

KITTY'S CHRONICLE

MERCY ASSOCIATES NEWSLETTER



PRAYERS

Prayers for the Sick

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

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

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

Happy Birthday Wishes to ...

Mary Norman - July 6th
Joanne Stevenson - July 26th



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





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.

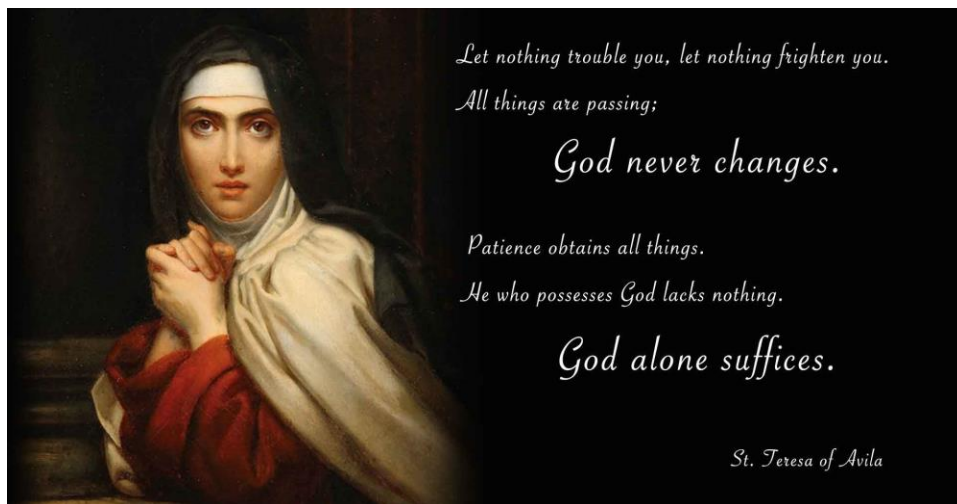
From the Wisdom Circles

Circle of Compassion

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”

Lao Tzu

Contemplative Presence



Integrity of Creation

“To me there is no difference between one person and another, I behold all as soul-reflections of the one God. I can’t think of anyone as a stranger, for I know that we are all part of the One Spirit.”

Paramahansa Yogananda

Diversity and Inclusion

“Diversity: the art of thinking independently together.”

Malcom Forbes



Notes from the Associates/Sisters

Items of Interest



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.

Our Lady of the Rosary of Chiquinquirá

The story behind this magnificent painting of Our Lady of the Rosary of Chiquinquirá.

If you are an artist in the 21st century and you need paints for your creations, you might go to a craft store to purchase them. More than likely, most every pigment and painting tool needed to do your work will be available. However, in the 16th century, acquiring artist’s supplies was not so convenient.



Alonso de Narvaez was a Spanish painter who had been asked to create an image of the Blessed Virgin by Don Antonio de Santana for an oratory he had built. Alonso immediately got to work, painting in pigments he created himself using the soil, herbs, and flowers in the region in which he was working. His canvas was a woven cloth.

Our Lady has a sweet smile on her face standing on a half-moon and is holding the Christ Child in her left arm. Jesus has a small bird tied to His right thumb. A Rosary hangs from Our Lady’s

hand. Since there was extra space on the cloth canvas, Alonso painted St. Anthony of Padua and St. Andrew the Apostle on either side of her. Narvaez had created one of the most magnificent Marian paintings of all time

Unfortunately, the paints and cloth canvas were unprotected in the poorly built oratory. The painting became worn and faded and was removed and taken to Chiquinquirá and used as a bed to dry wheat in the sun. It remained there for seven years. That is when Dona Maria Ramos arrived from Spain and was heartbroken to find the chapel being used for animals and the painting in such a horrid condition.

Day after day she prayed for the rebirth of the chapel. On December 26, 1586, at 9:00 o'clock in the morning, the canvas began to brighten as the sun's rays shined upon it. The image actually healed as holes and tears in the cloth seemed to seal themselves.

Maria was astonished, and soon the miracle was drawing crowds of people. Miraculous cures followed, and church officials ordered an investigation into the validity of such claims. Many were validated.

In 1630 the Archbishop of Bogotá authorized the Dominican Brotherhood to take charge of the chapel, and it was replaced by a regular church. In 1801, the present Basilica was built replacing the smaller church, and the Holy See granted a liturgical feast day that is celebrated also in Ecuador and Venezuela.

Pope Pius XI elevated her sanctuary to a minor Basilica in 1927..

The actual feast day of Our Lady of the Rosary of Chiquinquirá is July 9, the actual day of coronation.



Places to Go and Things to See



Bannerman Park Folk Festival....July 7-9, 2023

We're so excited to welcome everyone back into the park for the 47th Annual NL Folk Festival.

Please join us this coming July 7th, 8th, and 9th for music, crafts, and that sweet summer air in Bannerman Park! Watch our social media and newsletter



to hear about “Everything that’s old is new again.” Find the full schedule on our website nlfolk.com/festival/.

Downtown Pedestrian Mall



The Downtown Pedestrian Mall is open from 12 noon to 10 p.m. daily, June 22 until September 4.

SUMMER CONCERT SERIES 2023

*– A SUMMER OF MUSIC ON
GEORGE STREET –*



WEDNESDAYS FROM JULY 5TH TO AUGUST 30TH & TUESDAY JULY 26TH!
(EXCLUDING JULY 27TH & AUGUST 3RD)



FREE ALL-AGES EVENT!



WEDNESDAYS 6-9PM!

Join in all summer long with some of NL’s finest musical artists in the heart of downtown!





CELEBRATING 60-PLUS YEARS WITH THE 'KEEP THE MUSIC PLAYING' NORTH AMERICAN TOUR

Tickets Online holyhearttheatre.com or by phone 709.579.4424

Fans of legendary folk icons The Kingston Trio can re-discover their timeless music all over again as the group continues to wow audiences on their North American tour.



Join Newfoundland and Labrador's ballet company, **Kittiwake Dance Theatre** as we present open-air, family-friendly concerts in St. John's this summer.



Music at Harbour Side Park



Music @ is a series of free concerts that take place from June 10 through September 22 in a variety of locations across the City. Our signature event – Music @ Harbourside – runs throughout the summer, during the lunch hour on Fridays. It takes place in Harbourside Park, off Water Street...

George Street Festival July 27th - August 2nd



Buskers Festival - August 5th - 6th

The Annual Downtown St. John's Buskers Festival is a highly anticipated event for the whole family. Shows every hour 12 Noon to 9 PM daily.



Poetry Pause:

A Warm Summer Breeze

The trees whisper in the breeze
The forest peaceful, quiet, and serene.
The warm breeze like a soft caress,
Momentarily eliminating all stress.

Without delay it carries on
Leaving the place in silence when it's gone.
A summer day, a summer breeze,
Softly whispered through the trees.

The summer breeze, softly it comes,
Quickly it leaves,
Causing soft whispers in the trees.
It came and soon left, a warm summer breeze.

Theo Townend



From Kitty's Kitchen

Cheese Scones



Ingredients:

- 2 ½ cups all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅓ cup cold butter cut into pieces
- 1 ¼ cup Sharp Cheddar shredded
- 2 eggs beaten
- ¾ cup milk
- milk to brush top of scone

Chive Butter (optional)

- 2 tablespoons melted salted butter
- 1 tablespoon chopped fresh chives or parsley
- ¼ teaspoon garlic powder

Instructions:

1. Preheat oven to 400°F.
2. Combine dry ingredients in a bowl and using a pastry cutter, cut in butter until the mixture resembles coarse crumbs. Add cheese and stir to combine.
3. Combine eggs and milk. Add the egg mixture to the flour mixture and stir just until it forms a dough.
4. On a lightly floured surface, knead the dough by folding and gently pressing dough for 10 to 12 strokes until nearly smooth. Pat dough into an 8-inch circle and cut into 8 wedges.
5. Place wedges 1 inch apart on an ungreased baking sheet. Brush with milk.
6. Bake for 18-22 minutes or until golden. Remove scones from the baking sheet. Let cool slightly.



7. Combine chive butter ingredients. Brush over warm scones and serve.



From Kitty's Library

A Good Read

The Girl on the Platform

AUTHOR: ELLIE MIDWOOD

Berlin, 1939: The inspiring true story of Libby Schulze-Boysen, a German girl who refused to back down to the Nazis. In the face of evil, she vowed to live by the truth—or die by it. This beautiful novel shows that even when our freedom is stolen, we still have a choice...



Movie Night

Bell Aliant Channel 50

Rogers Channel 204

Confidentially Connie

Thursday, July 6th at 1:15 pm

An expectant mother hatches a series of madcap schemes to improve her husband's financial standing.

Starring: Van Johnson and Janet Leigh

The Woman on Pier 13

Wednesday, July 15th at 1:15 pm

Starring: Laraine Day; Robert Ryan and John Agar



Communists blackmail a shipping executive into spying for them.

I Confess

Tuesday, July 25th at 2:15 pm

Starring: Montgomery Clift, Anne Baxter, and Karl Malden

A priest suspected of murder can only clear himself by violating the sanctity of the confessional.

VIDEO

The Pope Answers- <https://www.imdb.com/title/tt27441525/> is a new film released in April 2023 on Disney + in which Pope Francis has an in-person conversation with 10 young Spanish speaking people between the ages of 20—25 years on topics such as abortion, gender identity, dating apps and more. This film is a masterclass in engagement, openness and vulnerability across ages, genders and beliefs that we can all learn from. It is the clearest example of the synodal church for which the pope yearns and calls.

LINKS

- To subscribe to the Synod newsletter <https://www.synodresources.org/newsletter-subscription/>
- To subscribe to Barat Spirituality Centre <http://www.baratspirituality.org/contact-us>
- To subscribe to National Catholic Reporter newsletter <https://www.ncronline.org/vatican/vatican-news/church-many-pope-addresses-some-synod-questions-fears>
- The Pope Answers: Official Trailer YouTube <https://youtu.be/MjojARMVX3M>
- To Encyclical letter *Laudato Si* https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.pdf#page=6

Pause for Thought

“Practice the pause. Pause before judging. Pause before assuming. Pause before accusing. Pause whenever you're



*about to react harshly and you'll avoid doing and saying things
you'll later regret.”*

Lori Deschene

What kind of person was Catherine McAuley?

Catherine's Femininity

Catherine McAuley was staunchly, personally her own woman: gracious, gentle, loving and giving; prayerful, prudent and courageous. Called to be a leader at a time when female involvement in any area was more deeply resented than it is today, she suffered the agony of discrimination, even to the extent of receiving a letter addressed to her as “C. McAuley, Esq”. She never allowed such narrow-mindedness to deflect her from her mission. Nor did she respond in the accents of strident feminism to the insults, ridicule and downright ill-will of those who tried to dynamite her work.

She replied in terms of that charity which emphasises the equality of all God's creatures, which bridges inter-faith and other differences without compromising essentials and which in her case, was enhanced by kindness, holiness and womanliness. She was primarily a “Go-Giver”, not a “Go-Getter”; more concerned with service than with status, yet ever conscious of the power of a good woman as a leaven in society, as a wife, as a mother, as an instrument of good example.

After all, the Church stands in the shade of the Woman from whom Christ received His Humanity – Mary, Mother of the Church, whom Catherine McAuley loved and revered as Mother of Mercy.

Next month: Her Sanctity!



The Last Word...

“Although I should be simple as a dove, I must also be prudent as a Serpent; and since there is very little good can be accomplished or evil avoided without the aid of money, we must look after it in small as well as in great matters.”

Letter to Father James Maher January 10, 1838





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Happy Anniversary Wishes to ...

Barbara & Austin Hawley - August 10th

Prayer for the Sick:

*Through the intercession of
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God of love and mercy,
You inspired Catherine McAuley,
to serve your Son
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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
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Catherine McAuley, Pray for us.

Amen





Light a Candle

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

From the Wisdom Circles

Circle of Compassion

“Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.”

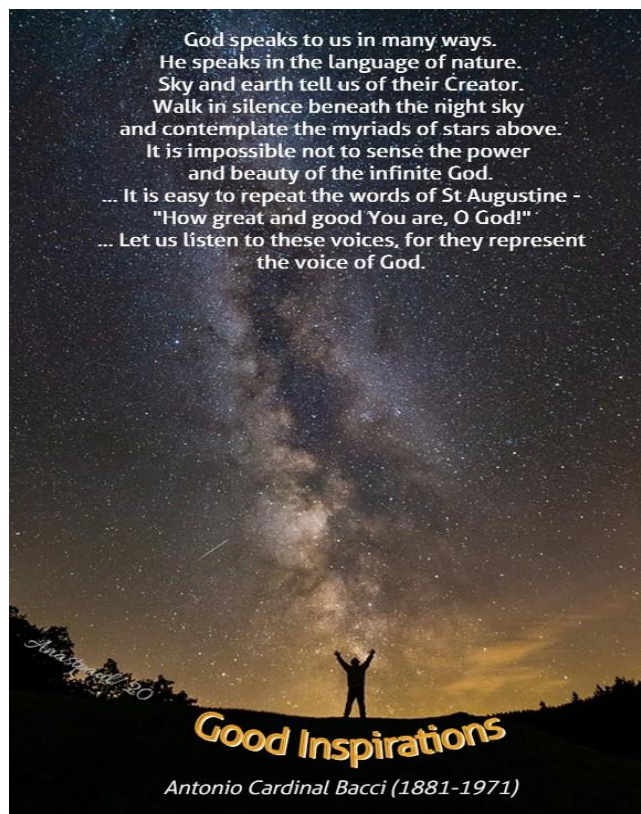
—
Henri J.M. Nouwen

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 Theresa

Integrity of Creation



"It's never too late to give up on your prejudices."

Henry David Thoreau

Notes from the Associates/Sisters

Items of Interest

Hello August!



The first calendar used by the ancient Romans began the year with March. The month that we now call August was then the sixth month of the year and was known by the name *Sextilis*, a Latin word meaning "sixth." When the emperor Augustus Caesar was in power, however, he wished to have a month named after himself. The Roman senate satisfied him by changing *Sextilis* to *Augustus*. The English word *August* comes from the Latin *Augustus*.

August 9th – Edith Stein Feast Day

Edith Stein was born on 12 October 1891 into a bourgeois Jewish family in Breslau, Prussia (now Wroclaw, Poland). Her father died when she was two, leaving her mother to run the family business, a lumberyard, while raising seven children.

When Edith Stein was 30 years old, she read St. Theresa of Avila's autobiography and immediately felt she had found the truth. She soon converted to Catholicism and baptized in 1922. Her conversion deeply disappointed her mother and many of her Jewish friends. Following the rise to power of the National Socialists in Germany, on 19 April 1933 Stein, because of her Jewish descent, was dismissed from her position in Münster. In October 1933, she entered the Carmelite convent at Cologne. In April 1934, she entered the novitiate, taking the religious name Teresa Benedicta of the Cross. The condemnation of Nazi anti-Semitism by the Dutch bishops, on 26 July 1942, provoked the German authorities to arrest non-Aryan Roman Catholics. With her sister Rosa, also a Catholic convert, Teresa Benedicta was arrested in Echt by the Gestapo on 2 August 1942 and shipped to Auschwitz concentration camp, arriving on August 7. She died with her sister Rosa on 9 August 1942. Survivors of the death camp testified that she assisted other sufferers with great compassion. At a ceremony in Cologne on 1 May 1987, Pope John Paul II beatified Edith Stein, and canonized her in 1998.



Churchill Park Music Fest



August 11

Kick of Night

The Punters / Celtic Connection / Masterless Men / Irish Descendants / Rum Ragged

August 12

The Lumineers / The Cold War Kids / TALK / Fortunate Ones

August 18

Alanis Morissette / METRIC / Meg Myers

August 19

Alanis Morissette / FEIST / Meg Myers

38th Annual George Street Festival

- Tuesday, August 1 –

[Shanneyganock](#) // [Signal Hill](#) // [Irish Descendants](#)

- Wednesday, August 2 -

[Nick Earle](#) // [Third Eye Blind](#) // [Matt Mays](#)

Global Music Series



Celebrate the diversity of talent in our community, this series is part of an initiative led by MusicNL and the Association for New Canadians in partnership with **The Rooms** to increase representation and recognition for immigrant musicians in our province. Free!!! All ages are welcome. Bring your own blanket to enjoy music on **The Rooms'** lawn.

Performances by:

Wednesday, August 9th 7:00 pm - 8:30 pm:

SeanT Le Savant, S. Shamik Ahmed, Chanel Rolle & Ibukun Olomodosi

Wednesday, August 16th 7:00 pm-8:30 pm:

Hierrito Onelvis Fernandez, Humberto Piccoli, Mashariki Muziki

Wednesday, August 23rd 7:00 pm - 8:30 pm:

Reza, Sunflower Duo, Ana & Eric

Harbour Side Park



This delightful park was built opposite the National War Memorial to commemorate the 1583 proclamation by Sir Humphrey Gilbert claiming Newfoundland. Harbourside Park is the venue for the City of St. John's free Music at Harbourside lunchtime concert series, on Fridays at 12:30 p.m. throughout the summer. The park features two striking statues of a Newfoundland dog and a Labrador Retriever.

Bring your own blanket and lunch.

Poetry Pause:

Trees

I think that I shall never see
A poem as lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

- Joyce Kilmer



From Kitty's Kitchen

Strawberry & Rhubarb Jam

Ingredients:

- 5 cups rhubarb *about 3 large stalks, cut into 1/2" cubes*
- 2 cups hulled and halved strawberries *about 1 pint*
- 2 1/4 cups sugar

- 1 tablespoon fresh lemon juice *from about half of a large lemon*

Instructions:

- Combine all ingredients in a medium to large saucepan over medium heat. Once mixture starts to bubble, reduce heat to medium-low. Continue to cook, stirring occasionally, until the jam has thickened. Plan on cooking jam for about an hour and temperature of the mixture is over 220°F.
- While the jam is cooking, sterilize four 1-cup jelly glass jars plus their rings and lids. I do this by boiling them in water for 10 minutes.
- Fill each jar with hot jam, leaving at least 1/4" of space at the top. Place lids on jars, and secure ring bands. Secure just tight enough so that they are hand tightened but you can easily unscrew.
- Jam should be refrigerated and used within 2 weeks.
- A jar of rhubarb jam is a lovely gift to give any time of the summer.

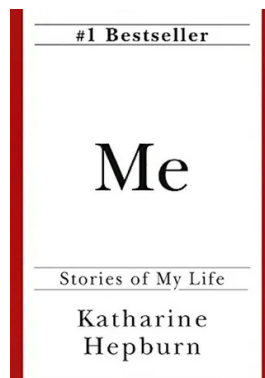


From Kitty's Library

A Good Read

***Me: Stories of My Life*, by Katharine Hepburn**

This book is a remarkable testament to Hepburn's unwavering determination, independence, and extraordinary success in Hollywood. Beyond her illustrious career, Hepburn's philanthropy and activism set her apart as a true trailblazer. She passionately championed causes such as women's rights, civil rights, and environmental conservation, utilizing her platform to inspire others to make a positive impact. Her story is truly inspiring and serves as a reminder of the power of resilience and using one's influence for the greater good.



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

What kind of person was Catherine McAuley?

Catherine's Sanctity

Catherine McAuley was a holy woman who from her earliest days when she fell in love with the *Psalter of Jesus* kept her heart pure, her prayer devout and her eyes on God. Jesus was the focal point of her sanctity: imitation of Him her constant pursuit; union with Him her life's aim, since "we are formed by God for Himself alone, to be united with Him here by love and fidelity and hereafter by enjoyment and beatitude."

She had the faith and constancy of a child in the efficacy of prayer. It was her first thought, never her last resort. Her devotion to the Mass and the Passion was rooted in her very real experience of the Cross; her recommendations on the Eucharist and the Sacred Heart were sincerely affectionate but not emotional; her devotion to our Blessed Lady is acknowledged in the selection of Mary as special patroness of the Congregation of Sisters of Mercy. The Will of God was Catherine's lodestar; her faith in Him enabled her to embrace the unknown and to take risks, but she never lost sight of the fact that although she might be instrumental in planting and watering, it was God who brought about the increase.

The sum-total of Catherine's virtues coalesced and found their source in the spirit of prayer which kept her in conscious contact with God whose Commandment of Love she recommended

as the hall-mark of her Congregation. Charity was her favourite virtue and her legacy to her Sisters of Mercy. And has Pope John Paul II not reminded us that “Mercy is Love’s second name?” Catherine McAuley saw it as such.

The Last Word...

“Centering Prayer

Our lives should be like the compass that goes round its circle without stirring from its centre. Our centre is God, from whom all our actions should spring as from their source, and no exterior action should separate us from Him. He requires that we should be shining lamps giving light to all around us.”

(Ret. Ins., 154, 155)

Circle of Mercy (hymn) by Jeannette Goglia rsm

In Mercy, we touch the hearts of those who are in mis'ry.
In Mercy, we're touched by them and feel their strength and courage.
In Mercy, we heal the pain of those who are in sorrow.
In Mercy, we're healed by them and see the face of hope.

Ref.: For the circle of Mercy is timeless: it is Spirit of Life itself
Which roots us in Faith, and lifts us in Hope,
And holds us in God's loving care,
And holds us in God's loving care.

In Mercy, we welcome those the world has left rejected.
In Mercy, we're drawn within the loving heart of God.
In Mercy, we forgive the incompleteness in another.
In Mercy, our sins are healed and we are whole again. [Ref.]

In Mercy, the Spirit Faith will root us in God's Presence.
In Mercy, the Spirit Hope will lift us out of doubt.
In Mercy, the Love of God will be our joy in living.
In Mercy, we join with one another on our journey. [Ref.]

<https://vimeo.com/289904911>

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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



Recently Deceased

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



Light a Candle

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

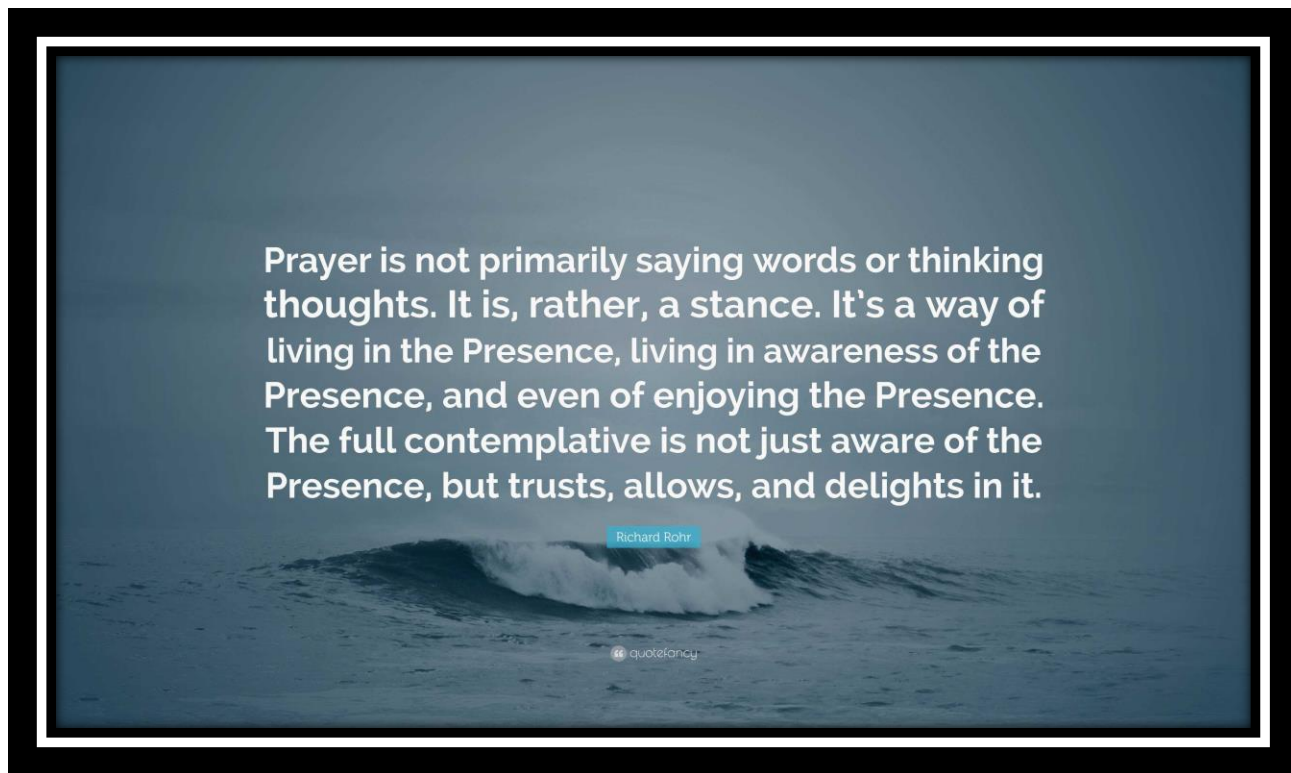
From the Wisdom Circles

Circle of Compassion

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

Mary Davis

Contemplative Presence



Richard Rohr

Integrity of Creation

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

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

Pope Francis, June 15, 2015

Diversity and Inclusion

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

Ty Howard

Notes from the Associates/Sisters

Items of Interest



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

September 15th - Feast Day: Our Lady of Sorrows

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



September 24th – Foundation Day

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



Poetry Pause:

Rennies River, St. John's



Autumn Fires

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

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

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

Robert Louis Stevenson



From Kitty's Kitchen

Turkey Chili

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



Ingredients:

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

Instructions:

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

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

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



From Kitty's Library

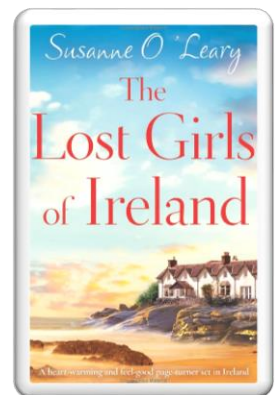
A Good Read...

The Lost Girls of Ireland by Susanne O'Leary

A heart-warming story about family secrets and one woman's escape to dreamy Sandy Cove on the stunning west coast of Ireland.

The picturesque beach of Wild Rose Bay is the last place Lydia Butler thought she'd be. But having just lost everything, the run-down cottage she inherited from her Great Aunt Nellie is the only place she can take her daughter, Sunny. Hidden away in a tiny Irish village, she can protect Sunny from the gossip in Dublin, and the real reason they have nowhere else to live...

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





A Woman of Vision

Catherine McAuley: Catalyst

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

The Last Word...

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

Letter to Elizabeth Moore Easter Monday, 1841

KITTY'S CHRONICLE

MERCY ASSOCIATES NEWSLETTER



PRAYERS

Prayers for the Sick

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

We pray for people who are on our list this week – Jaxon McKinney (Sister Maureen O'Keefe's grandnephew), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Marion Bonia (sister of Anne Marie Davis) and Gabrielle Knight.

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



Prayer for the Sick:

*Through the intercession of Catherine McAuley
God of love and mercy,
You inspired Catherine McAuley, to serve
your Son
by responding to the needs of her 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, Edith Antle, who passed away on June 27, 2023. Edith was a long-time Associate from Baie Verte. Let her family be assured of our prayers in their bereavement and our prayers that Edith is enjoying eternal happiness in the company of our God of Mercy.

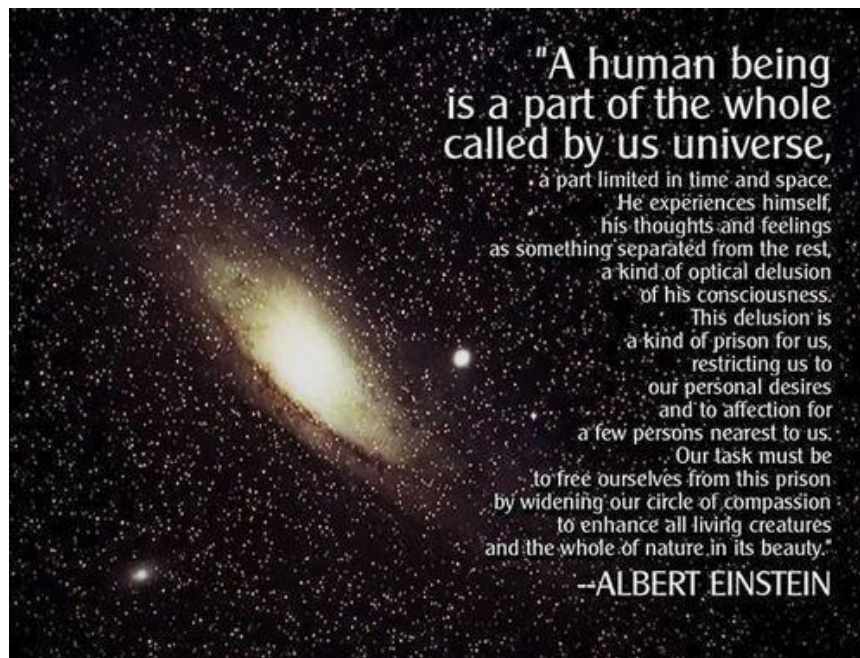


Light a Candle

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

From the Wisdom Circles

Circle of Compassion



Contemplative Presence

*“When we pray,
GOD hears more
than we say,
HE answers more
than we ask,
HE gives more
than we imagine,
but....
In his own time.
In his own way!
So keep faith!”*

preet



Integrity of Creation

*“If you have men who will exclude
any of God’s creatures from the
shelter of compassion and pity,*

*you will have men who will deal
likewise with their fellow men.”*

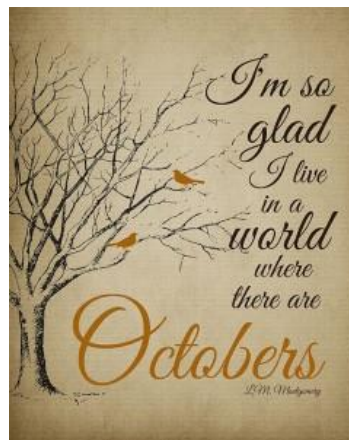
St. Francis of Assisi

Diversity and Inclusion



Notes from the Associates/Sisters

Items of Interest



October is here, and in the Northern Hemisphere, that often means the days are flush with falling leaves, chilling weather, and growing anticipation for the holiday season.

The tenth month by our [Gregorian calendar](#), *October* shares a root with [octopus](#) and [octagon](#)—the Latin *octo* and Greek *okto*, meaning “eight.”



Why is October named after the number eight?

According to the original [Roman republican calendar](#), October was the eighth month of the year rather than the ninth. The Roman calendar was only 10 months long and included the following months: Martius, Aprilis, Maius, Junius, Quintilis, Sextilis, September, October, November, and December. As you can see, January and February hadn't been added to the calendar yet! Like its neighboring months [September](#), [November](#), and [December](#), the month of October kept its numerical name, even after Julius Caesar expanded the calendar year from 10 months to 12. *October* entered Old English via Old French, replacing the English vernacular term *Winterfylleð* (“Winter full moon”).



Saint Salome – Feast Day October 22nd



In the Gospel of Mark, Salome is among the women who went to Jesus' tomb to anoint his body with spices. "And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him." They discovered that the stone had been rolled away, and a young man in white then told them that Jesus had risen, and told them to tell Jesus' disciples that he would meet them in Galilee. In Matthew 28:1, two women are mentioned in the parallel passage: Mary

Magdalene and the "other Mary" – identified previously in Matthew 27:56 as Mary the mother of James and John.



Monthly Prayer Intentions of Pope Francis

... joining our hands in prayer

OCTOBER 2023

FOR THE SYNOD

We pray for the Church, that she may adopt listening and dialogue as a lifestyle at every level, and allow herself to be guided by the Holy Spirit towards the peripheries of the world.

A beautiful poem, “My Musings by the Sea”, and painting by our Associate Geraldine Vicars:



Credit: Geraldine Vicars

My Morning Musings by the Sea

Oh, mysterious sea... ..

you have become my teacher, instructing me through your complexity and simplicity.

I see and sense you moving closer.... onto the ground

probably due to our unthinking, disrespectful ways of relating to you.

Fear rules humans so often, mindlessly urging humans to hurt, to dump unto others...or..... into the ocean.

What have we done to our beautiful home this home that can live without us, but we can't " be " all alone !

Your white capped waves are raging, thundering toward me now....

signs of boundaries crossing , and bad weather coming .

Your energy and mine will ebb with the hours, days, and seasons

and then gentle into our own resting ST segment.

Like the beating of the human heart, the sea receives an impulse, contracts into itself

Then releases onto itself and its surroundings, while flowing out to other living beings.

I feel engulfed in the mystery of such divine alchemy,

the master artist continuously creating piecessometimes disturbing yet inspiring .

Some days, some seasons, I feel you are playing with me!

Allowing enjoyment along your shores and within your gentle waves,

while you hide the mystical ecology of living systems deep below the surface of your being .

All life continues in motion and my heart prays there is still time; oh mysterious ocean, to right the wrongs, to correct the crimes of attempted destruction of you!

With consciousness rising and new generations arrivingis there still time to clean up our mess?

I get more done when there's someone around to chat and to cheer me on,

wonder how life will go on if we choose to unite in this way , at this time?

Hopefully we will right the wrongs while correcting the crimes

as we bless our Earth Home and remember to treat it as Holy Ground.

Geraldine Vicars





To all our Associates,

You are cordially invited to a Fall gathering of all Mercy Associates to be held on Wednesday October 11th, 2023 in the Recreation Hall at Littledale.

Time: 1:30pm-3:30pm

Many of us have not spent time together or have seen old friends since the Pandemic struck. It will be so nice for us to come together to pray together and to *spend time* with Catherine McAuley, to give Thanks and to Celebrate this the **Thirty Year Anniversary** of the presence of Mercy Associates here in Newfoundland.

We urge you to join us if you are able and are free to do so. "*A Good Cup of Tea*", with a celebratory cake, good conversation and music will help to complete a relaxing Fall afternoon together.

Please feel comfortable to wear a mask, should you wish or need to do so. We will also have hand sanitizer and masks available at the entrance to the Recreation Hall. If transportation is a concern, please let us know by email: marthagrad67@gmail.com.



October

Autumn leaves of red and gold
that crunch beneath your feet,
Pumpkins on front porches,
candy corn, and trick-or-treat,
Tart and tangy cider,
apples ripened on the trees,
A hint of winter coming
on the chilly
autumn breeze.



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From Kitty's Kitchen

Autumn Spice Pumpkin Soup

INGREDIENTS

- 2 tablespoons oil
- 1 cup onions, diced
- 2 tablespoons fresh ginger, minced
- 4 ½ cups chicken broth
- 2 15 ounce cans pureed pumpkin
- 1 cup apple cider or apple juice
- 1 granny smith apple, peeled, cored, and chopped
- ¼ cup maple syrup
- 1 teaspoon vanilla
- 2 bay leaves
- 2 teaspoons cinnamon
- 1 teaspoon thyme
- ½ teaspoon white pepper, black pepper will work too
- ½ teaspoon nutmeg
- ¼ teaspoon salt
- 1/8 teaspoon ground cloves
- ¾ cup whipping cream

For the garnish (optional):

- Whipping cream or sour cream

INSTRUCTIONS

1. In a large pot, sauté onions in oil until translucent. Add ginger and cook 30 more seconds. Add all the ingredients EXCEPT the cream and garnishes. Bring to a simmer, cover, and simmer on low for about 45 minutes. Take out the bay leaves, add the cream, and puree soup with a hand blender or in a standing blender.



Autumn Spice Pumpkin Soup

2. Dish into bowls and garnish with whipping cream or sour cream and serve.



From Kitty's Library

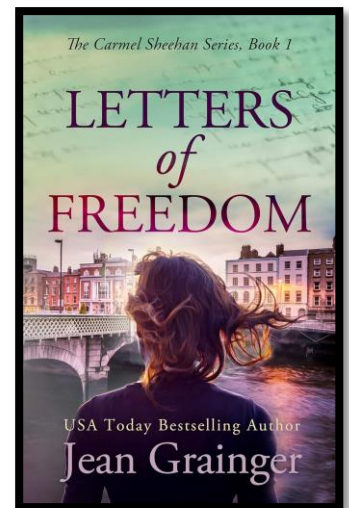
A Good Read...

***Letters of Freedom* by Jean Grainger**

Carmel Sheehan was raised in an orphanage in Dublin, and always believed what she was told, that her unmarried mother abandoned her as a newborn.

Forty years later, living in rural Ireland, in an unfulfilling marriage, and she has no reason to suspect that version of her past was untrue until she gets a Facebook message one day from a stranger claiming it was all lies.

In this gripping story, Carmel begins a journey of discovery that takes her back to a time long before she was born when love and loyalty, betrayals, and secrets decided her fate. The reality of her true story is shocking and heartwarming, and Carmel learns that to go forward, she must first make peace with her past.



Pause for Thought

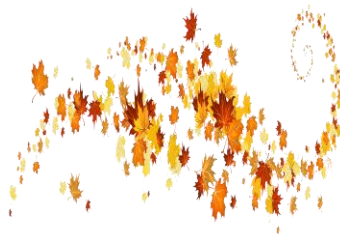


Painting Credit: Geraldine Vicars

Sometimes we need to pause and ask ourselves, are these thoughts my own or have I allowed the opinion of others to cloud my opinion...

#BeTruetoYou

Scott D. MacDonald



Catherine McAuley: A Woman of Vision

Catherine McAuley: Educator

“Education”, said Pope John Paul II to Catholic Jurists (7.12.81), “is the means that makes man fulfil his life in harmony with his dignity as a son of God. It helps him develop his personality and his natural capacities in order to put them at the service of the common good – and to reach the ultimate and transcendent destiny to which he is called by God.”

Catherine McAuley expressed this concept of education as follows: “Let us fit the children for earth without unfitting them for Heaven.”

In educational vision Catherine McAuley towered over her contemporaries in that she was among the first of the Religious Founders to seek affiliation with the National School System of 1831; and she pioneered pension or secondary schools for the middleclasses. Inability to pay the requisite token salary was never a deterrent to any pupil seeking admission. She saw the importance of technical or vocational training and introduced that too in the form of handcrafts, home economics, dressmaking, etc. In 1873 Augustus Orestes Brownson, the American philosopher – economist applauded Catherine’s “wisdom to do the work nearest to hand – her desire to put the poor she relieved, especially the children, in the way of earning their own living. Her aim was to educate and elevate these children” and make them good home-makers.

Catherine’s school in Baggot Street (1827) was flourishing before the system of 1831 was introduced; she was sending out trained nuns two years before the Central Training School in Marlborough Street was opened in 1838, and catered exclusively for male pupils. It is an indication of Catherine’s stature as educator that her school became the first training centre for Catholic female teachers; that it paved the way for the *Sedes Sapientiae* of 1877, for Carysfort (Dublin) and Mary Immaculate (Limerick) and for Mercy centres of higher learning in each of the world’s continents.

Personality, purpose, scholarship, specialization, preparation, progressiveness, motivation: these were Catherine’s aims long before they were promulgated by later pedagogists. Through home visitation she forged an important parent-teacher *liaison* and she paid salaries to nuns long before such payments were governmentally ratified in 1845.

She required a high level of competence in her Sister-teachers and maintained that to teach well, kindness and patience, though indispensable, will not suffice without the solid foundation of a good education and a judicious method of imparting knowledge. Children, she said, “must be made to feel their teachers are their best friends. If we draw the strings too tight, they will snap”.

Catherine McAuley’s system of education was permeated by religion, taught in an atmosphere of love and faith. Her greatest influence as a teacher came from the recognition by all that she lived what she taught.



The following article is the beginning of an Acrostic on the Leadership of Catherine McAuley. This month we will publish the first letter of Catherine’s name “C” and is entitled “Connector”. Next month we will publish the second letter “A” and is entitled “Animator”, etc.

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

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

The night of Saturday January 5th 1839 is etched in the Irish collective psyche even today as one of the most destructive and frightening even experienced. To contemporary witnesses it was a night of inexplicably bizarre natural phenomena, the combination of which wrought devastation across the tiny island. A few years later, the Great Famine would blight many of the same areas of the country and change irrevocably the face, the language and culture of Ireland. Between these catastrophic natural events, in 1841, in November, a woman named Catherine would die in an upstairs room in a house on a corner in Baggot St, Dublin.

This storm, the Great Wind of 1839 as it became known, killed an unknown number, but probably hundreds of people across the country, including many children. Thousands of trees were destroyed, thousands of birds killed, buildings both grand and humble damaged, significant historical ruins badly breached, and many fishing vessels loosed from their moorings. Hundreds were rendered homeless. On the west coast, fish and seaweed were blown miles inland, and the smell of salt lingered for weeks in houses far from the sea.

I begin with this particular event because it seems emblematic of so much of Catherine’s times and of our own: tumultuous, unpredictable, unsettling. Also, the way Catherine writes in the aftermath of this contemporary event, her particular slant on it as it were, reveals much about her leadership, her concern for her Sisters, and her acknowledgement of their care for one another.

The following reflections on the leadership qualities of Catherine are chiefly a reading of her letters,^[1] beginning with a letter she wrote in the aftermath of that terrifying storm of 1839.

Connector

One of Catherine's great gifts as leader, almost so close to us to be easily taken for granted, and yet an inestimable gift, was her ability to create and foster bonds between her first companions. She was a connector of people, designing the great and intricate Celtic circle of Mercy in those first years. She was not a "networker" in the cynical hard-bitten sense that word can tend to have in our modern world, but a true linker of the spirit between people, a maker and encourager of bonds. Such fostering of connections, deeply personal and affectionate, was crucial to the collective identity in those early years. It created a sense of solidarity, and it broadened horizons, so that from the earliest times the Sisters had a sense that Mercy, whilst practiced in the particular, was larger, more dynamic and more inviting than their own parochial locale. In a letter to Sr. Elizabeth Moore of Limerick, dated January 13th 1839, Catherine wrote about the effects of the storm:

I received your letter yesterday and thank God that you are all safe after the storm ...we remained in bed all night, some in terror, others sleeping.

She then describes in detail the damage to the Community Room at Baggot St, and after mentioning that sixteen panes of glass had been broken, wryly adds: *it is almost impossible to get a glazier- a fine harvest for them.*

The letter continues about the wider devastation in Dublin, and news that has reached them of some of the other convents:

The hospital at the Green [St. Stephens Green] greatly broken, a chimney fell. Several houses blown down and many lives lost. Your friend and Sister Vincent safe. The Sisters in Carlow passed the night in the Choir. Part of this very old roof was blown down. The beautiful Cathedral much injured.

The chimneys of the new convent in Tullamore blown down, the old one and Sisters safe. We have not heard from Cork or Charleville... (p.154)

The idiomatic, staccato tone of the account is indicative not so much of someone writing in haste, (although it is likely that she was) but of someone writing to a trusted reader, with whom she could be natural and familiar. She gives a little "news bulletin" offering reassurance about their mutual acquaintances, before moving on to the main business of the letter.

In many of the letters, Catherine fulfils this role of connector- conveying news, both joyous and troublesome, keeping her companions in the newer convents in touch with one another, generating interest and solidarity. In a letter to Frances Warde of November 17th, 1839, Catherine

writes of the Sisters who were about to set out for England to establish the convent at M. Catherine herself accompanied them, and she notes that her contribution to the preparation for the journey was to have the list ready of songs that would make the journey more pleasurable. Again, the tone is succinct and affectionately jocular:

The six travelers leave dear Ireland tomorrow- all in tolerable good health and more than tolerable spirits. Sister Agnew rejoiced, Sister Taylor in rapture, and their Mother [M. Clare Moore] all animation. Sister M. Cecilia greatly improved and Mary Teresa smart as a lark. I have my list of songs prepared for the journey.

Next month, Catherine: Animator.



The Last Word...

”Mercy : Charity

There is a great difference between Charity and Mercy, for although Jesus Christ has done everything that Charity could dictate, if His Mercy is not exercised, how few will be saved?”

(Ret. Ins, 163)

*Have a blessed and...
Happy Thanksgiving!*



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Vol. 6/No. 11 November 2023

Kitty's Chronicle
Mercy Associates Newsletter

PRAYERS

Prayers for the Sick

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

We pray for people who are on our list this week – Jaxon McKinney (Sister Maureen O'Keefe's grandnephew), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Marion Bonia (sister of Anne Marie Davis) and Gabrielle Knight.

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



Prayer for the Sick
Through the Intercession of Catherine McAuley

God of Love and Mercy,
You inspired Catherine McAuley,
To serve your Son by responding
To the needs of her Ttime.

Moved by her care for the Sick,
We ask that through Her Prayers
You reach out with Your Healing Love
And restore them to full health
We ask this in complete
Confidence through Jesus Christ, Your Son
Amen.
Catherine McAuley, Pray For Us
Amen.



Light a Candle

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

From the Wisdom Circles

Circle of Compassion

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

Mother Teresa

Contemplative Presence

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

Brian D. McLaren

Integrity of Creation

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

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

Pope Benedict XVI

Diversity and Inclusion

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

Mikhail Gorbachev

Notes from the Associates/Sisters

ITEMS OF INTEREST

November

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

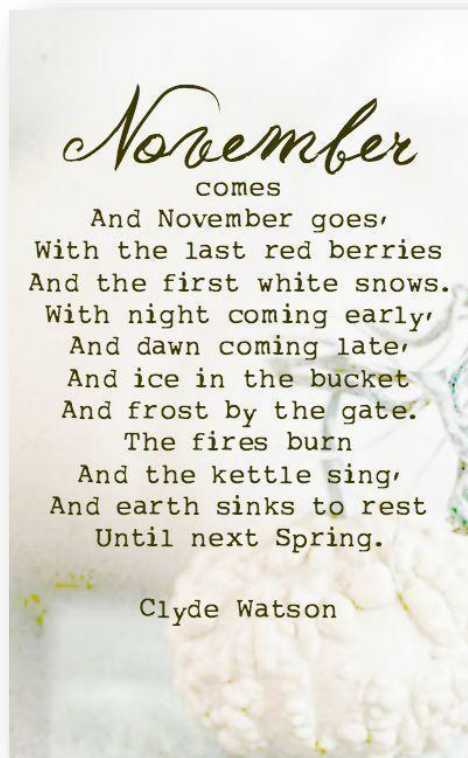
What does the month November symbolize?

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

What’s going on in November?

- [Hindu Heritage Month](#)

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



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

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



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.

Major John McCrae, 1915



Nurse Maysie Parsons

Born March 8, 1899 in harbour Grace, NL

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

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

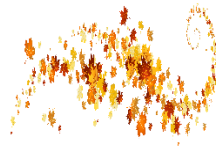
APRIL 6 1915 – St. John's Daily News

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

Newfoundland's first War nurse.

Previous service with a nursing Unit in Belgium.

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



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



Maria Francesca Cabrini,

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

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

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

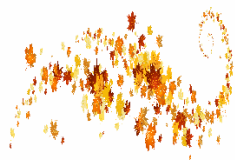
She and her Sisters wanted to be missionaries in China and despite all obstacles; she visited Rome to obtain an audience with Pope Leo XIII. The Pope told Frances to go “not to the East, but to the West” to New York rather than to China as she had expected. She was to help the thousands of Italian immigrants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

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

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

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

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



From Kitty's Kitchen

Pumpkin French Toast Casserole

Ingredients

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

Crumb Topping

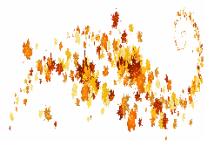
- $\frac{1}{3}$ cup packed light brown sugar
- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- 6 tablespoons unsalted butter, cold and cubed
- $\frac{3}{4}$ cup roughly chopped pecans

Instructions

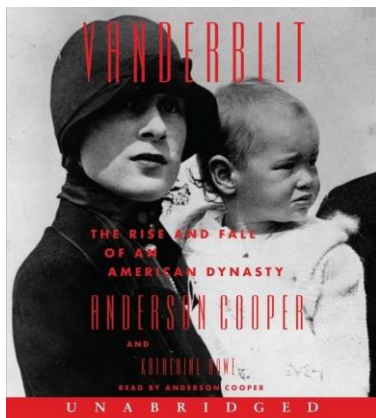
1. Slice and cut the bread into 1-inch cubes.



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



From Kitty's Library



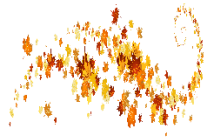
A Good Read...

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

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

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

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



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

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

Part II

Animator

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

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

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

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

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

The spirituality she commends to her Sisters is demanding, but also realistic in its awareness of human limitation. To Sister de Sales White she offers the following advice, including herself as one who can learn from it, thus promoting a sense of camaraderie. Part of the genius of her gift as leader was nevery to set hersself above or apart from the common struggle:

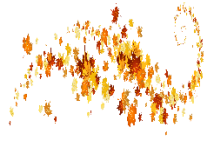
The simplest and most practical lesson I know...is to resolve to be good today, but better tomorrow. Let us take one day only in hands, at a time, merely making a resolve for tomorrow, thus may we hope to get on taking short, careful steps, not great strides. (p. 310)

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

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

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

Next month, Catherine: Tea Maker



The Last Word...

”Humility

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

(Familiar Instructions, 112, 114)

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

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



Vol. 6/No. 12 December 2023

Kitty's Chronicle

Mercy Associates Newsletter

PRAYERS

Prayers for the Sick

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

We pray for people who are on our list this week – Jaxon McKinney (Sister Maureen O'Keefe's grandnephew), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Marion Bonia (sister of Anne Marie Davis), Gabrielle Knight and Baxter Taylor (husband of Mary Taylor).

(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
Amen.
Catherine McAuley, Pray For Us
Amen.



Light a Candle

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



From the Wisdom Circles

Circle of Compassion

*“We can’t heal the world
today but we can begin*”

*with a voice of
compassion, a heart of
love, an act of kindness.”*

Mary Davis

Contemplative Presence

“The true contemplative is one who has discovered the art of finding leisure even in the midst of his work, by working with such a spirit of detachment and recollection that even his work is a prayer.”

Thomas Merton

Integrity of Creation

“#2415 The seventh commandment enjoins respect for the integrity of creation. Animals, like plants and inanimate beings, are by nature destined for the common good of past, present, and future humanity. Use of the mineral, vegetable, and animal resources of the universe cannot be divorced from respect for moral imperatives. Man’s dominion over inanimate and other living beings granted by the Creator is not

absolute; it is limited by concern for the quality of life of his neighbor, including generations to come; it requires a religious respect for the integrity of creation. (226, 358, 373, 378)

Creation Quotes from the Catechism of the Catholic Church

Diversity and Inclusion

“A lot of different flowers make a bouquet.”

Muslim origin



Notes from the Associates/Sisters

ITEMS OF INTEREST

December

December has marked the end of the year and the coming of winter since the ancient Romans established their first calendar. As its etymology indicates, *December* is formed from the Latin root *decem-* which means “ten” ... but December is our twelfth month. The strange numbering discrepancy is also present for the months of *September*, *October*, and *November*, which reference “seven,” “eight,” and “nine,” even though they’re our ninth, tenth, and eleventh months.

What are the older names for December?

Before *December* entered Old English, the names *Ærra Gēola* or *Gēolmōnað*, meaning “yule month,” were used. The early Germanic people referred to this wintry season as *yuletide*, a two-month period that spanned December and January. *Geōl* means “Christmas day” or “[Christmastide](#)” (a word for the period from Christmas Eve to related feast days in early January).

Geōl is related to the Old Norse *jōl*, the name of the Pagan winter feast lasting 12 days. Many of the customs of the feast of *yule* influenced the ways that Christmas is celebrated, such as the tradition of burning a *yule log* at Christmastime. Fun fact: the word *jolly* may have derived from the same Old Norse root that brought us *yule*.

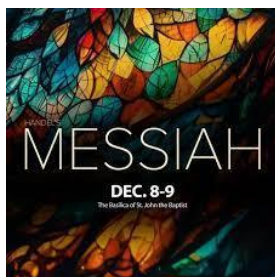


December 13 - St. Lucy, Feast Day

St. Lucy, feast day December 13, she is one of the earliest Christian saints to achieve popularity, having a widespread following before the 5th century. She is the patron saint of the city of Syracuse (Sicily).

Because of various traditions associating her name with light, she came to be thought of as the patron of sight.

St. Lucy is venerated on her feast day, December 13, by a variety of ceremonies. In Sweden, St. Lucia's Day marks the beginning of the Christmas celebration. On that day the eldest daughter of the family traditionally dresses in a white robe and wears as a crown an evergreen wreath studded with candles. The festival is meant to bring hope and light during the darkest time of the year.



December 8th and 9th - Handel's Messiah NSO

A Christmas tradition – the Newfoundland Symphony Orchestra under the direction of Marc David, together with the Philharmonic Choir of the NSO presents Handel's Messiah. Set in the historic and captivating Basilica, soloists include: Mireille Asselin, soprano; Ryan McDonald, counter-tenor; Jonathan Monro, tenor; and Gregory Dahl, baritone. Handel's Messiah takes place a 8:00PM on Friday, December 8, 2023 and Saturday, December 9, 2023 at the Basilica of St. John the Baptist.

Arts & Culture Box Office - (709) 729-3900
sjboxoffice@artsandculturecentre.com

December 2023 – Nativities



For many people at Christmas, putting up a nativity scene is among the most treasured traditions.

But there aren't many of us who have as many — from as many places — as the Basilica Cathedral of St. John the Baptist in St. John's.



Each year the Basilica Museum displays over 100 Nativities. This year a number of the Nativities will be on display at the Basilica located in the west ambulatory.



From Kitty's Kitchen

Shepherd's Pie

Ingredients

- 1 teaspoon salt, plus more to taste
- 3 large (1 1/2 - 2 pounds) potatoes, peeled and quartered
- 8 tablespoons (1/2 cup) butter
- 1 medium onion, chopped (about 1 1/2 cups)



1-2 cups vegetables—diced carrots, corn, peas
1 1/2 pounds ground round beef
1/2 cup beef broth
1 teaspoon Worcestershire sauce
Salt, pepper, other seasonings of choice

Instructions

Preheat oven to 350°.

Boil the potatoes and while the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes.

If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do.

If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.

Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes.

When the potatoes are done cooking, remove them from the pot and place them in a bowl with the remaining 4 tablespoons of butter. Mash with a fork or potato masher, taste, and adjust seasonings with salt and pepper.

Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes.

Place in a 400°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.





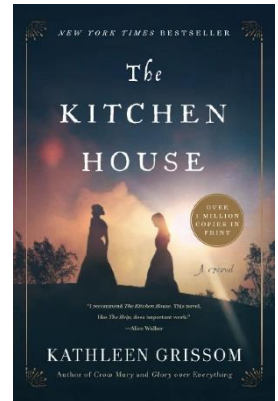
From Kitty's Library

A Good Read...

The Kitchen House: A Novel

Kathleen Grissom

Orphaned during her passage from Ireland, young, white Lavinia arrives on the steps of the kitchen house and is placed, as an indentured servant, under the care of Belle, the master's illegitimate slave daughter. Lavinia learns to cook, clean, and serve food, while guided by the quiet strength and love of her new family.



In time, Lavinia is accepted into the world of the big house, caring for the master's opium-addicted wife and befriending his dangerous yet protective son. She attempts to straddle the worlds of the kitchen and big house, but her skin color will forever set her apart from Belle and the other slaves.

Through the unique eyes of Lavinia and Belle, Grissom's debut novel unfolds in a heartbreaking and ultimately hopeful story of class, race, dignity, deep-buried secrets, and familial bonds.



Pause for Thought

One day at a time, this is enough.
Do not look back and grieve over the past,
for it is gone; and do not be troubled about the future,
for it has not yet come.
Live in the present, and make it so beautiful it will
be worth remembering.

Happiness is a journey,
just as life is.
Enjoy the ride!

Ida Scott Taylor - Born 1855, Springfield, Illinois.
Studied Music and Painting.



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

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

Part III

Tea Maker

There is a traditional rune of Celtic hospitality that describes the three-fold duty of the host to the stranger at the door:

*I saw a stranger yester even.
I put food in the eating place,
Drink in the drinking place,
And music in the listening place...*

This beautiful little verse ends with the song of the lark, that purest and most dulcet of singers, reminding us that in every sranger one is called to recognize and enconter Christ. How well Catherine epitomizes the wisdom of hospitality symbolized in this ancient rune:

For Catherine saw in every stranger at the door, in everyone who was different from herself, in every person, the hidden presence of Christ, the approaching and approachable self-utterance of the near but distant otherness of God. [iv]

It is not merely a question of doling out food and drink in correct but perfunctory fashion. One is called to a profound, imperceptible care of the spirit with “music”: perhaps literal music, but perhaps also with the myriad possibilities of what makes “music” for the soul- genuine welcome, sincere encounter, true listening. The following lines from the *Familiar Instructions*, attributed to Catherine, suggest the full obligations of genuine hospitality:

There are things the poor prize more highly than gold, thought they cost the donor nothing; among these are the kind word, the gentle, compassionate look, and the patient hearing of their sorrows...[v]

I have called Catherine a “tea-maker” to connote her extraordinary sensitivity to the nuances and duty of hospitality. No doubt, she was literally, at least some of the time, a tea-maker, but for our purposes here it is the symbol of the welcoming beverage that is important. A tea-*drinker* she certainly was. One of the very poignant “relics” preserved at Mercy International Centre in the very room in which Catherine died, are the cup and saucer said to have been used by her. A simple, delicate little cup of white china with a worn gold and green rim.

That Baggot St became a centre of welcome, of shelter, of human care, is due in no small way to Catherine’s refined sense of hospitality. One of the most poignant stories Catherine recounts is in a letter to Sister Catherine Meagher in Naas:

I am sure I spoke with two yesterday who were hungry, tho’ of nice appearance. Their dejected faces have been before me ever since. I was afraid of hurting their feelings by offering them food and had no money...(p. 256)

In the ‘failure’ of that encounter is all the intricacy of Catherine’s sensitivity to the dignity of each person: alert to their need, not wanting to embarrass them, not quite sure how to help them. Holding the two strangers who came to her door in memory and in prayer is the only hospitality she can offer them, and who can estimate that?

In terms of community spirit amongst the early Sisters, there is ample evidence of the value placed on conviviality and simple fun, and the ways in which Catherine herself affirmed and fostered such opportunities, often in the midst of the cruellest of losses and setbacks. We have already read one example from Catherine’s letters of how she regarded music as a way of cheering people, bonding them and giving delight to the heart. Gathering together for “recreation” in all meanings of that word, was crucial to the group’s well-being. Gathering together for refreshment

and the fortifying of body and spirit had at its heart the Eucharistic memory of the hospitable acts of Jesus at the Last Supper: not only the nourishment of bread and wine, but the washing of feet.

Of course, one of the most endearing instances of commending her Sisters to gather and fortify themselves with the soothing warmth of the cup of tea occurred as she lay dying. One of her last acts as first Sister of Mercy, as leader, as earthly mortal Catherine McAuley was, magnificently, a gesture of hospitality:

The poor Sisters look greatly fatigued; be sure you have a comfortable cup of tea for them when I am gone...[vi]

Next month, Catherine: Humorist



The Last Word...



Catherine McAuley

"And she shall bring forth a son,
and thou shalt call his name JESUS:
for he shall save his people from their sins."

Matthew (1:21)



May the miracle of Christmas touch your life!

May you enjoy the Blessings of Christmas!

Merry Christmas!