



Vol. 8/No. 2 – February 2025

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 caregivers. May God touch them with comfort, healing and strength.

We pray for people who are on our list this week – Jaxon McKinney (grandnephew of Sister Maureen O'Keefe), 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), Sister Theresa Boland, George Bradbury (husband of Barbara Bradbury), Rick Mahon (son of Doreen Stone), Margaret MacNeil (sister of Geraldine Drover), Jim Wakeford (nephew of Sister Maureen O'Keefe) and Mike Kelly (husband of Anna Kelly).

(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
Amen.

Catherine McAuley, Pray For Us
Amen.

Happy Birthday Wishes to ...



Laura Goss – February 8th
Hannah McGrath – February 13th
Barbara Bradbury – February 17th
Louise Brennan – February 18th
Kay McNally – February 22nd
Barbara Albrechtsons – February 23rd

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.



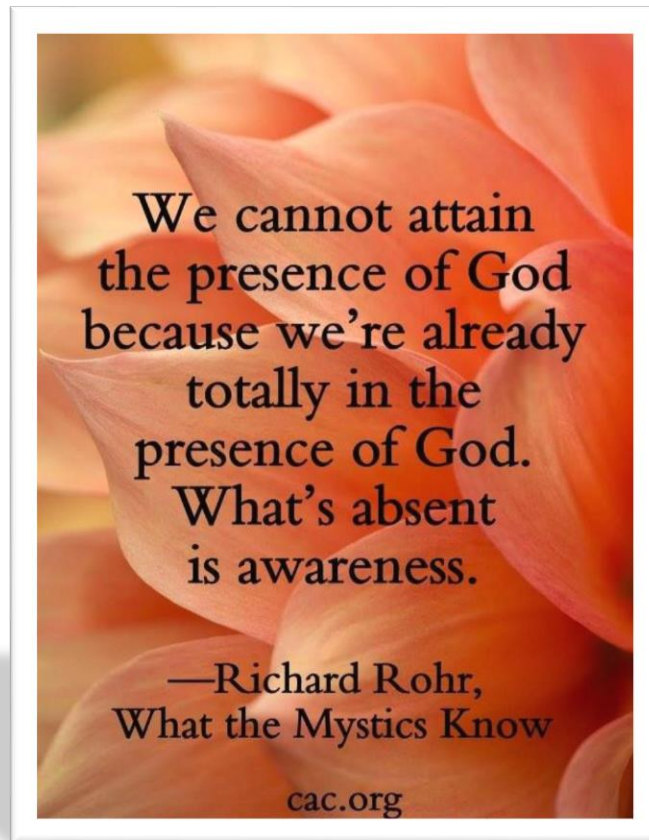
From the Wisdom Circles

Circle of Compassion

***"Use your voice for kindness,
Your ears for compassion,
Your hands for charity,
Your mind for truth,
And your heart for love."***

- Anonymous

Contemplative Presence



Integrity of Creation

“Every being has its own interior, its self, its mystery, its numinous aspect. To deprive any being of this sacred quality is to disrupt the total order of the universe. Reverence will be total or it will not be at all. The

universe does not come to us in pieces any more than a human individual stands before us with some part of his/her being.”

– Thomas Berry

Diversity and Inclusion

“Diversity is what exists and
Inclusion is what must be done to
embrace the existence of diversity.”

– Wishinsider.com



Notes from the Associates/Sisters

ITEMS OF INTEREST



Margaret Bourgeoys

b. April 17, 1620 - d. January 12, 1700

At the age of twenty, Margaret Bourgeoys, of Troyes, France, was walking in a procession for the feast of the

Holy Rosary when her gaze fell upon a statue of the Blessed Virgin Mary atop a gate. The statue appeared to come to life, as Margaret saw Mary's eyes tenderly gaze upon her. The mysterious incident changed her life, as she would later attest: "I gave myself to God in the year 1640."

After two convents had refused her requests for admission, she was asked to undertake a school-teaching apostolate in Canada. Agonizing over this decision, Margaret finally became convinced that the Canadian mission was God's will for her while praying during exposition of the Blessed Sacrament.

In 1653 Margaret journeyed to Canada. It was there that she founded a new congregation dedicated to the education and spiritual formation of young women, the Sisters of Notre Dame.

Marguerite had survived many threats in the twenty-six years she had been in wilderness of Canada. She had lived through Iroquois attacks, a fire that destroyed her small village, plagues on the ships that she took back and forth to France, but nothing threatened her dreams and hopes more than what her own bishop said to her in 1679. He told her that she had to join her Congregation of Notre Dame with its teaching sisters to a cloistered religious order of Ursulines. This was not the first time she'd heard this command. Whether from a misplaced desire to protect her Sisters or from discomfort in dealing with an active religious order of women, bishops had long wanted to fit her into the usual mold of cloistered orders.

But Marguerite had overcome many challenges to get to this day and was not deterred. In her own native France, she had belonged to a sodality of women who cared for the sick.

St. Marguerite Bourgeoys is the patron saint of educators and people experiencing poverty, loss, or rejection by religious orders.





The Archival Moment

The Archival Moment is contributed by Sister Charlotte Fitzpatrick.

Anniversary of death of Sister M. Joseph Rawlins- August 20, 1918

Sister Mary Joseph Rawlins was born in St. John's in 1846. As a child she attended Our Lady of Mercy School and also spent a short time at St. Clair's Boarding School, which was attached to the school, and which functioned from 1861 to 1881. In 1863 at the age of seventeen she entered Mercy Convent as a postulant. During her eight years at Mercy Convent, she studied music under the direction of Professor Thomas Mullock, brother of Bishop Mullock and the first organist at the Cathedral of St. John the Baptist. She was the aunt of Sister M. Aloysius Rawlins who played such a significant role in the early days of St. Clare's Mercy Hospital.

In 1871 Sister Mary Joseph was transferred to St. Ann's Convent in Burin where she taught music to children and adults from Burin and the surrounding area. Though she had studied music she had little experience in teaching it, but her time in Burin gave her plenty of opportunity to hone her skill. Sister Kathrine Bellamy in *Weavers of the Tapestry* states that "the parish choir was her biggest challenge and her greatest joy." In 1879 as superior of St. Ann's, Sister M. Joseph organized the construction of a new convent and a three-room school in a central location in Burin.



By 1917 Sister M. Joseph's deteriorating health forced her to leave her beloved teaching ministry. Her good friend, Sister M. Bridget O'Connor

who had been in Burin with her and who was now Superior General of the newly formed Congregation of the Sisters of Mercy of Newfoundland, urged her to return to St. John's where she could get the best medical attention. However, Sister M. Joseph was reluctant to leave Burin, which had been her home for nearly fifty years and where she had many dear friends and cherished memories.

On August 17, 1918 when the Burin Sisters went to St. John's for their annual retreat, Sister Margaret Mary St. John stayed behind to care for Sister M. Joseph. During Evening Prayer on August 19, Sister M. Joseph was stricken with severe paralysis. Later that night when her condition became more critical, Sister Margaret Mary rang the big convent bell to get assistance from the community. The women of Burin responded immediately, but Sister M. Joseph was beyond help and died the following day. She was the last sister to be buried in the Sisters' plot in Burin.



Sister Marie Crotty, rsm
Volunteering in Mazabuka, Kenya, Africa

Sr. Marie's main ministry within the congregation was in education and when she retired, she volunteered in Mazabuka, Kenya, Africa from 2007-2009. She worked in AIDS Clinics for men, women and children. Before Sr. Marie returned to NL Sr. Eileen Penney spent a few months in Kenya with Sr. Marie in 2009.



Sister Eileen (L), Sister Marie (R) & Children



Sister Marie & Children

Sister Michalna Jasinaka & Sister Marie



Poetry Pause

Rose are red
Violets are blue
We're sending all our Mercy Associates
A great big I LOVE YOU!

Some Valentine Facts



History:

Valentine's Day is over 1,500 years old, but it didn't become a popular celebration of love until the 14th century.

Who was St. Valentine, the person?

It's unclear: For starters, there was more than one St. Valentine. Some historians point to a third-century Roman priest who secretly married couples in defiance of the Roman emperor Claudius II Gothicus. Others point to a *different* priest—this one thrown in jail for attempting to assist Christians in Roman prisons.

Cupid:

Cupid is the iconic symbol of Valentine's Day, but he was originally known as Eros, the Greek god of love.

The oldest known valentine was written from prison.

Charles, the Duke of Orléans, was imprisoned in the Tower of London when he was 21 years old. In 1415, he wrote a letter to his wife with a poem that used the term "Valentine" to refer to her. The first line read, "*My very gentle Valentine,*" and is considered by many to be the very first recorded valentine.

Lace has a romantic meaning.

Lace can be seen all around on Valentine's Day, from ribbons to gift boxes. Well, the word itself has an origin befitting the holiday: the English word "lace" comes from the Latin word for "snare", as in you ensnare someone's heart. Put that in your next Valentine's Day card!

Pets get Valentine's Day gifts, too—a lot of them!

Statistics claims that gifts for pets made up a whopping \$1.3 billion of the money spent on Valentine's Day in 2023. People LOVE their pets.

We have Richard Cadbury to thank for Valentine's Day chocolate.



The tradition of eating chocolate on Valentine's Day is mostly due to the efforts of one man, Richard Cadbury, the son of the Cadbury Chocolate manufacturer. Simply to encourage more sales, he started packaging his chocolates in heart-shaped boxes—and, well, the rest is history.



From Kitty's Kitchen

Tuna Casserole

Ingredients

- 12 oz. wide egg noodles
- 1 12-oz. can solid white tuna in water, drained
- 1 10.5-oz. can cream of mushroom soup
- 1 cup sour cream
- 1 1/2 cups heavy cream
- 1 cup frozen vegetables
- 1 small red bell pepper, chopped
- 2 celery stalks, chopped
- 1/2 cup finely chopped onion
- 2 cups shredded cheddar cheese, divided



- Black pepper and salt to taste
- 2 cups crushed potato chips

Directions

1. Preheat the oven to 375°. Bring a large pot of salted water to a boil over high heat. Add noodles and cook 2 minutes less than the package directions. Drain and rinse under cool water. Set aside.
2. Stir together the tuna, cream of mushroom soup, sour cream, heavy cream, frozen vegetables, bell pepper, celery, onion, 1 cup of the cheese, and salt and pepper to taste in a large bowl until combined. Stir in the cooked noodles and spoon the mixture into a lightly greased 13-by-9 inch baking dish.
3. Top the casserole with the remaining 1 cup of cheese, then the potato chips.
4. Bake the casserole 25 to 30 minutes or until golden brown and bubbly around the edges.



What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.

- St. Augustine



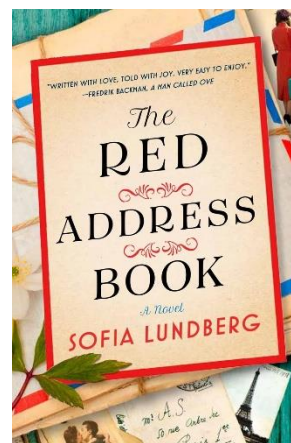
From Kitty's Library

A Good Read...

The Red Address Book

By: Sofia Lundberg

Meet Doris, a 96-year-old woman living alone in her Stockholm apartment. She has few visitors, but her weekly Skype calls with Jenny—her American grandniece, and her only relative—give her great joy and remind her of her own youth.



When Doris was a girl, she was given an address book by her father, and ever since she has carefully documented everyone she met and loved throughout the years. Looking through the little book now, Doris sees the many crossed-out names of people long gone and is struck by the urge to put pen to paper. In writing down the stories of her colorful past—working as a maid in Sweden, modelling in Paris during the '30s, fleeing to Manhattan at the dawn of the Second World War—can she help Jenny, haunted by a difficult childhood, unlock the secrets of their family and finally look to the future? And whatever became of Allan, the love of Doris's life?

A charming novel that prompts reflection on the stories we all should carry to the next generation, and the surprises in life that can await even the oldest among us.



We strongly encourage you to go to our mercy website:
www.sistersofmercynf.org and have a look at the ASSOCIATE section.

There are many new additions, lots of photos and some videos.

We hope that you will enjoy and be encouraged to keep working for the growth of our Mercy Associate relationship.



Pause for Thought ...

Seeking Clarity through Reflection

Reflection is a powerful tool that can help us find clarity in our thoughts and actions. Taking the time to pause and reflect allows us to step back from our busy lives and evaluate our choices and decisions. It gives us a chance to ask ourselves important questions and gain a deeper understanding of our emotions, motivations, and goals.

When we seek clarity through reflection, we open ourselves up to new perspectives and insights. We can identify patterns and trends in our behavior, and recognize areas where we may need to make changes or improvements. Reflection allows us to see our experiences from different angles, providing us with a fresh outlook that can lead to personal growth and development.

Through reflection, we can also gain a better understanding of ourselves and our values. It helps us align our actions with our beliefs, and ensure that we are living authentically and in line with our true selves. By pausing and reflecting, we can check in with ourselves, reassess our priorities, and make sure we are on the right path.

Clarity is essential for making informed decisions and achieving our goals. By taking the time to reflect, we can clear our minds of

distractions and focus on what truly matters to us. We can gain clarity on our passions, desires, and aspirations, and create a roadmap for the future.

In a fast-paced and constantly changing world, reflection provides us with a moment of calm and stillness. It allows us to slow down and reconnect with ourselves, enabling us to navigate life with renewed purpose and direction. So, let us embrace the power of reflection and seek the clarity we need to live fulfilling lives. *Quotesanity Team*



The Jubilee Prayer

*Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.*

*May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within both humanity
and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.*

*May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.*

*May that same grace spread
the joy and peace of our Redeemer
throughout the earth.*

To you our God, eternally blessed,

be glory and praise for ever. Amen

Franciscus



The Last Word...

“Jesus Christ will so manifest himself to you that your heart will be inflamed with love for him alone; and as resemblance with the beloved is one of the effects and properties of love, your effort to resemble him will be a sure sign whereby you may know if you are among the spouses of the Lamb. Let your constant study be to form now more than ever this resemblance in yourself.”

- Retreat Instructions of Catherine McAuley

