

Kitty's Chronicle

Mercy Associates' Newsletter

Volume 6: No. 1 – January 2023



## 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 and Mary Coish (sister and sister-in-law of Sharon Drover) and Rick Stone (son of Doreen Stone).

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

## Birthdays



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



### *Light a Candle*

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

## From the Wisdom Circles

### Circle of Compassion

*“The purpose of human life  
is to serve, and to show  
compassion and the will  
to help others.”*

---

Albert Schweitzer

### Contemplative Presence

*“To enter into the realm of contemplation one must in a  
certain sense die: but this death is in fact the entrance to a  
higher life. It is a death for the sake of life, which leaves behind  
all that we can know or treasure as life, as thought, as  
experience, as joy, as being.”*

---

Thomas Merton

## Integrity of Creation

### *Oneness of the Cry of Earth and the Cry of the Poor*



*Pope Francis is calling us to care for one another in a new way, to place human dignity and the interconnectedness of all creation above all else. In this way, “we must regain the conviction that we need one another, that we have a shared responsibility for others and the world, and that being good and decent are worth it.” “Indeed, “as believers, we do not look at the world from without but from within, conscious of the bonds with which the Father has linked us with all beings.”*

\_\_\_\_\_  
Pope Francis

## Diversity and Inclusion



*We inhabit a universe that is  
characterized by  
Diversity.*

\_\_\_\_\_  
Desmond Tutu

## Items of Interest

### January 1

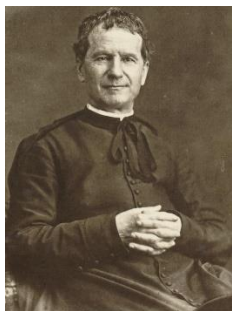
#### World Day of Peace

The World Day of Peace was established by Pope Paul VI in 1968 who asked that “every year, this commemoration be repeated as a hope and as a promise, at the beginning of the calendar which measures and outlines the path of human life in time, that Peace with its just and beneficent equilibrium may dominate the development of events to come.” Each year has a specific theme, chosen by the Holy Father.

<https://www.vaticannews.va/en/pope/news/2022-12/pope-francis-message-world-day-for-peace-light-even-in-darkest.html#:~:text=world%20day-,Pope's%20World%20Peace%20Day%20message%3A%20There%20is%20light%20even%20in,for%20the%20good%20of%20humanity.&text=%E2%80%99CNo%20one%20can%20be%20saved%20alone.>

#### The Solemnity of Mary, The Holy Mother of God

<https://www.vaticannews.va/en/pope/news/2023-01/as-new-year-begins-pope-francis-says-mary-gives-us-hope.html#:~:text=In%20his%20homily%20during%20the,make%20this%20world%20truly%20new.%E2%80%9D>



**John Melchior Bosco** (16 August 1815– 31 January 1888), popularly known as **Don Bosco** was an Italian Catholic priest, educator, writer and saint of the 19th century. He dedicated his life to the betterment and education of street children, juvenile delinquents and other disadvantaged youth. He developed teaching methods based on love rather than punishment, a method that became known as the Salesian Preventive System.

He is one of the pioneers of Mutual Aid Societies that were initiated as collaborative financial support to young migrant Catholic Workers in the

city of Turin. In 1850 he drew up regulations to assist apprentices and their companions when any of them was involuntary without work or fell ill.

On 18 April 1869, Don Bosco established the Association of Mary Help of Christians (ADMA) connecting it with commitments easily fulfilled by most common people, to the spirituality and the mission of the Salesian Congregation.

In 1875, he began to publish the Salesian Bulletin. The *Bulletin* has remained in continuous publication, and is currently published in 50 different editions and 30 languages.

Bosco established a network of organizations and centres to carry on his work. Following his beatification in 1929, he was canonized as a saint in the Roman Catholic Church by Pope Pius XI in 1934.

He is the patron saint of editors, publishers, youth, apprentices and magicians.



## ***Winter Activities***

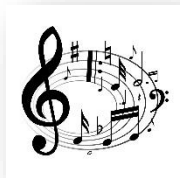
**Go skating or watch the skaters at the Loop at Bannerman Park**



**The Loop is free to the public as long as there's ice!!!**

## **Enjoy live music every Friday night at Jumping Bean**

**Jumping Bean hosts live music** every Friday night at their Elizabeth Ave location. Don't miss a beat!



## **Check out the Sunday CLB Flea Market**

**It's free of charge to check out** all the interesting vendors at the CLB Flea Market! Sundays from noon to 4pm at C.L.B. Armoury, 82 Harvey Road.

## **A Walk-through Bowring Park!**



## **Check out The Rooms**

**The Rooms is free on the first Wednesday** of every month from 6-9pm! Take in the history and amazing art by featured artists!

## **Visit the Quidi Vidi Plantation 10 Maple View Road**





From Kitty's Kitchen

## Turkey Biscuit Stew

### Ingredients

- 1/3 cup chopped onion
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
- 3/4 cup milk
- 2 cups cubed cooked turkey
- 1 cup cooked peas
- 1 cup cooked, sliced carrots
- 1 tube (10 ounces) refrigerated buttermilk biscuits, not flaky



### Instructions

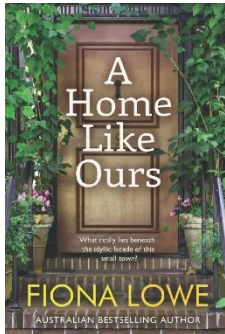
1. In a 10-inch ovenproof skillet (like cast iron), add butter and sauté onion until tender over medium heat. Stir in flour, salt and pepper until well blended. Add broth and milk and bring to a boil. Stir for 2 minutes or until thickened and bubbling. Add the turkey, peas and carrots and heat through. Open refrigerated biscuits and separate. Gently place and arrange biscuits over the stew.
2. Bake at 375° for 20-25 minutes or until biscuits are golden brown and puffy.





From Kitty's Library

### *A Good Read...*



A picturesque small town, a cozy community garden, a facade of tolerance and acceptance - but when three women with wildly different loyalties come together, what secrets and lies will be revealed?

Tara Hooper, Helen Demetriou and Jade Innes, Can these women with such differing loyalties unite to save their town from tearing itself apart?

### **Pause for Reflection**

#### **Mary Most Holy Liberates Souls**

*O daughter, you are blessed by the Most High God  
above all women on earth.” – Judith 13:18*

Sister Paula of St. Teresa, a Dominican, relates that one Saturday when she had been rapt into ecstasy and transported into purgatory, she was amazed to see that prison transformed into a paradise of delights, with radiance flooding its center, where thick darkness usually prevailed. Sister Paula beheld the Virgin encircled by a throng of angels. To each angel she gave the command to liberate and lead to heaven certain souls who had been especially devoted to her in life.

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*Reflection:* Glory be to you, who are ever ready to assist us in life



and death! Lead us to the kingdom of heaven! Rejoice, O Virgin Mary; rejoice a thousand times! Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

---

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen.*

---

Susan Tassone

Day By Day for the Holy Souls in Purgatory



**The Last Word....**

*“How silently the great God works.  
Darkenss is spread over the earth,  
And light come again at dawn,  
Yet there is never a sound of  
Curtains being drawn or  
Shutters being closed.”*

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Catherine McAuley

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## Prayers

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

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Through the Intercession of Catherine McAuley  
God of love and mercy,  
You Inspired Catherine McAuley,  
To serve your Son  
by responding to the needs of her time  
Moved by her care for the sick,  
We ask that through her prayers  
You reach out with your healing love and restore them to full health.  
We ask this in complete confidence through Jesus Christ, your Son.



Catherine McAuley, Pray for us. Amen



### **Birthdays**

Laura Goss – February 8<sup>th</sup>

Hannah McGrath – February 13<sup>th</sup>

Barbara Bradbury – February 17<sup>th</sup>

Louise Brennan – February 18<sup>th</sup>

Kay McNally – February 22<sup>nd</sup>

Barbara Albrechtsons – February 28<sup>th</sup>

*The lord bless you, keep you,  
And bring you peace on your birthday.*

### **Light a Candle**

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



### **From the Wisdom Circles**

#### **Circle of Compassion**

*“Kindness in words creates  
confidence. Kindness in  
thinking creates*



*profoundness. Kindness  
in giving creates love.”*

---

Lao Tzu

### **Contemplative Presence**

*“What we plant in the  
soil of contemplation,  
we shall reap in the  
harvest of action.”*

---

Meister Eckhart

### **Integrity of all Creation**

*“God is the  
friend of  
silence.*

*See how nature – trees,  
flowers, grass- grows in  
silence; see the stars,  
the moon and the sun,  
how they move in  
silence ... We need*



*silence to be able to  
touch souls.*

---

Mother Teresa

## **Diversity and Inclusion**

It is not our diversity  
which divides us;  
it is not our ethnicity, or religion  
or culture that divides us.  
Since we have achieved our  
freedom, there can only be one  
division amongst us:  
between those who cherish  
democracy and those who do not.  
Nelson Mandela

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

### **Items of Interest**

The following is a Speech in honor of Sisters Geraldine, Ruth and Ellen Marie by Lillian Walsh in its entirety:

Reverend Fathers, Sisters, Visitors, and fellow parishioners,

We are gathered here today in honor of Sisters Geraldine, Ruth, and Ellen Marie. First of all, I wish to thank God for giving me the opportunity on behalf of the Mercy Associates to express words of gratitude and praise to our beloved sisters. I feel privileged yet challenged because it is impossible



to do justice to their ministry among us in a couple of minutes. As I think back through the years, I'm reminded of a poem by Henry Wadsworth Longfellow.

*Lives of great people all remind us  
We can make our lives sublime  
And departing leave behind us  
Footprints on the sands of time.*

No doubt these sisters have left an indelible mark. We are gathered in the name of Mercy which began in Dublin city in 1831, the seed planted by a woman of great integrity, Catherine McCauley. Mercy was her mission and Mercy was the seed. The Newfoundland mission was established in 1842 and the Mercy Associates emerged around early nineties in various areas around the island. How did some parishioners become Mercy Associates? Here in Conception Harbour Sr. Geraldine (a household name) extended an invitation to anyone who wished to come participate in prayer at the Renewal Centre. Some were drawn to this most welcoming sacred space.

After meeting for several months of discernment and in response to our Baptismal call, on June 10, 2008 we entered into an agreement to share in the charism and mission of the Sisters of Mercy. That was a proud day for the Conception Bay Centre Association when we received our pin. Sisters Geraldine, Ruth, and Josette were our leaders and facilitators for many years. We gained tremendous spiritual and personal enrichment through innumerable ways of faith sharing via prayer, scripture, reflections, retreats, rituals, days of awareness, music and song, study sessions. Many colleagues from in and around St. John's were also invited to come and share their experiences on timely and seasonal topics - to name a few, Forming Blue Communities, God's Hands and Our Hands, Human Rights, Human Trafficking, The Open Door. The Sisters I recall were Madeline Byrne, Loretta Chafe, Mary Tee, Margie Taylor, Monica Hickey. Please forgive if I have omitted anyone, it's unintentional. Thank you, Sisters, for your informative and enlightening presentations.

For all the time, planning and preparation that you, Sisters Geraldine, Ruth,





and Ellen Marie have undertaken notably the relevant material that had to be gathered, interesting handouts, booklets, cards, knickknacks, videos, CDs, etc. is certainly a testament to your faithful leadership and dedication to the Mercy Associates. Embedded in the deep recesses of our mind is the extensive study we did on Pope Francis' encyclical *Laudato Si* in which we were invited to "wake up the world" and pursue dialogue at all levels and between all actors to address the urgent cry of the earth and the mournful cry of the poor.

Touched by your friendship, interest and support we are trying our best to see Mercy and be Mercy in a new way. We have all grown in various ways, 'neath the shadow of your wings'. Many thanks for all your spiritual direction. How could we associates forget that warm loving handshake you extended to us as we entered the Renewal Centre, when you sat, listened and comforted those going through a difficult time and helped us face life with a new hope, when you shone the light of laughter with humorous stories and camaraderie. Your excellent spirit of hospitality knew no bounds. You even reached out to neighboring communities to visit the sick, console the bereaved or the troubled, brought food to the hungry and provided clothing to the needy. If love's last gift is remembrance, then you have left us quite a legacy.

When our great humble leader Sister Ruth moved to her new residence, Sister Ellen came to our rescue and facilitated Mercy Associates' meetings. Soon an unwelcome visitor, Covid 19 appeared. Health authorities issued a lockdown. Suddenly our blue skies turned grey when we could no longer gather at the sacred space in the Renewal Centre. In reference to a common Newfoundland saying "the bottom had dropped right out of her". However, life's experiences have taught us there's a time to hold on and a time to let go, our Divine Master had other plans.

A few simple idiosyncrasies I'd like to mention, personally I'm going to miss seeing Sister Geraldine bounding swiftly like a young deer across the garden from the convent to unlock the doors to the Renewal Centre or the church sacristy. I will miss the soft soothing voice of Sister Ruth addressing me as



"Lilly". "Hi Lilly, how are you today". It was so uplifting. I'll miss the sweet sound of a nightingale singing like Sr. Ellen Marie did at our Associates meetings. In the meantime, it would be just heavenly for all of us to gather around the dining table just one more time for a "comfortable" cup of tea in the name of Catherine McAuley.

We have traveled well together, now our paths must part. Remember as you journey, you're forever in our hearts.

Before concluding let us pause for a moment and remember our CBC Associates who have gone to their eternal home, Sr. Josette, Sue McDonald, Maureen Hynes, Marie Dalton, Clare Gregory, Theresa O'Neil. May perpetual light shine upon them. May they rest in peace. For any Associate who could not attend today, may God bless and comfort them in their need.

I invite all CBC Mercy Associates to stand as we sing this prayer of blessing for Sisters Geraldine, Ruth, and Ellen Marie:

May the blessing of  
God be upon you,  
The blessing of the  
Father and the Son,  
May the spirit of  
God, the spirit of  
love be with you all  
your days.

Would our honorees please come forward? On behalf of the CBC Mercy Associates, it is with sincere gratitude and deep appreciation I present these gifts in recognition of all the ways you have gifted us.

I'd like to thank Associate Mary Taylor for ordering and picking up the flowers. Much appreciated, Mary.

Submitted by: Lillian Walsh





## ***Saint Barbara - February 1<sup>st</sup>***

Saint Barbara was born in the city of Nicomedia, modern-day Izmit, Turkey, in the year **218 A.D.** Born to Dioscorus, a wealthy tyrannical Roman merchant and devout believer in the Greco-Roman religion.

Barbara was carefully guarded by her father who kept her locked up in a tower in order to preserve her from the outside world. Having secretly become a Christian, she rejected an offer of marriage that she received through her father.

Barbara was adopted as the **patron saint of miners** most probably because the mining profession had to cope with many hazards to life in those days. Also, the miners formed a large part of those for whom she prayed in the hours of her own death.

Neither the imprisonment nor the punishments inflicted on her by her father would persuade her against her choice; on the contrary, **they strengthened her faith in Christianity.** Barbara managed to flee and hid in a rocky cliff that opened and allowed her to hide. This is how she became the patron saint of miners.

## **The Order of Saint Barbara**

The United States Army Field Artillery Association and the United States Army Air Defense Artillery Association maintain the *Order of Saint Barbara* as an honorary military society of the United States Army Field Artillery and the United States Army Air Defense Artillery. Members of both the United States Army and United States Marine Corps, along with their military and civilian supporters, are eligible for membership.



## ***The Month of February***

February comes from the Latin word *februa*, which means “to cleanse.” The month was named after the Roman *Februalia*, which was a month-long festival of purification and atonement that took place this time of year.

### **Did you know:**

- February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in leap years the next leap year is 2024.
- Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.



### ***February 2 is Groundhog Day—***

the day we find out whether winter will last six more weeks or call it quits early.

- **February 15** is also **National Flag of Canada Day!**



- **February 21** is **Mardi Gras**, (aka “Fat Tuesday” or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.
- **February 22** is **Ash Wednesday**, which marks the start of Lent.



- **February 27** is **Clean Monday**. Also called Pure Monday, this day marks the beginning of Great Lent for followers of the Eastern Orthodox Christian Church. This day is similar to Ash Wednesday of the Western Church.

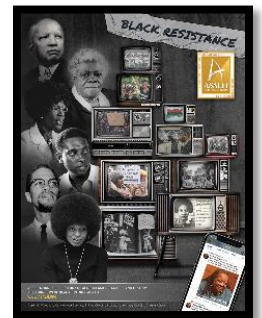
### ***The Full Snow Moon***

February's full Moon reaches peak illumination at **Sunday, February 5, 2023**. Look skyward on that night to catch the best view of this full Moon! It's known as



the **Snow Moon** due to the typically heavy snowfall that occurs in February. Other traditional Native American names for this Moon include the Eagle Moon (Cree), Raccoon Moon (Dakota), and Hungry Moon (Cherokee).

February is **African-American History Month**. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.



## **2023 THEME – Black Resistance**





From Kitty's Kitchen

## Easy Steak with Pan Sauce

### Ingredients:

1-1 and ½ pounds of steak (Sirloin, Ribeye)  
Kosher salt  
Freshly ground black pepper  
1 tablespoon vegetable oil  
1 small onion  
2 garlic cloves  
¼ cup (½ stick) cold unsalted butter  
2 sprigs thyme  
2 tablespoons Dijon mustard  
2 teaspoons Worcestershire sauce

Heat a medium dry skillet over medium. Season the steak while you wait for the skillet to get nice and hot. Sprinkle lots of **salt** and **pepper** on both sides of the steak.

Pour **1 Tbsp. oil** into skillet and swirl to coat. Using tongs, gently lay the steak in a skillet and cook until the underside is deeply browned and a crust has formed about 5 minutes. Turn the steak and cook until the reverse side is equally browned and the steak is medium-rare. Remove the skillet from heat. Transfer the steak to a cutting board to rest.

Let the skillet cool for about 5 minutes. While the skillet is cooling, peel and finely chop **1 onion**. Remove the peel from **2 garlic cloves**. Cut **¼ cup (½ stick) butter** into 4 Tbsp.-size pieces. Set aside and have at the ready.



Leave the steak drippings in the pan and place the skillet back over medium-low heat and add onion, garlic, **2 sprigs thyme**, and 2 Tbsp. butter. Swirl skillet to melt butter and cook, stirring often with a whisk, until onion is golden brown, 2-3 minutes.

Add ½ **cup water** to the skillet and whisk to dissolve stuck-on bits. Whisk in **2 Tbsp. mustard** and **2 tsp. Worcestershire sauce** until smooth.

Still working over medium-low heat, add the remaining 2 Tbsp. butter and whisk constantly until butter is dissolves and sauce is smooth and thick about 1 minute. Remove the skillet from heat. Spoon pan sauce over steak and serve.



From Kitty's Library  
*A Good Read*

*The Lost Girls of Ireland*  
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...





The cottage is part of the old coastguard station and other eccentric residents are quick to introduce themselves when Lydia arrives. Lydia instantly feels less alone, fascinated by the stories they have about Nellie, and she's charmed by American artist, Jason O'Callaghan, the mysterious man who lives next door.

But the longer Lydia relaxes under the moonlit sky, the more the secret she's keeping from Sunny threatens to come out. And as she finds herself running into Jason's arms, she knows she must be honest and face up to the past she has tried to forget. Has she finally found people who will truly accept her, or will the truth force her to leave the cottage for good?

### Pause for Thought

*“I do not seek to understand in order that I may believe, but rather, I believe in order that I may understand.”*

---

St. Anselm of Canterbury

### The Last Word...

*“How rapidly the days, weeks, and months are passing. Another month ended, that seemed but a few days begun. If we have not forfeited the friendship of almighty God, but have been trying to love Him more and more, and to serve Him faithfully, they were blessed days for us.”*

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Catherine McAuley  
Letter to de Sales White February 28, 1841



# HAPPY VALENTINE'S DAY



# 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), and Denis Duhamel and Mary Coish (brother-in-law and sister-in-law of Sharon Drover).

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### **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, Margaret "Anne" Dobbin who passed away on February 23, 2023. Let her family be assured of our prayers in their bereavement and our prayer that Anne 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

*"Love and compassion are  
necessities, not luxuries.*

*Without them, humanity cannot survive."*

—  
Dalai Lama

#### Contemplative Presence

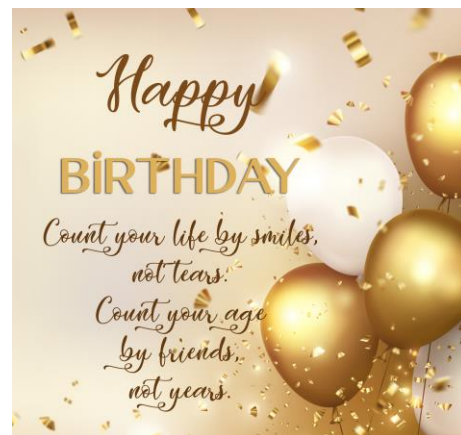
*"Seeking the face of God in everything, everyone, all the  
time, and his hand in every happening; this is what it*



#### Happy Birthday Wishes to:

Anne Bown – March 7<sup>th</sup>

Bess Collins – March 28<sup>th</sup>



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 stand at a critical moment in Earth’s history, a time when humanity must choose its future. As the world becomes increasingly interdependent and fragile, the future at once holds great peril and great promise.”*

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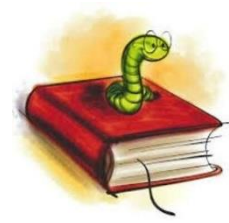
Preamble to Earth Charter

## Diversity and Inclusion

*“We have a very diverse environment and a very inclusive culture, and those characteristics got us through the tough times. Diversity generated a better strategy, better risk management, better debates, and better outcomes.”*

---

Alan Joyce



From Kitty's Library

## A Good Read



### Finishing School a novel

by [Helen Fogwill Porter](#)

Forty-nine-year-old divorced hair stylist Eileen Novak has recently enrolled in a community college class to complete her high school education, and her first English assignment is to keep a journal. Initially apprehensive about this exercise, Eileen soon discovers she enjoys writing and the opportunity to really let herself go.



## Notes from the Associates/Sisters

### Items of Interest

#### March 4<sup>th</sup> – Saint Casimir

Casimir grew up in a world where his life was not his own. As a prince of Poland, the second son of King Casimir IV and Elizabeth of Austria, his life was scheduled to cement his father's authority and increase Poland's power.

Casimir realized from an early age that his life belonged to someone else, but to a much higher King than his father. Despite pressure, humiliation, and rejection, he stood by that loyalty throughout his whole life.

Born the third of thirteen children in 1461, Casimir was committed to God from childhood. Some of that commitment was the result of a tutor, John Dlugosz, whose Holiness encouraged Casimir on his own journey.

It may be hard for us to imagine royal luxury as a pressure, but for Casimir the riches around him were temptations to forget his true loyalties. Rebelling against the rich, fashionable clothes he was expected to enjoy, he wore the plainest of clothes.

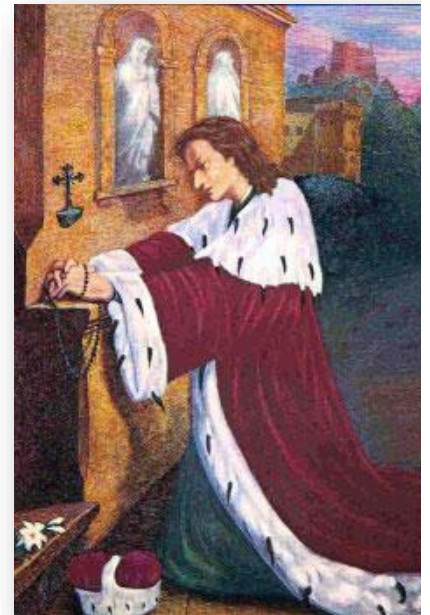
Rejecting even ordinary comforts, he slept little, spending his nights in prayer. And when he did sleep, he lay on the floor, not on a royal bed. Even though he was a prince, many of those around him must have laughed and joked at his choices. Yet, in the face of any pressure, Casimir was always friendly and calm.

Though his father must have wondered about him, he must have seen and admired Casimir's strength.

He died at the age of 23 in 1484 from lung disease. He was buried with his favourite song, a Latin hymn to Mary called "*Omni die dic Mariae*" which we know as "Daily, Daily Sing to Mary". Because of his love for the song, it is known as the Hymn of St. Casimir.

Casimir is the patron saint of Poland and Lithuania.

Set in St. John's, Newfoundland, in the 1980s and resonating with a vivid sense of place, Finishing School chronicles Eileen's sometimes traumatic, sometimes funny but fully engaged life during the school "Always ready to try anything."



## March 8<sup>th</sup> is International Women's Day.

This day is observed globally every year on 8 March to celebrate the achievements of women. Purple is the colour that symbolizes women internationally. The combination of the purple, green and white colour is to symbolize the equality of women which is originated from the Women's Social and Political Union in the UK in 1908. Do you know that purple signifies justice and dignity, green symbolises hope and white purity?



**March 12<sup>th</sup>** is the start of Daylight savings time, which begins at 2:00 A.M. that day. If your area observes it, don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!



**March 15<sup>th</sup>** is the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!



**March 17<sup>th</sup>** is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.





## March 21<sup>st</sup> "World Poetry Day"

*The brown buds thicken on the trees,  
Unbound, the free streams sing,  
As March leads forth across the leas  
The wild and windy spring.*

— Elizabeth Akers Allen (1832–1911)



**March 22<sup>nd</sup>** marks the start of Ramadan, which begins at sundown on that day. In Islam, Ramadan is considered a holy month when a month-long, sunrise-to-sunset fast is observed.

**March 22<sup>nd</sup>** is "World WATER Day".

**March 29<sup>th</sup>-31<sup>st</sup>** are known as the Borrowing Days. According to lore, the last three days of March have a reputation for being stormy.



2023 Accelerating Change



According to folklore, wear a sprig of rosemary in your hair to improve your memory.



From Kitty's Kitchen

## Beefy Penne

### Ingredients

1 pound of uncooked penne

½ medium chopped onion

1 pound of ground beef

1 tablespoon of Olive Oil

1 clove of minced garlic

1 ½ cups of tomato sauce

Salt and pepper to taste

1 ½ cups of shredded cheese

### Directions

1. Preheat your oven to 350°. Grease a 9x13 baking dish (I use Pam spray).
2. Boil a large, salted pot of water for the penne. Cook it for 10 minutes (it should be slightly underdone so it doesn't get mushy).
3. Add the oil, beef, and onion to a skillet. Sauté over medium-high heat, breaking the meat up as you go along, for 10 minutes. Once it gets going, stir in the garlic. Spoon out excess fat if needed.
4. Stir in the tomato sauce and warm through. Give it a taste and season with salt & pepper as needed.



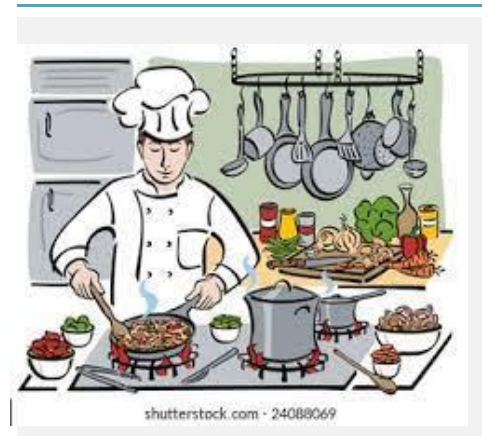
5. Drain the pasta and pour it into the baking dish. Pour the beef mixture over top and then toss until it's combined with the pasta. Top with an even layer of the cheese.
6. Bake for 20 minutes, uncovered, until the cheese is nicely melted.

Note: Penne can be substituted with Macaroni or another pasta and chicken or turkey can be substituted for beef.



**A Story from our Indigenous Wisdom Tradition  
captures the Essence of Charism:**

*“Many years ago, among the Wurrundjerri people in Victoria, as it was most likely with other Aboriginal peoples, it was the sacred task of the women in the tribe during the gray, wet winter months to carry the fire. Fire meant life. In the drizzle and the damp that we associate with the winter months, it was, of course, not possible to start fires at every new camp-site. The fire had to be carried. This was achieved by maintaining hot coals in shell cones bartered from the coastal people, like the Bunnarong. Upon setting up*



Aboriginals at [Merri Creek](#) by [Charles Troedel](#)



camp the coals could be enflamed into life. It is not difficult to imagine what a vital and important duty it was to carry those shells with the coals inside them, carefully and with a great sense of responsibility.”

—  
Father David Ranson

When reading this passage can you imagine Catherine McAuley passing on the flame to her sisters. Catherine asking her sisters to carry the fire within them as they left Dublin and made the journey to establish new convents and create new communities. The journeys were long and at times they were asked to travel across oceans to other countries. They, like the women of the Wurundjeri people, had to keep the fire alive; care for the spark that would give life and warmth to the people that were waiting for them.



### *Pause for Thought*

Silence is the pause in me  
when I am near to God.

Arvo Part



# *the* LAST WORD

*“Let us fly often to the foot of the cross and repose in the wounds of  
Jesus. He has written us in His hands.*

*Shall we not write His wounds in our minds and hearts?”*

—  
Catherine McAuley



# KITTY'S CHRONICLE MERCY ASSOCIATES' NEWSLETTER

Volume 6 / No. 4 – April 2023



Anniversary:

Barbara & Eric – April 5<sup>th</sup>



## PRAYERS

### *Prayers for the Sick*

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

We pray for people who are on our list this week – Jaxon McKinney (Sister Maureen O'Keefe's grandnephew), Sharon Keels (sister of Ros Hurley), Diane Hickey (sister-in-law of Cathy Hickey), Theresa Lacey (sister of Annie Brown), Marilyn Thurston, Patricia King, Edith Antle, Sylvia Flood, Kevin Drover (husband of Geraldine Drover), Denis Duhamel and Mary Coish (brother-in-law and sister-in-law of Sharon 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](mailto:drover.sharon@yahoo.ca))

### **Prayer for the Sick:**

*Through the Intercession of Catherine McAuley*

*God of love and mercy,*





*You Inspired Catherine McAuley,  
To serve your Son  
by responding to the needs of her time  
Moved by her care for the sick,  
We ask that through her prayers  
You reach out with your healing love and restore them to  
full health.*

*We ask this in complete confidence through Jesus Christ, your Son.*

*Catherine McAuley, Pray for us. Amen*



### ***Recently Deceased***

We extend sincere sympathy to the family of our Associate, Sonia Harvey (Neary) who passed away on March 9, 2023. Let her family be assured of our prayers in their bereavement and our prayer that Sonia 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

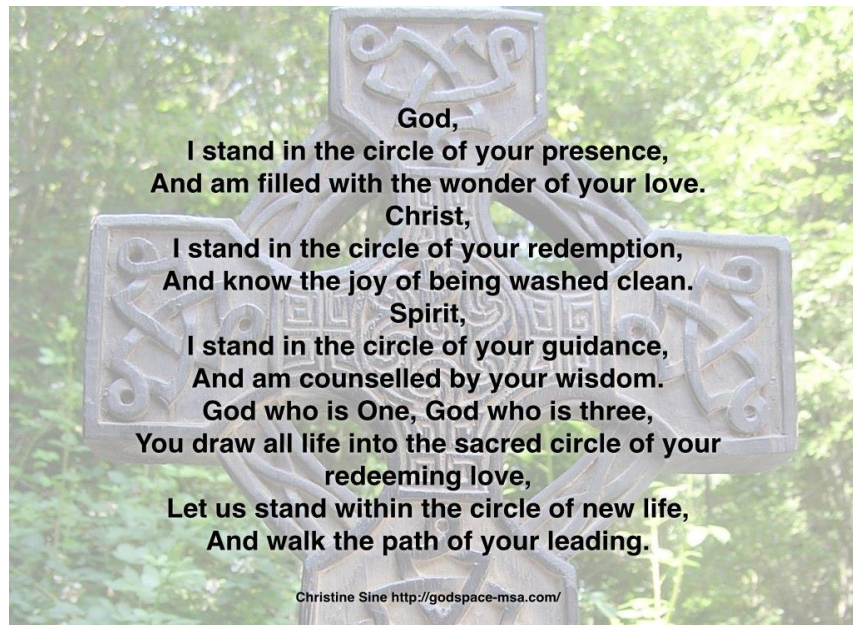
### *Circle of Compassion*



*Photo credit: Justin Drover*

*Bonavista, NL*

### *Contemplative Presence*



## ***Integrity of Creation***

Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honour and all blessings.

To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures,  
especially Sir Brother Sun,  
Who is the day through whom You give us light.  
And he is beautiful and radiant with great splendour,  
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,  
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,  
And fair and stormy, all weather's moods,  
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,  
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,  
through whom You light the night and he is beautiful and playful and  
robust and strong.

Praised be You my Lord through our Sister,  
Mother Earth  
who sustains and governs us,  
producing varied fruits with coloured flowers and herbs.  
Praise be You my Lord through those who grant pardon for love of You  
and bear sickness and trial.

Blessed are those who endure in peace, By You Most High, they will be  
crowned.

Praised be You, my Lord through Sister Death,  
from whom no-one living can escape. Woe to those who die in mortal sin!  
Blessed are they She finds doing Your Will.

No second death can do them harm. Praise and bless my Lord and give  
Him thanks,  
And serve Him with great humility.

---

St. Francis of Assisi

## ***Diversity and Inclusion***

*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***

*Photo credit: Justin Drover*

*Black Island, NL*

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

### **Items of Interest**

#### **April 2<sup>nd</sup> - International Children's Book Day**

International Children's Book Day is celebrated every year on **April 2<sup>nd</sup>**, the birthday of the famous fairy tale writer Hans Christian Andersen.

Children's books stimulate the imagination, teach values, and introduce children to new things. International Children's Book Day also aims to encourage children to read more (or parents to read more to their children) to inspire their love for books.

The International Board on Books for Young People founded International Children's Book Day in 1967, to promote children's literature and encourage young people to read more.



Born in Odense on April 2, 1805, this author of many classic fairy tales wrote over 150 stories that many people know and love. Some of his titles are: The Little Mermaid; The Ugly Duckling; The Emperor's New Clothes and The Princess and the Pea.



## **April 13<sup>th</sup> - International Plant Appreciation Day**

Today is a perfect opportunity to get closer to the plant world. Pamper your indoor plants. Don't have any? Well, what are you waiting for? Go out and buy some maybe give a plant to a friend as a gift in the month of May. This special day falls in the spring, a perfect time for you to plant outdoor plants. If you are not yet a gardener, now is the time to start a relaxing and rewarding, lifetime gardening hobby.



Gardeners and non-gardeners alike should appreciate plants for the benefits they provide. They produce oxygen, essential for our existence. Plants instill calm, peacefulness, and serenity. Many of them are beneficial to our health. We appreciate:

- Flowers for their beauty.
- Vegetable plants to feed us. They taste so good and offer a wide range of flavors for our consumption.
- Herbs are the spice that makes eating such a pleasure. Many of them offer medicinal uses, too.
- Trees give us shelter and shade. They also provide the paper that we write on.
- Weeds, well let's appreciate them too, if only for today.
- And, the list goes on and on.



## **April 22<sup>nd</sup>, 2023 - International Mother Earth Day**



Change starts with action. Better yet, an action that affects the world around you. A Billion Acts of Green are happening across the planet. From students in classrooms to organizers in their communities to officials in government there are ways for anyone of any background to make a difference. Start small and go big — or start big and stay big. Either way, keep coming back, keep taking action and join the movement to change the world.

### **Mercy Nun Serving Disabled Children Wins American Catholic Honor**

*March 20, 2023*

*By John Lavenburg*



PROSPECT HEIGHTS — Sister Rosemary Connelly, a lifelong advocate for individuals with developmental disabilities, will receive the 2023 Laetare Medal from the University of Notre Dame, one of the oldest and most prestigious honors given to American Catholics.

Sister Rosemary, 92, is chairwoman of the board of the Misericordia Foundation, a nonprofit organization on Chicago's South Side that provides home and custodial care to children with disabilities from birth to age 6. She joined the organization as executive director in 1969. Through her leadership, the organization has grown to serve more than 600 children and adult residents and more than 140 additional families.

For her work, Sister Rosemary has received nine honorary degrees — including one from Notre Dame in 1997. She has also received the Order of Lincoln Medallion, Illinois' highest award for lifelong achievements; the Illinois Entrepreneur of the Year Award from Ernst and Young; and a Caring Institute award, naming her one of the most caring people in America.

“With her characteristic tenacity, grace, and genius, Sister Rosemary has ensured that residents of Misericordia — as wonderful children of God — have the quality of life and opportunities they deserve,” said Father John Jenkins, the president of Notre Dame.

“We are inspired by her leadership and her compassion and are honored to bestow the Laetare Medal on her,” Father Jenkins said.

Sister Rosemary is a native Chicagoan, one of six children born to Irish immigrant parents. She joined the Sisters of Mercy at age 19 and taught in the Archdiocese of Chicago school system while pursuing her own education. She earned a bachelor's degree in social science from Saint Xavier University in 1959, a master's in sociology from St. Louis University in 1966, and a master's in social work from Loyola University Chicago in 1969.

She credited God's presence for her success.

“I always felt that God was with me, that God really took care of me. He even spoiled me by always making sure the right people were in the right place at the right time,” Sister Rosemary said. “And I don't think that's accidental. The Lord has been more than gracious to me. So I'm thankful to God that we have a Misericordia. It's a place where the children are respected and loved, and the staff is very committed to them.”



As for her motivation to continue her work, she said it has everything to do with the people by whom she's surrounded.

"What motivates me? I think the fact that I'm surrounded by wonderful people, including the staff and especially the residents here," Sister Rosemary said. "They challenge us to be our best. They're loving. They live life beautifully. And they can be models for us all."

The Laetare Medal is announced each year on the fourth Sunday of Lent, known as Laetare Sunday, and dates back to 1883. Notre Dame established the award as an American counterpart of the Golden Rose, a papal honor that goes back to the 11th century.

Previous recipients of the award include President Joe Biden, President John F. Kennedy, Dorothy Day, former Speaker of the House John Boehner, Cardinal Joseph Bernardin, Sister Norma Pimentel, and Hollywood actor Martin Sheen. Last year's recipient was environmental activist Sharon Lavigne.

The Laetare Medal bears the Latin inscription "*Magna est veritas et praevalabit*" ("Truth it is mighty, and it shall prevail"). Every year the award goes to a Catholic "whose genius has ennobled the arts and sciences, illustrated the ideals of the Church, and enriched the heritage of humanity."

Sister Rosemary will receive the 2023 Laetare Medal at the university's commencement ceremony in May.



**So God created humankind  
in God's own likeness, in the  
image of God, God created  
them.... God saw everything  
that God had made, and  
indeed it was very good.**

**Gen. 1:26-31**



## *Dates to Remember*

**April 4<sup>th</sup> – Mass of Chrism (7:00 pm) - Basilica**

**April 6<sup>th</sup> – Holy Thursday – Mass of the Lord’s Supper**

**April 7<sup>th</sup> – Good Friday – Celebration of the Lord’s Passion**

**April 7<sup>th</sup> – Good Friday – Stations of the Cross**

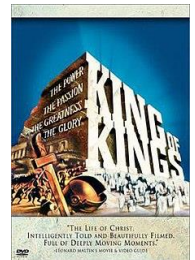
**April 8<sup>th</sup> – Holy Saturday – Blessing of the Easter Baskets and Morning Prayer (10:00 am) - Basilica**

**April 8<sup>th</sup> – Holy Saturday – Easter Vigil – Resurrection of the Lord**

**April 9<sup>th</sup> – Easter Sunday – Resurrection of the Lord**

## **Easter Specials on NTV**

NTV will be airing the following movies. Please check your local listings for the holiday movies “*King of Kings*” (April 8<sup>th</sup>) and “*Easter Parade*” (April 9<sup>th</sup>); special cartoon specials “*Daffy Ducks Easter Show*” (April 9<sup>th</sup>), “*Easter Bunny is Comin’ to Town*” (April 9<sup>th</sup>) and “*Bugs Bunny Easter Special*” (April 9<sup>th</sup>).





From Kitty's Kitchen

## **Cinnamon Beef Stew**

### **INGREDIENTS**

UNITS: **US**

- **2** tablespoons **olive oil**
- **2** lbs **stewing beef**, cut into 1 1/2 inch pieces
- **1** bunch **scallion**, sliced thin (about 1 cup)
- **3** large **celery ribs**, chopped fine
- **1** small **green bell pepper**, chopped fine
- **1** (2 lb) can whole **tomatoes with juice**, chopped
- **1** cup prepared **tomato sauce**
- **1** cup beef stock
- **1** tablespoon **Worcestershire sauce**
- **1** tablespoon finely chopped **parsley**
- **1** tablespoon **brown sugar**
- **1** **bay leaf**
- 1/4 teaspoon **rosemary**, crumbled
- 1/8 teaspoon **thyme**, crumbled
- 1/8 teaspoon **oregano**, crumbled
- **1** teaspoon **cinnamon**
- **1** pinch **cayenne**
- **3** **carrots**, sliced 1/2 inch thick
- **4 -6** small **new potatoes**, peeled, cut in half

### **DIRECTIONS**

- Heat oil over moderately-high heat and brown beef in batches, transferring to a bowl as it is browned.
- Pour off fat if desired.
- Return beef to kettle and stir in scallions, celery, bell pepper, tomatoes with juice, tomato sauce, beef stock, Worcestershire Sauce, brown sugar, herbs and spices.
- Simmer, covered, 2 1/2 hours.

- Add carrots and potatoes and simmer 30 minutes longer, or until they are tender.
- For Crock pot: Put browned beef and all remaining ingredients in crock pot.
- Give everything a stir and cook on low for 10-12 hours, adding more water or stock if stew appears too dry (probably not necessary).

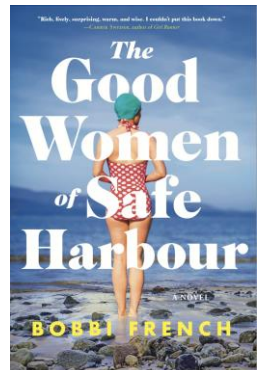


From Kitty's Library

*A Good Read*

*A Novel by Bobbi French*

An unforgettable, life-affirming novel about a woman living on her own terms at last and reclaiming the friendship of a lifetime, for readers of *The Unlikely Pilgrimage of Harold Frye* and *Me Before You*.



Frances Delaney is staring down the last days of her life. Looking back over her fifty-eight years with wit and no small amount of regret, she sees not the life she wanted but the one that happened. An idyllic childhood in the small Newfoundland fishing town of Safe Harbour was darkened by the loss of her father at sea, an unwanted pregnancy and a betrayal by her closest friend, Annie Malone. Frances and Annie were inseparable, and this rupture rocked Frances to the core. In the aftermath, she fled to St. John's and a solitary life nothing like what she and Annie had dreamed of as their grand escape. Now, with the help of her young, optimistic friend Edie, Frances begins a journey toward resolution and back to Annie and Safe Harbour. With these good women in her corner, Frances can at last chart her course to living on her own terms, right to the very end.

A powerfully touching celebration of friendship and forgiveness, *The Good*

*Women of Safe Harbour* is about a woman who finally gives herself a chance to love and be loved. It's a story that is impossible to read with dry eyes.



Photo credit: Justin Drover

Black Island, NL

The Last Word...

*“Let us not think of the means [God] has employed to convey to us a portion of the Holy Cross, being ever mindful that it came from Himself.”*

---

Catherine McAuley  
Letter to Frances Warde May 28, 1841





Jesus  
said to her,  
"I am  
**the resurrection**  
and the life.  
The one who  
believes in me  
will live,  
even though  
they die;  
and whoever  
lives by  
believing in me  
will never die.  
Do you believe this  
?"

John 11:25-26 (NIV)



# 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), Denis Duhamel and Mary Coish (brother-in-law and sister-in-law of Sharon 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](mailto:drover.sharon@yahoo.ca))

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



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

### **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*



### *Contemplative Presence*

*'If we were to create a word cloud to describe contemplation, it would include the words seeing, eyes, heart, stillness, silence,*

*presence, listening, openness.'*

---

Elizabeth Davis rsm

### *Integrity of Creation*

*We tune our ears to the wisdom of Earth.  
It is deep prayer, this listening to her cries,  
as Spirit's sighs, too deep for words.*

*Unborn generations call to us from the future:  
what did you do when the planet  
could no longer bear your foolishness  
and begin to break?*

*The cardinal's whistle,  
Once joy's message,  
Is now a haunting lament  
For the dwindling chorus of songbirds.*

*The topsoil – living organism and not lowly dirt –  
Clears its thinning, chemical-burned voice,  
And speaks out for the biotic kingdom  
Teeming within this dark body.*

*The willow drops her loving arms  
Around our shoulders and brushes us  
with grace,  
Whispering that it's not too late.*

*It falls to us, Wisdom's pupils,  
To turn this dirge into a dance of the cosmos.  
Let those with ears to hear, rise up.*

---

Adapted from If Darwin Prayed by Bruce Sanguin

### *Diversity and Inclusion*

*We have a very diverse environment and a very  
inclusive culture, and those characteristics got  
us through the tough times.*

*Diversity generated a better strategy,  
better risk management, better debates, and  
better outcomes.*

---

Alan Joyce

## Notes from the Associates/Sisters

### Items of Interest



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

#### *May 13<sup>th</sup> - Our Lady of Fatima Feast Day*

May 13<sup>th</sup> is the anniversary of the apparition of Our Lady to three shepherd children in the small village of Fatima in Portugal. It marks the first day in 1917 when the Blessed Mother appeared to the three children of Fatima in Portugal.

The story begins in the village of Fatima, Portugal, on May 13, 1917. On that fateful day near that tiny village, The Blessed Virgin Mary, Mother of God, appeared to three young peasant children: Francisco, Jacinta, and Lucia; ages 10, 9 and 7. As was the custom, these youngsters were tending their family’s sheep when “a Lady all in white, more brilliant than the sun... indescribably beautiful,” standing above a bush, appeared to the children.



News of these apparitions began to spread throughout the region. The children recounted that the Virgin told them that God had sent her with a message for every man, woman, and child living in the century. She promised that God would grant peace to the entire world if Her requests for prayer, reparation, and consecration were heard and obeyed.

On October 13<sup>th</sup>, 1930, the Bishop of Leiria gave the seal of church approval to the apparitions, officially authorizing worship of Our Lady of Fatima, declaring it "Divine Providence".

### ***Mother's Day - May 14<sup>th</sup>***



Many people express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians, foster parents, and family friends. It is the time for people to thank mothers and mother figures who took the time, care and help the ones they love through life's challenges. So, take some time on May 14<sup>th</sup> to reach out to someone special in your life who is a mother and bring a smile to them with the greeting "HAPPY MOTHER'S DAY".



### ***Victoria Day - May 24<sup>th</sup>***

*Queen Victoria: Born May 24, 1819. **Victoria Day** as we know it today has been known under a number of different names. Our parents and grandparents perhaps best remember it as **Empire Day**.*

With the death of **Queen Victoria**, who died on 22 January 1901, the nations of the British Commonwealth including Newfoundland began to search for a way to best celebrate her contributions.

The first 'Empire Day' took place on 24<sup>th</sup> May 1902, Queen Victoria's birthday. **Newfoundland** was among the first of the commonwealth nations to officially declare Empire Day an official holiday in 1903.

The holiday has given rise to the saying "*The 24<sup>th</sup> May is the Queen's Birthday. If we don't get a holiday we will all run away.*"

### **Queen Victoria and Newfoundland Connections**

*Queen Victoria allowed for the land grant for the Basilica, St. John's*



## *Queen Victoria and the Newfoundland Shawl*

Bishop Michael Fleming – the Roman Catholic bishop of Newfoundland conceived of the idea of building the Basilica Cathedral in the 1830's. In April, 1838, by gracious decree of the new Queen, Victoria, a definitive grant of some nine acres was made for the purpose of erecting the new cathedral and related buildings. Fleming obtained permission from Queen Victoria to build on "The Barrens".



Tradition has it that Bishop Fleming met with Queen Victoria in Hyde Park in London where the Queen rode by in her carriage. She then invited him to Buckingham Palace for tea. After a discussion, Queen Victoria offered her support and approval for the granting of the land for the Roman Catholic Cathedral. As he was leaving the Palace – Queen Victoria noted that it was chilly outside and offered him a shawl – which he later gave to his friend Mary Shaw Dempsey of Alexandria Street, St. John's.

## *Victoria, Behind Carbonear takes its name from Queen Victoria*



**Newfoundland:** Victoria goes by many nicknames, including "The Village" and "The Savage Hollar." The community of Victoria is believed to have originally begun as a "winterhouse" for people from Freshwater and Carbonear. In the nineteenth century the settlement was named **Victoria Village**, in honor of **Queen Victoria**.

## *Queen Victoria and Cabot Tower*

In 1897, Cabot Tower was commissioned to commemorate the 400<sup>th</sup> anniversary of John Cabot's discovery of Newfoundland and Queen Victoria's Diamond Jubilee (60<sup>th</sup> Anniversary).

An excellent example of late-gothic revival architecture the tower was designed by St. John's architect William Howe Greene. Begun in 1898, Cabot Tower was completed in 1900 and has been a part of a number of historic events.



**Victoria Day** in Newfoundland and Labrador marks the beginning of the summer, it is time to open the cabins and get the camping gear out!!

## ***Quidi Vidi Village Artisan Studios***

You're invited to join us at the Quidi Vidi Village Artisan Studios on Thursday evenings from 6-8pm to participate in the Warm Embrace project for the [Come From Away Gander](#) set! Knitters and crochets of all levels are invited to knit or crochet 6" or 12" squares that will be used in the set design in Gander this summer. 🌐

🧶 We have all the wool, you just need to bring a crochet hook or knitting needles!

This will be a great place to share ongoing projects, tips, and make new friends. All levels of experience are welcome.



*This was the first time I ever held a crochet hook and look what I made.*

*~ Catherine Ryan*



## ***From Kitty's Kitchen***

### ***A twist on Mac and Cheese: Roasted vegetable Mac and Cheese***

#### **Directions:**

- Preheat oven to 450°F (230°C). Line baking sheet with parchment paper.
- Arrange broccoli and Brussels sprouts in even layer on baking sheet. Spray vegetables with avocado oil spray. Season with 1/2 tsp salt and 1/4 tsp pepper. Roast vegetables, stirring halfway through for 20 to 25 minutes or until



tender and browned on the bottom.

- In large saucepan of boiling salted water, cook macaroni, stirring occasionally, about 10 minutes - drain.
- In large saucepan set over medium heat, melt 2 tablespoons of butter. Whisk in flour; whisk, for 1 minute or until smooth. Whisk in milk, cream, remaining 1/2 tsp salt and remaining 1/4 tsp pepper; bring to a boil, whisking constantly. Remove from heat.
- One handful at a time, stir in 1-1/2 cups Cheddar cheese until melted. Stir in drained macaroni and roasted vegetables.
- Spray 9-inch square baking dish with pam. Pour in macaroni / vegetable mixture. Sprinkle with remaining Cheddar cheese and Parmesan cheese.
- Bake for 15 to 20 minutes or until golden brown and bubbling.



### *From Kitty's Library*

#### *A Good Read*

Paris, 1939: Young and ambitious Odile Souchet seems to have the perfect life with her handsome police officer beau and a dream job at the American Library in Paris. When the Nazis march into the city, Odile stands to lose everything she holds dear, including her beloved library. Together with her fellow librarians, Odile joins the Resistance with the best weapons she has: books. But when the war finally ends, instead of freedom, Odile tastes the bitter sting of unspeakable betrayal.



Montana, 1983: Lily is a lonely teenager looking for adventure in small-town Montana. Her interest is piqued by her solitary, elderly neighbor. As Lily uncovers more about her neighbor's mysterious past, she finds that they share a love of language, the same longings, and the same intense jealousy, never suspecting that a dark secret from the past connects them.

## *Movie Night*

Bell Aliant Channel 50  
Rogers Channel 204



### **A Nun's Story (1959)**

Friday May 12<sup>th</sup> 3:30pm

Starring: Audrey Hepburn; Peter Finch and Edith Evans

A headstrong girl fights the strictures of the Catholic church in Europe and the Belgian Congo.

### **The Women (1939)**

Sunday May 21<sup>st</sup> 5:30pm

Starring: Joan Crawford; Rosalind Russell; Norma Shearer

A happily married woman lets her catty friends talk her into divorce when her husband strays.

### **Brief Encounter (1945)**

Thursday, May 25<sup>th</sup> 4:15 pm

Starring: Celia Johnson; Trevor Howard; Stanley Holloway

Two married strangers meet in a train station and fall in love.



## *Pause for Thought*

*‘This time of “pause” is an invitation from God  
to look at our lives, to see and believe that what  
matters most is to trust fully in God’s divine providence.’*

---

Maria Teresa Retana rsm

Magnificat of Mercy

*Sweet Mercy!*

*Soothing, patient, kind:*

*softens the high and rears the fallen mind;  
knows with just rein and even hand to guide  
between false fear and arbitrary pride.*

*Not easily provoked, she soon forgives:  
feels love for all, and by a look, relieves.*

*Soft peace she brings wherever she arrives:  
removes our anguish and transforms our lives;  
lays the rough paths of peevish nature even –  
and opens in each heart a little Heaven.*

*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 from us ..*

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Catherine McAuley - Letter to Elizabeth Moore Easter Monday, 1841

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# KITTY'S CHRONICLE

MERCY ASSOCIATES NEWSLETTER

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

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

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

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



### **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*



## Happy Anniversary Wishes to ...



Joanne & Ed  
Sharon & Bill  
Barbara & George

June 10<sup>th</sup>  
June 26<sup>th</sup>  
June 28<sup>th</sup>



### *Light a Candle*

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

## From the Wisdom Circles

### *Circle of Compassion*

*“When we’re looking for compassion, we need someone who is deeply rooted, is able to bend and, most of all, embraces us for our strengths and struggles.”*

---

Brené Brown

### *Contemplative Presence*

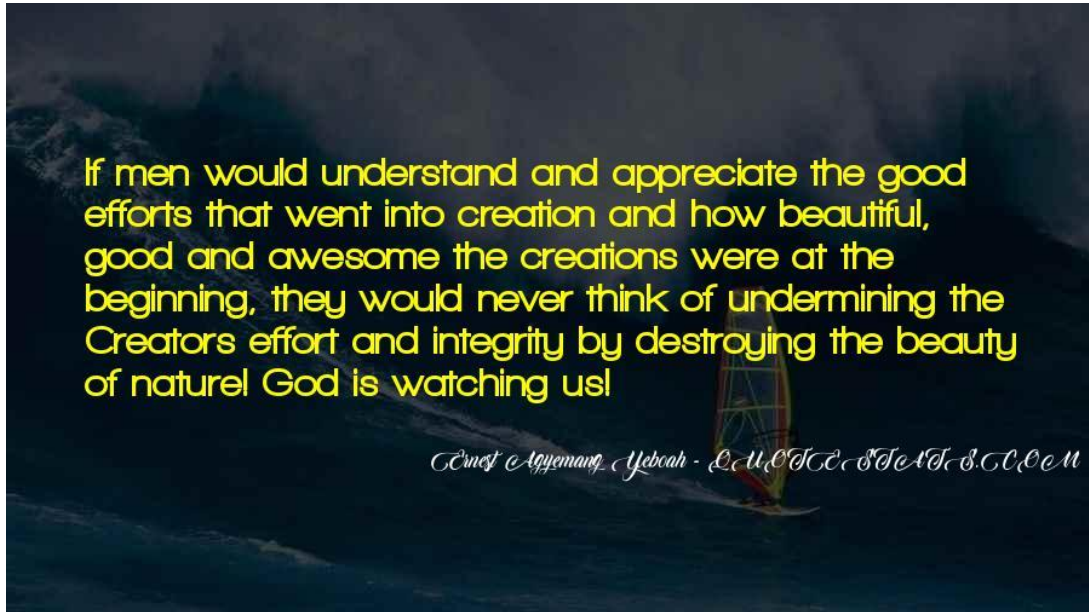
*“My principal purpose here is to point out again, yet more insistently, that one cannot meaningfully consider, much less investigate, the reality of God except in a manner appropriate*

*to the kind of reality God has traditionally been understood to be. Contemplative discipline, while not by any means the only proper approach to the mystery of God, is peculiarly suited to (for want of a better word) an 'empirical' exploration of that mystery. If God is the unity of infinite being and infinite consciousness, and the reason for the reciprocal transparency of finite being and finite consciousness each to the other, and the ground of all existence and all knowledge, then the journey toward him must also ultimately be a journey toward the deepest source of the self. As Symeon the New Theologian was fond of observing, he who is beyond the heavens is found in the depths of the heart; there is nowhere to find him, William Law (1686–1761) was wont to say, but where he resides in you; for Ramakrishna (1836–1886), it was a constant refrain that one seeks for God only in seeking what is hidden in one's heart; (...) The practice of contemplative prayer, therefore, is among the highest expressions of rationality possible, a science of consciousness and of its relation to the being of all things, (...)"*

---

David Bentley Hart, The Experience of God: Being, Consciousness, Bliss

## *Integrity of Creation*



## *Diversity and Inclusion*

*We should indeed keep calm in  
the face of difference, and live  
our lives in a state of inclusion  
and wonder at the diversity of  
humanity.”*

George Takei

## Notes from the Associates/Sisters

### Items of Interest



**June** is named after the Roman goddess Juno – the god of marriage and childbirth, and the wife of Jupiter, king of the gods.



### **June 5<sup>th</sup> - World Environmental Day**

Plastics are the largest, most harmful and persistent fraction of marine litter, accounting for at least 85 per cent of total marine waste.



## **Fifty years celebrating World Environment Day**

Led by the United Nations Environment Programme (UNEP) and held annually on 5 June since 1973, World Environment Day is the largest global platform for environmental public outreach and is celebrated by millions of people across the world.

## **June 8<sup>th</sup> - World Ocean Day**

### **Did you know?**



- The ocean produces at least 50% of the planet's oxygen.
- The ocean is key to our economy with an estimated 40 million people being employed by ocean-based industries by 2030.
- Oceans absorb about 30% of carbon dioxide produced by humans, buffering the impacts of global warming.

## **June 12th - World Day Against Child Labour**

The eradication of child labour requires a systemic approach and effective policies to strengthen social protection systems, education, and decent work opportunities for parents and caregivers to address the conditions that drive child labour.

Let us keep in our prayers the many children working because of family poverty, the parents of these children and the organizations addressing child labour and trafficking. Let us commit ourselves to ethical purchasing to prevent worker exploitation.

## **June 18<sup>th</sup> – Father's Day**

Father's Day can hold many emotions for both men and women - those who had a loving father that passed away, those who never knew their dad, those expectantly waiting to become a dad soon, and countless other situations surrounding the father-child relationship.



Happy Father's Day to all the dads, grandfathers, uncles, and positive male role models. It takes a village to raise a child to become a wonderful human being. The influence of a strong and caring man in a child's life will nurture a future of loving relationships. Enjoy your day!



### **June 20<sup>th</sup> – World Refugee Day**



World Refugee Day is an international day designated by the United Nations to honour refugees around the globe. It falls each year on 20 June and celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. World Refugee Day is an occasion to build empathy and understanding for their plight and to recognize their resilience in rebuilding their lives.

### **June 21<sup>st</sup> - International Yoga Day**

Free Yoga session at Government House (50 Military Road) this summer!  
Join Nova Yoga at Government House for Free Yoga starting June 30th! Classes are Wednesdays at 12:15pm (45mins).

**July 1 – September 30 (weather permitting)**

The practice of Yoga brings joy, health, peace from within and deepens a sense of connection between an individual's inner consciousness and the external world.

People around the world embraced yoga to stay healthy and rejuvenated and to fight social isolation and depression during the pandemic. It is particularly helpful in allaying their fears and anxiety.

Yoga can be an important instrument in the collective quest of humanity for promoting sustainable lifestyle in harmony with planet Earth. In keeping with this spirit, the theme for this year's Yoga Day celebrations is "Yoga for Humanity."



## June 21<sup>st</sup> – Feast Day - Saint Aloysius Gonzaga's Story

The Lord can make saints anywhere.....As a son of a princely family, he grew up in royal courts and army camps. His father wanted Aloysius to be a military hero.

At age 7 Aloysius experienced a profound spiritual quickening. His prayers included the Office of Mary, the psalms, and other devotions. At age 9 he came from his hometown of Castiglione to Florence to be educated; by age 11 he was teaching catechism to poor children. When he was 13 years old, he traveled with his parents and the Empress of Austria to Spain, and acted as a page in the court of Philip II. The more Aloysius saw of court life, the more disillusioned he became, seeking relief in learning about the lives of saints.

A book about the experience of Jesuit missionaries in India suggested to him the idea of entering the Society of Jesus, and in Spain his decision became final and he was received into the Jesuit novitiate.

Like other seminarians, Aloysius was faced with a new kind of penance—that of accepting different ideas about the exact nature of penance. He spent four years in the study of philosophy and had Saint Robert Bellarmine as his spiritual adviser.

In 1591, a plague struck Rome. The Jesuits opened a hospital of their own. The superior general himself and many other Jesuits rendered personal service. Because he nursed patients, washing them and making their beds, Aloysius caught the disease. A fever persisted after his recovery and he was so weak he could scarcely rise from bed. Yet he maintained his great discipline of prayer, knowing that he would die three months later within the octave of Corpus Christi, at the age of 23.

### **The History behind the Peter Pan Statue in Bowring Park**

On February 23rd, 1918 the S.S. Florizel set out from St. John's harbour, enroute to New York City. One day later, fierce weather off the Southern Shore resulted in the ship striking a rock called Horn's Head near Cappahayden.

Ninety-three souls were lost in the wreck. One of the lost was little three-year old Betty Munn, who was torn from her father's arms during the disaster. Like Peter Pan, this little girl would never grow up.

Betty Munn was the granddaughter of Sir Edgar Rennie Bowring, who was a prominent business man and a partner in his family's business, Bowring Brothers Ltd. The firm was involved in various ventures, one of which was shipping. The Florizel was one of their vessels.

Four years before the disaster, Bowring Park was opened near downtown St. John's. The land was donated to the city in celebration of the firm's 100th year doing business in Newfoundland. After the Florizel disaster, Bowring commissioned a duplicate of the Peter Pan statue that stands in Kensington Gardens, London in memory of his granddaughter. This statue was placed in the park, where it still stands today, inscribed "In memory of a dear little girl who loved the park, Betty Munn."



Betty Munn



Peter Pan Statute – Bowring Park

### **Poetry Pause:**

*"And what is so rare as a day in June?  
Then, if ever, come perfect days;  
Then Heaven tries earth if it be in tune,  
And over it softly her warm ear lays:  
Whether we look, or whether we listen,  
We hear life murmur, or see it glisten,"  
~James Russell Lowell~*





*From Kitty's Kitchen*

## Hot Dog Wraps

### Ingredients:

- 1 to 2 sheets puff pastry, defrosted and refrigerated
- Mustard
- 4 hot dog wieners
- 1 egg beaten with 1 tablespoon water, for egg wash
- Sea Salt and Pepper



### Directions:

- Preheat oven to 375 degrees.
- Lay the cold puff pastry on a board and cut a 5½-inch wide strip to match the length of the hot dogs.
- Brush a 3-inch-wide strip of the cut pastry generously with mustard.
- Place a hot dog at the end of the pastry where you brushed the mustard and roll it up and away from you (one turn), until the hot dog is just encased in one layer of pastry and mustard.
- Brush the next 1-inch strip of pastry with the egg wash and continue to roll the hot dog, so the pastry is completely sealed.
- Cut any remaining pastry across and place the hot dog, seam side down, on a sheet pan lined with parchment paper.
- Prepare the remaining 3 hot dogs the same way.
- Brush the pastry with egg wash and sprinkle generously with sea salt and pepper. Bake for 15 to 20 minutes, until the pastry is nicely browned.
- Can be served with coleslaw, a salad, homemade potato fries; potato chips, etc., and make sure you have some extra mustard, ketchup and relish on the side.





## *From Kitty's Library*

### *A Good Read*

#### *What is Invisible*

Author: Beth Ryan

The twelve stories found between the covers of *What is Invisible* span time and place - from 1920s outport Newfoundland to the streets of downtown St. John's in the 1970s to a condominium complex in Florida in 2000. *What is Invisible* features a diverse collection of characters...a teenaged babysitter turned Woolworth's counter girl with a passion for something of her own, a middle-aged police officer who puts his career on the line to make working girls feel special, an elderly woman who struggles to understand her life after cancer threatens to end it. On the surface, these people don't have a lot in common. But most of them live on the edge of their own worlds, as they shun convention, stray over the line, or act as detached observers. The people you will meet in *What is Invisible* are searching for the truth but they end up finding some of their answers in their own secrets and lies.



## *Movie Night*

Bell Aliant Channel 50

Rogers Channel 204

### **The Mating Game 1959**

Sunday, June 4<sup>th</sup> 2:00 pm

A tax agent falls for a farm girl whose father he's investigating.

Starring: Debbie Reynolds; Doris Day; Tony Randell

### **Written on the Wind 1957 (Drama)**

Friday, June 9<sup>th</sup> 8:00 pm





A young woman marries into a corrupt oil family then falls for her husband's best friend.  
Starring: Rock Hudson; Lauren Bacall; Robert Stack

**Royal Wedding 1951 (Musical)**

Wednesday June 21<sup>st</sup> 4pm

A brother-and-sister musical team find romance when they tour to London for Elizabeth II's wedding.

Starring: Fred Astaire; Jane Powell; Peter Lawford



*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

*What kind of person was Catherine McAuley?*

*Catherine’s Personality*

From the reminiscences of one of her early companions we learn that ‘Sincerity held the first place among her many natural talents. It added a special lustre to all her other virtues – charity, humility,

love for any service of the poor, her faith, etc. – which were so genuinely free from the slightest element of artificiality or pretense that JUST TO KNOW HER WAS TO BE DRAWN NEARER TO GOD.” She was at once a human person and a holy woman, full of affection and *joie de vivre*; she believed that happiness is a good thing shared and her nature was one of keen sensitivity coupled with unlimited availability and constant openness to the Spirit. Her special charism was to interpret for those with whom she came in contact the Gospel of Mercy and to spread the good news of God’s unchanging love for His people. She was selfless and unassuming; she could be stern when occasion demanded and she forgave all hurts because she had a heritage of compassion and basic wisdom. She had a saving sense of humour, which, with the spirit of joy one finds in her letters, shows that hers was an attitude of hope even in the darkest moments.

Next month: Her femininity!

## *The Last Word...*

### *“Oneness with God*

*As water assumes the form of whatever vessel it is put into, so do you form your heart and will to love and fulfill whatever shall be assigned you for the love of Him who has ordered it so. If the love of God reigns in your heart, it will quickly show itself in the exterior, and we will love our neighbour also: they are cause and effect.”*

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*Retreat Instructions, 55, 145, 147*

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