



Vol. 7/No. 5 - May 2024

Kitty's Chronicle

Mercy Associates Newsletter

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, 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)



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.



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

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

“Dare to Be

When a new day begins, dare to smile gratefully.

When there is darkness, dare to be the first to shine a light.

When there is injustice, dare to be the first to condemn it.

When something seems difficult, dare to do it anyway.

When life seems to beat you down, dare to fight back.

When there seems to be no hope, dare to find some.

When you're feeling tired, dare to keep going.

When times are tough, dare to be tougher.

When love hurts you, dare to love again.

When someone is hurting, dare to help them heal.

When another is lost, dare to help them find the way.

When a friend falls, dare to be the first to extend a hand.

When you cross paths with another, dare to make them smile.

When you feel great, dare to help someone else feel great too.

When the day has ended, dare to feel as you've done your best.

Dare to be the best you can –

At all times, Dare to be!”

Steve Maraboli, *Life, the Truth, and Being Free*

Contemplative Presence

“There are three stages of spiritual development,’ a teacher taught.’ The carnal, the spiritual, and the divine.’

‘What is the carnal stage?’ the disciple asked.

‘That’s the stage,’ the teacher said, ‘when trees are seen as trees and

mountains are seen as mountains.'

'And the spiritual?' the disciple asked eagerly.

'That's when we look more deeply into things. Then trees are no longer trees and mountains are no longer mountains,' the teacher answered.

'And the divine?' the disciple said breathlessly.

'Ah,' the teacher said with a smile. 'That's enlightenment - when the trees become trees again and the mountains become mountains.'

We pray to see life as it is, to understand it, and to make it better than it was.

We pray so that reality can break into our souls and give us back our awareness of the Divine Presence in life. We pray to understand things as they are, not to ignore and avoid and deny them.

We pray so that when the incense disappears we can still see the world as holy."

Joan Chittister

Integrity of Creation

In the beginning God entrusted the earth and its resources to the common stewardship of mankind to take care of them, master them by labor, and enjoy their fruits.^{1 87} The goods of creation are destined for the whole human race. However, the earth is divided up among men to assure the

security of their lives, endangered by poverty and threatened by violence. The appropriation of property is legitimate for guaranteeing the freedom and dignity of persons and for helping each of them to meet his basic needs and the needs of those in his charge. It should allow for a natural solidarity to develop between men. (226, 1939) The right to private property, acquired or received in a just way, does not do away with the original gift of the earth to the whole of mankind. The universal destination of goods remains primordial, even if the promotion of the common good requires respect for the right to private property and its exercise.

Creation Quotes from the Catechism of the Catholic Church

Diversity and Inclusion

“We will all profit from a more diverse, inclusive society, understanding, accommodating, even celebrating our differences, while pulling together for the common good.”

Ruth Bader Ginsburg



Notes from the Associates/Sisters

ITEMS OF INTEREST



May is the fifth month of the year in the Julian and Gregorian calendars. Its length is 31 days.

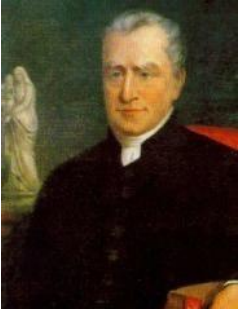
May is a month of spring in the Northern Hemisphere, and autumn in the Southern Hemisphere. Therefore, May in the Southern Hemisphere is the seasonal equivalent of November in the Northern Hemisphere and vice versa. Late May typically marks the start of the summer vacation season in the United States (Memorial Day) and Canada (Victoria Day) that ends on Labour Day, the first Monday of September.

May (in Latin, *Maius*) was named for the Greek goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May. Conversely, the Roman poet Ovid provides a second etymology, in which he says that the month of May is named for the *maiores*, Latin for "elders," and that the following month (June) is named for the *iuniores*, or "young people" (*Fasti VI.88*).

Mayapples - common name given due to the plant's tendency to bloom in the month of May. Special devotions to the Blessed Virgin Mary take place in May.

Eta Aquariids meteor shower appears in May. It is visible from about April 21 to about May 20 each year with peak activity on or around May 6.

The Arietids shower from May 22 – July 2, and peaks on June 7. The Virginids also shower at various dates in May.



**May 5th – Feast Day
Blessed Edmund Rice, Religious**

Edmund Ignatius Rice (1762-1844) came from Callan, County Kilkenny. After his young wife's early death, he sold his possessions and dedicated his life to the education of the poor.

To advance the work he gathered other like-minded men who took religious vows together to work for the Catholic education of boys.

He is a model of patient and cheerful acceptance of the sufferings God sends, a true lay apostle and a deeply committed religious.

The life and work of Edmund Ignatius Rice continues to be examined for the process of canonization. On October 6, 1996, he was beatified as Blessed Edmund Ignatius Rice which is the second step towards sainthood.

May 12th - Mother's Day

Many people in Canada express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians (eg. foster parents), and family friends. It is the time for people to thank mothers and mother figures who took the time care for them and help them through life's challenges.

Most people give cards, flowers, or chocolates, and/or make handmade items or special meals on Mother's Day.

Mother's Day endures and evolves. Just as Mother's Day was the creation of multiple women, the modern Mother's Day celebrates the varied roles of mothers today. We commemorate the many ways mothers have fought to better the lives of



their children, from social welfare to non-violence. We also honor the way mothers have raised and nurtured their children with love and courage.



Women in Canadian History



Pauline Johnson (1861–1913)

Poet and public speaker. Pauline Johnson (Tekahionwake) is best known for her poetry celebrating her Aboriginal heritage. The daughter of George Johnson, a Mohawk chief, she wrote stories about Aboriginal women and children that were based in an idealistic setting but were more realistic than those written by her contemporaries. Some of her work is included *Songs of the Great Dominion* (1884) by W.D. Lighthall, the first anthology to include French-Canadian and Aboriginal poetry. Johnson travelled across Canada, the United States, and England to give speeches and poetry readings. Her patriotic poems and short stories made her a popular ambassador for Canada. *Photo: Bibliothèque et Archives Canada*



Marie Lacoste Gérin-Lajoie (1867–1945)

Feminist, social reformer, lecturer, educator, and author. Marie Lacoste was from an early age acutely aware of the inequities faced by women. She was brilliant but had to educate herself through her father's library because Quebec's francophone universities were closed to women. In 1908 she helped to establish a girls' school that would allow young women to pursue higher education. She was a driving force behind the the Fédération nationale Saint-Jean-Baptiste, a francophone women's organization that

championed education, equity under the law, women's right to vote, and other social causes. Her work paved the way for the rise of the Quebec feminist movement during the Quiet Revolution. *Photo: Centre d'archives de Montréal*



Margaret Laurence (1926–1987)

One of the giants of Canadian literature. Born in Neepawa, Manitoba, Margaret Laurence graduated from United College (now the University of Winnipeg) and lived in Africa with her husband for a time. Her early novels were about her experience in Africa but the novel that made her famous — *The Stone Angel* — was set in a small Manitoba town very much like the one she grew up in. Her work resonated because it presented a female perspective on contemporary life at a time when women were breaking out of traditional roles. Laurence was also active in promoting

world peace through Project Ploughshares and was a recipient of the Order of Canada.



Agnes Macphail (1890–1954)

First woman elected to the House of Commons. Agnes Macphail was born in rural Ontario. While working as a young schoolteacher she became involved with progressive political movements, including the United Farm Women of Ontario. She also began writing a newspaper column. She was elected to the Commons as a member of the Progressive Party of Canada in 1921. Her causes included rural issues, pensions for seniors, workers rights, and pacifism. She also lobbied for penal reform and established the Elizabeth Fry Society of Canada. She later was elected

to Ontario's Legislative Assembly, where she initiated Ontario's first equal-pay legislation in 1951.

Poetry Pause



May Is Pretty, May Is Mild by Annette Wynne

May is pretty, May is mild,
Dances like a happy child;
Sing out, robin; spring out, flowers;
April went with all her showers,
And the world is green again;
Come out, children, to the glen,

To the meadows, to the wood,
For the earth is clean and good,
And the sky is clear and blue,
And bright May is calling you!



Each day provides its own gift.
Marcus Aurelius



From Kitty's Kitchen

BBQ chicken in the oven

Ingredients

- **1 cup.** BBQ sauce
- **1/4 cup.** reduced-sodium soy sauce
- **1/4 cup.** extra-virgin olive oil
- **1/4 cup.** sliced scallions, divided
- **2 tbsp.** lemon juice
- **1 tbsp.** smoked paprika
- **1** clove garlic
- **1 tbsp.** freshly ground black pepper, divided
- **1 tbsp.** salt
- **1** red bell pepper, stem and seeds removed, sliced 1" thick
- **1** red onion, halved and sliced 1" thick
- **2 cup.** cubed fresh pineapple
- **4** -6 boneless, skinless chicken breasts



Directions

1. Heat grill to medium-high for at least 3 minutes. In a small bowl, stir together BBQ sauce, soy sauce, oil, 2 tablespoons of scallions, lemon juice, paprika, garlic, and 1 teaspoon each salt and pepper.
2. Divide the bell pepper, onion, and pineapple between 4, 16" square sheets of heavy duty aluminum foil. Top each packet with a chicken breast and season with 2 teaspoons each salt and pepper, dividing evenly. Pour the sauce over top, dividing evenly, then tightly fold each piece of foil to make a packet and place on the grill.
3. Grill, covered and undisturbed, for 20 minutes, then use tongs to carefully open the top of each packet. Grill for another 5 minutes, until an instant-read thermometer inserted into the thickest part of the breast reads 165°.

4. Remove from the grill and let rest for 5 minutes. Transfer contents of each package to a plate and spoon any remaining sauce over top. Garnish with remaining 2 tablespoons each cilantro and scallion, dividing evenly.



Best Ham Casserole

Submitted by Anne Bown

Ingredients:

- 2 cups cubed peeled potatoes (I often use the small potatoes and leave the peels on – I cut the potatoes into 4 or 6 pieces)
- 1 large carrot, peeled and sliced
- 2 celery ribs, chopped
- 3 cups of water (for cooking veggies)
- 2 cups of cooked ham, cubed (I often use a fully cooked ham slice)
- 2 tbsp green pepper – chopped
- 2 tsp finely chopped onion
- 7 tbsp butter – divided into 3 tbsp and 4 tbsp
- 3 tbsp flour
- 1 1/2 cups of 2% milk (I have also used a 354 ml can of 2% evaporated milk)
- 3/4 tsp salt
- 1/8 tsp pepper
- 1 cup grated cheddar cheese
- 1/2 cup soft bread crumbs (I often used crumbs which have had melted butter and savoury added – i.e., left over from chickens and frozen for other use)
- Fresh parmesan cheese (optional)

Method:

1. Bring potatoes, carrot, celery and water to a boil. Reduce heat and cook about 15 min (or until tender) – Drain. Put in a large bowl.

2. In a skillet, sauté the ham, green pepper, onion in 3 tbslp butter until tender. Add to potato mixture (In the larger bowl).
3. Melt the remaining 4 tbslp butter, stir in the flour and gradually add milk, salt and pepper. Bring to a boil, cook and stir for 2 minutes or until thickened. Reduce heat, add cheese and stir until cheese melts.
4. Pour over ham mixture in bowl and stir to coat.
5. Transfer to a greased baking dish – about 9 x 9 is the right size (I use a square glass dish).
6. Sprinkle with bread crumbs and parmesan (if using).
7. Bake uncovered at 375 degrees for 25 – 30 minutes.
8. This can be frozen either uncooked (thaw and cook) or cooked (thaw and reheat).



From Kitty's Library

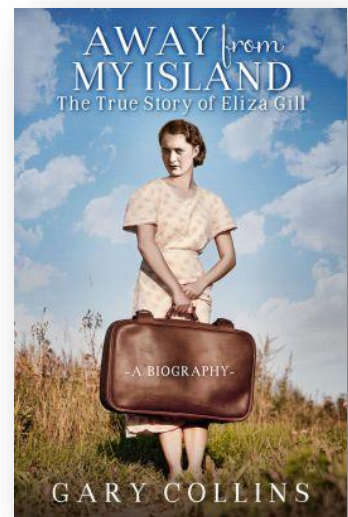
A Good Read: *Away from My Island* by Gary Collins

A true story of family, heroism, and ultimate sacrifice.

Born on Silver Fox Island in 1914, Eliza Gill was working “in service” before she was eight years old. By the age of eleven, she was informed by her father she would be sailing on a fishing schooner to the Labrador, where she would cook for a crew of five. For this she received no pay, but she didn't complain.

Eliza liked the island way of life, but she wanted more for her family. She persuaded her husband, Jacob, to leave their island home before the Resettlement Program began.

At Eliza's insistence, the family moved to Toronto. There she met a Jewish neighbour who was a Polish survivor of the Holocaust. She told



Eliza about the horrors of a war she could not even fathom. It would haunt Eliza for all of her days.

This is the true account of one woman's fortitude and bravery.



Pause for Thought



Silence is something more than just a pause; it is that enchanted place where space is cleared and time is stayed and the horizon itself expands. In silence, we often say, we can hear ourselves think; but what is truer to say is that in silence we can hear ourselves not think...In silence, we might better say, we can hear someone else think.

Pico Iyer



Rest with God

In peace I will both lie down and sleep; for Thou alone, O Lord, makest me dwell in safety."

Psalm 4:8



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 IV

Nurturer

That Catherine cared about her companions deeply is almost axiomatic, but when one reads her own words to them, it is doubly clear that she felt, and displayed, great affection and concern for the well-being of each one. Her letters to them are invariably solicitous and intimate in tone. Listen to the insights she offers here into the character of the recipient of the letter, as well as to the extent of her own nurturing and concern. It is honest and forthright, yet full of kindness. It is the depth of winter, and Catherine has heard that Frances Warde has been ill:

My ever Dear Sister Mary Francis

I have been very uneasy about you since I heard how you have been affected, though I am aware that there may not be any serious cause, for Sister Teresa White had the same kind of attack. Yet, I know you are not sufficiently cautious, and this is what I fear most.

Now let me entreat you not to be going through the new convent, or out in the garden even the mildest day during this month without careful wrapping up.

Have your shawl crossed on your chest and your feet very warm. I am sorry I did not look at the flannel you are wearing, is it very good? I could send some if you have it not. Again, I entreat you to be prudently cautious. (p.151)

Catherine's nurturing capacity, the ability to treat with great patience and gentleness and understanding in order to promote health and wholeness of mind, body and spirit, shines out from these simple, homely words of one woman to another, an older mentor to a young friend, cautioning common sense and moderation. Perhaps the "mothering" metaphor she frequently employs as a mark of care and affection does not appeal to modern ears, but there can be little doubting the sincerity of the care behind it, and it is perhaps noteworthy in this context to remember that Frances Warde's own mother had died when Frances was an infant.

One of the most touching expressions of Catherine's care occurs in a request made to Elizabeth Moore, to prepare a room for an ailing Sister being sent to Kingstown for the sea air:

Will you, my Dear...give her all the care you can for a little time? She is so gentle it will be no difficult matter to please her. A little broiled meat, or whatever she tells you she can take, not to get up till breakfast time. Except you have Mass and that she feels able. Not to go out except she likes to try a short walk. Great tenderness of all things...(p.93)

To be a nurturer in the manner of Catherine seems to be a delicate balance between giving direction and allowing the ailing person her freedom, between following prescriptions and letting the other person's effort and self-determination assert itself, between recognising need and dependency and encouraging the other's quest for healing and life. And the overriding "rule"? The quality that is valued above all by Catherine in respect of those in need? Tenderness. To lead with tenderness, to live with tenderness.

Next Month, Catherine: Empathizer

The Last Word...

"The Lord and Master of our House and Home is
a faithful Provider. Let us never desire more than enough
- He will give that and a blessing.

—————
Catherine McAuley – Letter to Teresa Purcell early 1841