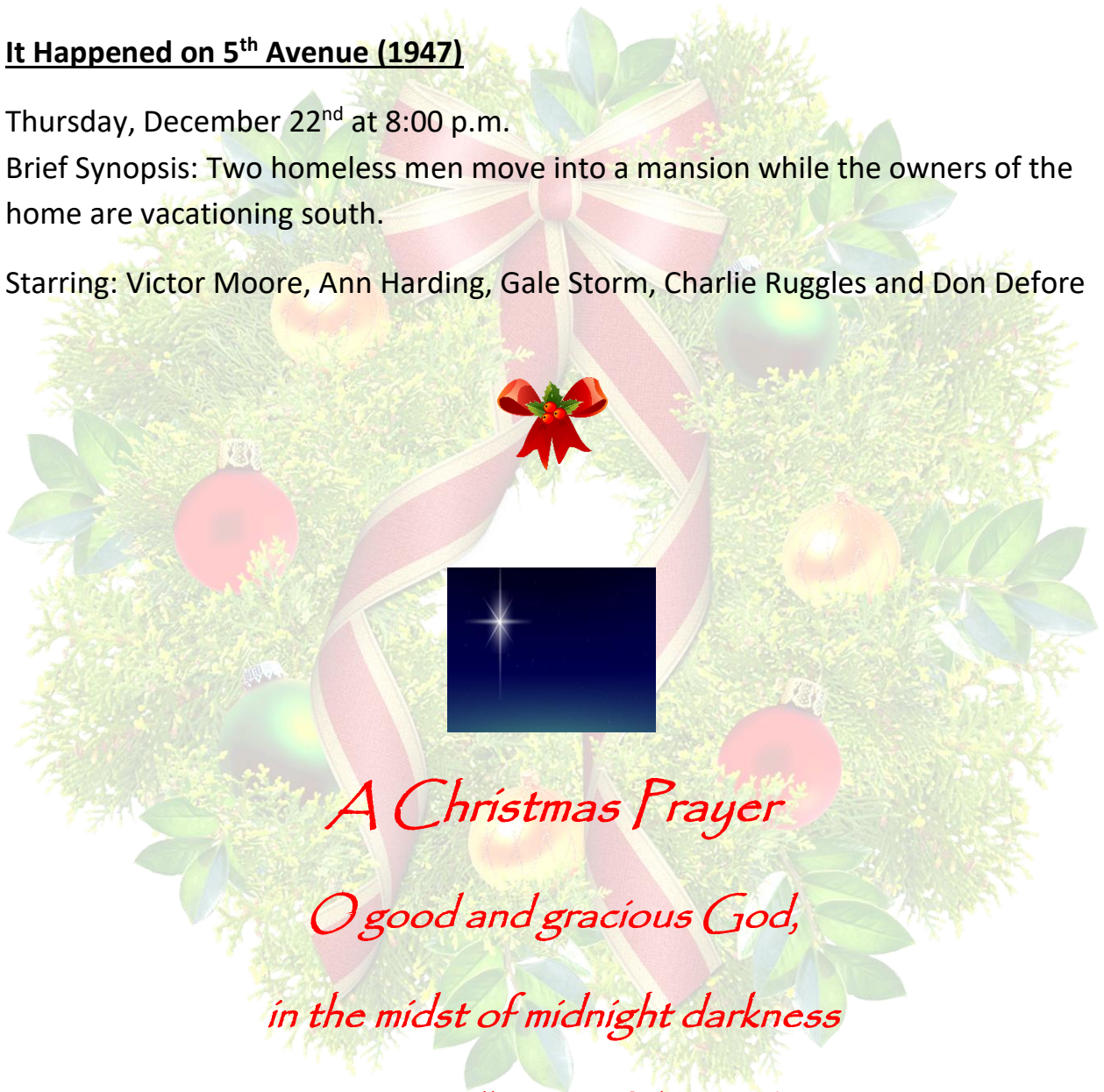
Starring: Jeffery Hunter, Robert Ryan, Vica Lindfors, Siobhan Kenna, Ron Randell, Hurd Hatfield and Rip Torn

It Happened on 5th Avenue (1947)

Thursday, December 22nd at 8:00 p.m.

Brief Synopsis: Two homeless men move into a mansion while the owners of the home are vacationing south.

Starring: Victor Moore, Ann Harding, Gale Storm, Charlie Ruggles and Don DeFore



A Christmas Prayer

*O good and gracious God,
in the midst of midnight darkness
your All-powerful Word
once again leaps from heaven*

as a beam of light.

In breathless awe

we hear the angels' joyful shout:

*Jesus, Son of God and Son of Mary
is born and He is to be called "Emmanuel,
God with us." Amen.*



El Niño

While they were there, the time came for El Niño to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger.

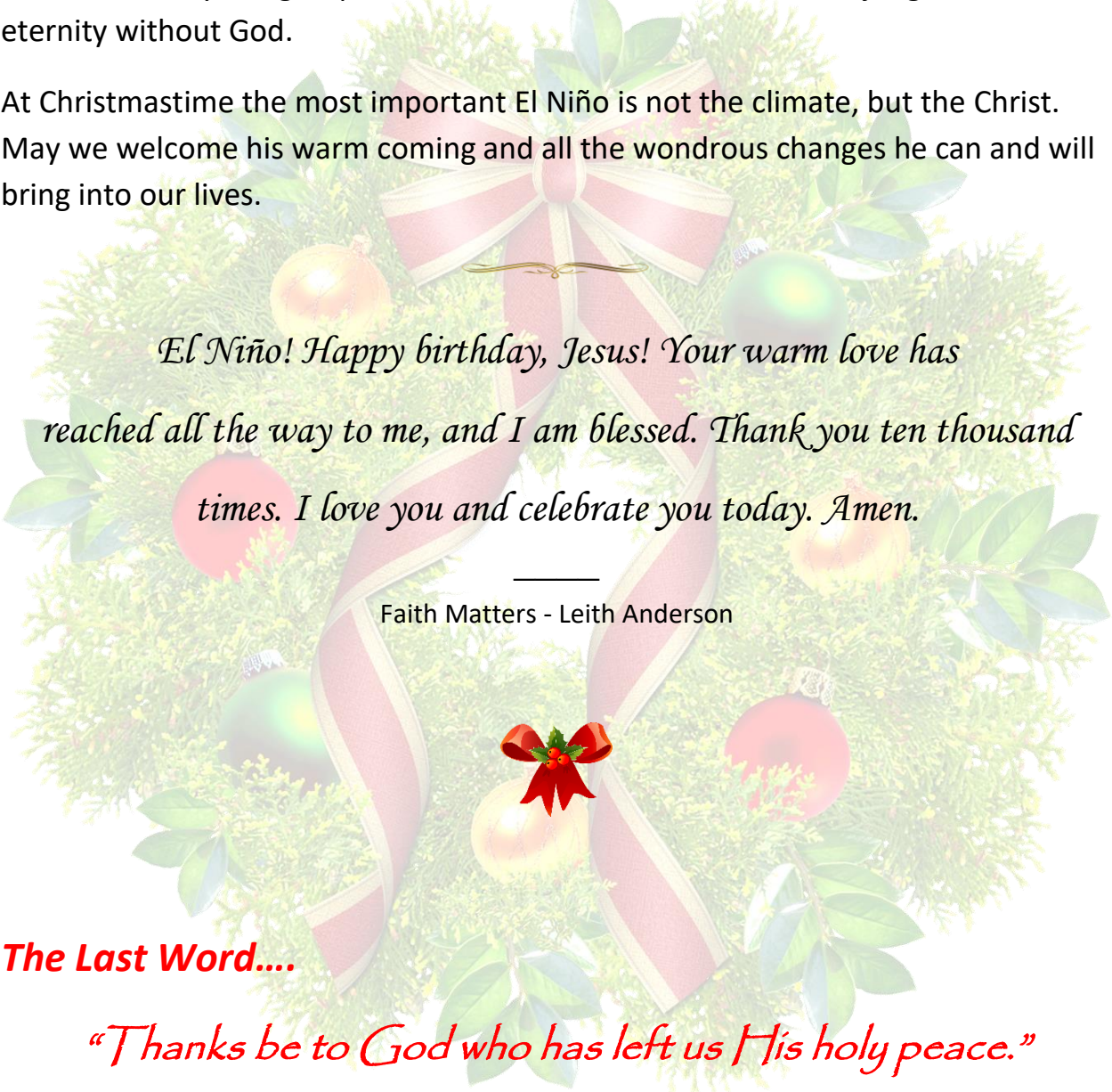
Luke 2:6-7

The weather phenomenon El Niño is a climatic change that raises the temperatures of the Pacific Ocean just a few degrees but has consequences around the globe. In some places it brings warm weather during winter. In others it brings flooding or drought.

In Spanish, *El Niño* means "the child." It's named after Jesus because the warm waters of El Niño always come around Christmastime. It's a fitting title because

the El Niño weather phenomenon has far-reaching results – some of them good and others difficult and devastating. So it is with the coming of the child Jesus; it has far-reaching results. For some, his coming is wonderfully good and pleasant; for others, it is dangerous and devastating. Depending on how we respond, the Christ child may bring us peace and salvation and eternal life or judgment and eternity without God.

At Christmastime the most important El Niño is not the climate, but the Christ. May we welcome his warm coming and all the wondrous changes he can and will bring into our lives.



El Niño! Happy birthday, Jesus! Your warm love has reached all the way to me, and I am blessed. Thank you ten thousand times. I love you and celebrate you today. Amen.

—
Faith Matters - Leith Anderson

The Last Word...

“Thanks be to God who has left us His holy peace.”

Catherine McAuley

A Blessing From our House to Yours!



*Merry Christmas and a Happy New Year to
you and your family!*