



Vol. 7/No. 7 - July 2024
Kitty's Chronicle
Mercy Associates Newsletter

July 1st, 2024
Memorial Day, Newfoundland and Labrador



Badge



Regimental Colour

<https://www.canada.ca/en/department-national-defence/services/military-history/history-heritage/official-military-history-lineages/lineages/infantry-regiments/royal-newfoundland-regiment.html>



A granite burial chamber that will become a tomb of the unknown soldier on July 1 was lowered into place at the Newfoundland National War Memorial in St. John's in early April. On Saturday, May 25th the remains of a Royal Newfoundland Regiment soldier who died in northern France during the First World War was returned to Newfoundland and Labrador.



A lying-in-state took place at Confederation Building from June 28-30 to allow members of the public to pay their respects.

On July 1, large crowds gathered in downtown St. John's for the annual Memorial Day remembrance service and to mark the centennial anniversary of the Newfoundland National War Memorial.

As part of the July 1 ceremony, meanwhile, the soldier's remains were re-interred inside a newly constructed granite burial chamber at the base of the 100-year-old monument.

It will be just the second such tomb in Canada, with the National War Memorial in Ottawa adding a tomb of the unknowns nearly a quarter-century ago.

It's essential that the identity of the soldier remains unknown because he will symbolically represent all Newfoundlanders and Labradorians from all branches of service who have no known grave.

Newfoundland was a self-governing British Dominion during the First World War, and more than 12,000 Newfoundlanders served in military or support services during the conflict. More than 1,700 lost their lives during the war, and some 800 of those who died have no known grave.

Roughly 600 of those unknown graves are located in France and Belgium, according to the Commonwealth War Graves Commission, and are marked by headstones with the wording "Known Unto God."

(Unveiling of the Newfoundland National War Memorial, 1924 (Courtesy of The Rooms, Provincial Archives Division (E47-40), St. John's)



The monument is built of marble, with bronze statuary and iron fencing, and was the work of world-renowned British artists, Gilbert Bayes and Ferdinand Victor Blundstone.

Bronze plaques representing each of the following adorn the Memorial:

- The War of 1812-15
- The First World War
- The Second World War
- The Korean War
- The Afghanistan War

It is the province's largest and most substantial work of public art, combining allegorical and realistic figures to portray Newfoundland's "First World War effort". It overlooks St. John's harbour, the departure point for many of those who served and died, and the location to which many veterans, including those physically and mentally scarred, returned.



The Final Resting Place – Our Son is Home

https://www.google.com/search?q=updated+picture+of+the+Tomb+of+theUnknown+Solder+st.+john%27s+nl&rlz=1C1GCEA_enCA875CA875&oq=updated+picture+of+the+Tomb+of+theUnknown+Solder+st.+john%27s+nl&gs_lcrp=EgZjaHJvbWUyBggAEEUYOdIBCTE2MDk1ajBqNKgCALACAQ&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:c7177545,vid:l-mlvpSiWw,st:0

Psalm 91

He who dwells in the shelter
of the Most High
will abide in the shadow of
the Almighty
I will say to the Lord, “My
refuge and my fortress,
my God, in whom I trust”

For he will deliver you from
the snare of the fowler
and from the deadly
pestilence
He will cover you with his
pinions,
and under his wings you will
find refuge;
his faithfulness is a shield and
buckler
You will not fear the terror of
the night,
nor the arrow that flies by
day,
nor the pestilence that stalks
in darkness,
nor the destruction that
wastes at noonday
A thousand may fall at your
side,
ten thousand at your right
hand,
but it will not come near you.

You will only look with your eyes
and see the recompense of the
wicked

Because you have made the Lord
your dwelling place—
the Most High, who is my refuge—
no evil shall be allowed to befall
you,
no plague come near your tent
For he will command his angels
concerning you
to guard you in all your ways
On their hands they will bear you
up,
lest you strike your foot against a
stone
You will tread on the lion and the
adder;
the young lion and the serpent you
will trample underfoot

“Because he holds fast to me in
love, I will deliver him.
I will protect him, because he
knows my name.
When he calls to me, I will answer
him;
I will be with him in trouble;
I will rescue him and honor him
With long life I will satisfy him
and show him my salvation”

Psalm 91 is quite commonly known as the soldier's psalm as it is said many soldiers in WWI recited this psalm daily.

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), Marion Bonia (sister of Anne Marie Davis), and Sister Theresa Boland.

(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.



Happy Birthday Wishes to ...

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



Light a Candle

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

From the Wisdom Circles

Circle of Compassion

“Compassion is about giving all the love that you’ve got.”

Cheryl Strayed

Contemplative Presence

“One of the strange laws of the contemplative life is that in it you do not sit down and solve problems: you bear with them until they somehow solve themselves. Or until life solves them for you.”

Thomas Merton

Integrity of Creation

“Today too, amid so much darkness, we need to see the light of hope and to be men and women who bring hope to others. To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope; it is to let a shaft of light break through the heavy clouds; it is to bring the warmth of hope!

Pope Francis

Diversity and Inclusion

“We’re supposed to be bringing out-of-the-box thinking and innovation, and you cannot do that unless you’ve got diversity.../It’s everything from gender to ethnicity to geographic diversity.”

Julie Sweet

“Never will we understand the value of time better than when our last hour is at hand.”

~ St. Arnold Janssen

Notes from the Associates/Sisters

ITEMS OF INTEREST

Saint Birgitta – July 23rd

We honor St. Bridget, also known as St. Brigitta, on July 23 each year. We can pray to Brigitta asking her to help us to love and care for our neighbor as she did.

Bridget was the daughter of a wealthy governor who used his riches generously. He donated money for good causes and helped the poor. He worked for the just and fair treatment of all the people. Bridget, who was born in 1303, learned these lessons early in her life.

Bridget married into the Swedish royal family and lovingly raised eight children, one of whom came to be known as St. Catherine of Sweden. Bridget and her husband followed her father's example of caring for people in need. It is said that she even arranged for a hospital to be built on their estate. The hospital was open to all.

When her husband died, Bridget gave away all her possessions. She founded a double monastery for men and women who lived apart, but worshipped together. The religious order was known as the Order of the Most Holy Saviour, or the Brigittines.

When Bridget learned of an epidemic in Rome, she made a pilgrimage there to assist the sick and dying. While in Rome, she spoke out against the injustices she saw and worked to change situations that kept all people from living a good life. Her words and actions influenced government and Church officials, even the pope!

Bridget made a pilgrimage to the Holy Land to see the places where Jesus taught, died, and rose from the dead. During her pilgrimage Bridget experienced Christ's presence in prayer visions.

Bridget died after she returned to Rome, but her body was eventually returned to her land and the people she loved and cared for. Her coffin was carried reverently through Europe to Sweden, and she is buried at the monastery she founded.



Because of her holiness, Bridget was declared a saint only 18 years after her death in 1373. She is the patron saint of Sweden. In 1999, Pope John Paul II honored her once more: St. Bridget is one of the six patron saints of Europe, together with Benedict of Nursia, Cyril and Methodius, Catherine of Siena and Teresa Benedicta of the Cross.

Saint Brigitta pray for us.



July means Julius Caesar's month. July was added to the year in 46 BC when he altered the Roman calendar and named a month after himself.

Gaius Julius Caesar was the Roman emperor who invaded Britain in 55BC. He was instrumental in changing Rome from a Republic to the militaristic Empire. It was Julius who was assassinated on the Ides of March by Brutus.

Events in July

- Tanabata
- Bon festival

Born in July?

Birthstone: Ruby

Flower: Larkspur

Tropical Zodiac: Cancer (June 21 to July 22) and Leo (July 23 to August 22)



Women in Canadian History



Nahnebahwequay, Catherine Sutton

Christian missionary and spokesperson for Ojibwa people. Nahnebahwequay, also known as Catherine Sutton, took issue with the Indian Department in 1857, which prevented First Nations people from purchasing their own ceded land. She travelled to England to present the case to the colonial secretary and the British Crown. A group of Quakers in New York funded her voyage and provided her with a letter of

introduction. She was introduced to Queen Victoria on June 19, 1860. The intervention of the British government allowed her and her husband, William, to buy back their land, but nothing was done for other First Nations families. Upon returning to Canada, she continued to argue for the rights of indigenous people. *Photo: Copyright Grey Roots Museum, Owen Sound*



Madeleine Parent (1918–2012)

Union organizer and social activist. Late in life, Madeleine Parent was recognized for her indefatigable activism on behalf of workers, women, and minorities. But in her younger years she was marked as a dangerous woman and a “seditious” traitor. In the 1940s, Parent organized workers in the massive textile factories of Quebec. She was convicted — and later acquitted — of seditious conspiracy. From the 1950s to the 1970s, she led the Canadian Textile and Chemical Union, and launched historic struggles over workers

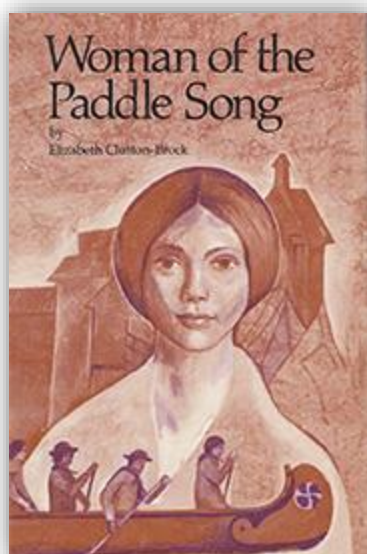
rights. In her late eighties, Parent continued to speak out on a wide range of social justice issues. In the end, her radical, left-wing ideas not only defined who she was but became her lasting legacy to Canadian society.



Gabrielle Roy (1909–1983)

A francophone writer who gifted to Canada some of the most memorable novels of the twentieth century. Gabrielle Roy chronicled hardship and hope, family and estrangement, and the difficulties of love. Born in St. Boniface, Manitoba, in 1909, Roy was the youngest of eleven children in a family without material wealth but replete with stories. Despite hard times, she saved enough to travel to Europe in 1937. There she began writing. She returned to Canada in 1939, and published her first novel

— *Bonheur d’occasion* — in 1945. The novel won France’s Prix Fémina and its English translation, *The Tin Flute*, won Canada’s Governor General’s Award. She would go on to win two more Governor General’s Awards, as well as other literary prizes.



Charlotte Small (1785–1857)

Explorer David Thompson's wife and interpreter. Charlotte Small was born at Île-à-la-Crosse, a fur trade post in what is now northern Saskatchewan. She was the daughter of a Cree woman and a white trader with the North West Company. Raised among her mother's people, her knowledge of both English and Cree made her a valuable companion to Thompson. Married at age thirteen to twenty-nine-year-old Thompson, Small would go on to accompany the explorer as he mapped much of western Canada, covering as much as 20,000 kilometres. Thompson acknowledged that his "lovely wife," with her knowledge of Cree,

"gives me a great advantage." Their strong and affectionate partnership lasted 58 years and they raised 13 children. *Photo: As depicted on the cover of Woman of the Paddle Song written by Elizabeth Clutton-Brock.*



Poetry Pause



July

Gone are Spring's graces! mute her melodies!
Yet in their place what Summer *can* bestow,
Freely she yields; she tunes the river's flow
To gentlest music,—fills with sweets the breeze,—
Gives the last flush of leafage to the trees,—
Flowers to Earth's nursing bosom,—to the sky
Brightness oppressive from intensity,—
And calms, with halcyon wing, the azure seas.
Such are her spells!—yet I look back on Spring
(As middle age delights on youth to pore)
With feelings mournful, but un murmuring.
I ever loved the bud more than the flower
And hope than full enjoyment: thence I cling
Alike to life's and nature's budding hour.

~ *Rebecca Hey*



From Kitty's Kitchen

Tuna Pasta Bake

Ingredients

1 1/4 C dried macaroni pasta

3 tbsp of Butter
2 tbsp White Flour
2 cups milk
3/4 cup grated pizza cheese
425g can [tuna](#) in water, drained, flake



Directions

Step 1

Preheat oven to 325°. Lightly grease an 8 cup-capacity ovenproof dish. Cook pasta in a medium saucepan of boiling, salted water, following packet directions, until tender. Drain, reserving 1/4 cup cooking liquid. Return pasta to pan.

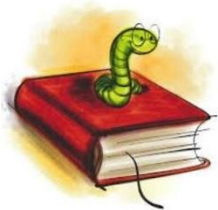
Step 2

Melt butter in a saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, for 3 to 4 minutes or until sauce boils and thickens. Remove from heat. Stir in 1/4 cup cheese. Season with pepper.

Step 3

Add to pasta with tuna and reserved cooking liquid. Toss to combine. Spoon mixture into prepared dish. Sprinkle with remaining 1/2 cup cheese. Bake for 12 to 15 minutes or until cheese is melted and golden. Serve.





From Kitty's Library

A Good Read: *My Grandmother's Shadow*

Author: Devorah Shafrir Keret

Winter, 1941: Watching the smoke rise over the burning synagogue of the Riga Ghetto, Johanna Friedman's only concern is keeping her family safe. As she prepares to leave her home, clutching what little possessions she is allowed to carry, her thoughts meander to a simpler time before the war – and a secret name, one she rarely recites out loud, forever embedded in her heart.

Present day. Devorah was never allowed to ask about her mother's repressed past, until her mother agreed to show her a hidden drawer containing her secret history. Devorah unravels the story of the amazing women who have shaped her legacy: the one who raised her mother as her own – and the one her mother never knew.



Inspired by the true story of her maternal lineage, Devorah Shafrir Keret weaves a haunting, unforgettable saga of brave, broken women spanning a century of secrets and triumphs.



Pause for Thought

“We believe in ordinary acts of bravery, in the courage that drives one person to stand up for another.”

Veronica Roth, *Divergent*



the LAST WORD

‘Every place has its own particular ideas and feelings which must be yielded to when possible.’

Catherine McAuley
Letter to Frances Warde November 17, 1838