



Vol. 8/No. 3 – March 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), 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).



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 ...



Anne Bown – March 7th

Bess Collins – March 28th

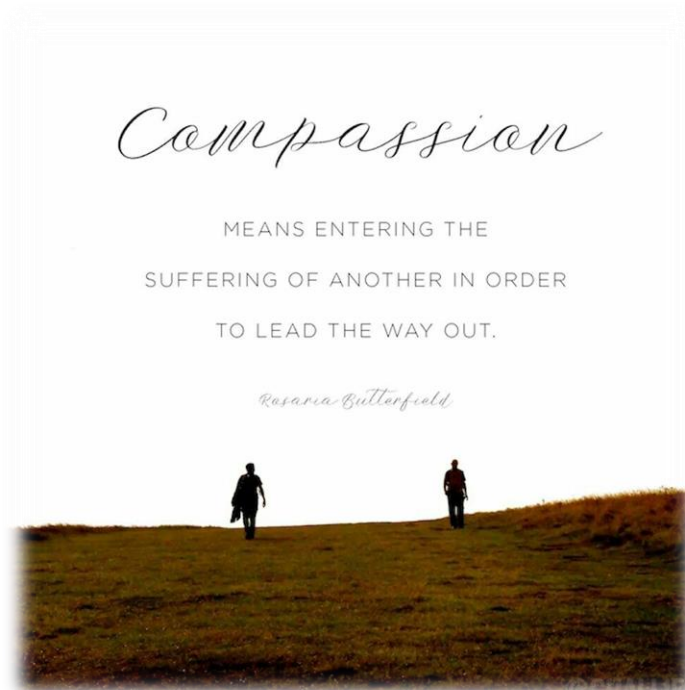
Light a Candle

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

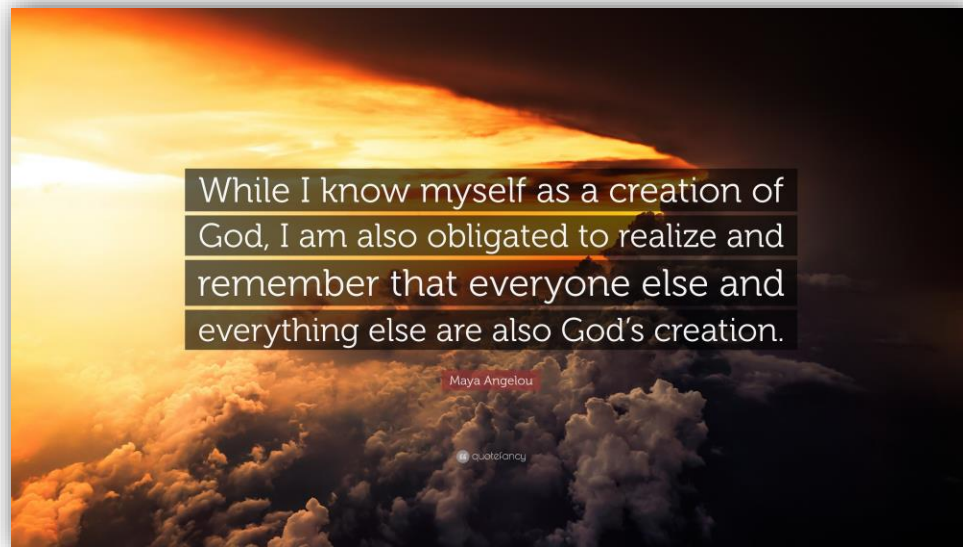
Circle of Compassion



Contemplative Presence



Integrity of Creation



Diversity and Inclusion



Notes from the Associates/Sisters

ITEMS OF INTEREST

Mercy Wellsprings

We need constantly to contemplate the
mystery of mercy.

It is a wellspring of joy,

Serenity, and peace ...
From the heart of
the Trinity, from the depths of the mystery
of God, the great river of mercy wells up
and overflows unceasingly. It is
a spring that will never run dry,
no matter how many people draw from it.

Misericordiae vultus #2, #25

Saint Katharine Drexel

Patron Saint of Racial Justice



On November 26, 1858, Catherine Marie Drexel was born in Philadelphia to Hannah Langstroth Drexel and her husband, Francis Drexel, an international banker and one of the wealthiest men in the United States. Her mother died when Catherine was only five weeks old, so Catherine and her older sister Elizabeth were cared for by their aunt and uncle until their father remarried in 1860. Three years later, Francis and his new wife, Emma, had a daughter, Louisa.

The three girls had what many would describe as an ideal childhood. They were lovingly cared for, lived in a large home in Philadelphia, and were taught the Catholic faith in both word and deed. They taught the girls that their wealth was a gift to be used for the good of others. The girls also

learned about prayer by witnessing their father and stepmother praying daily before an altar in their home.

After completing her formal education at the age of twenty, Catherine made her social debut and was presented to Philadelphia high society, as was the custom for young wealthy women. Her heart, however, was not drawn to the life of a social elite, but to God and care for the poor. In 1885 their father died, leaving his fortune to his three girls. Despite receiving this fortune, Catherine's heart remained with the poor, especially the Native Americans out West, and impoverished Black communities. Over the next two years, she made substantial donations to reservations and visited them herself. In 1887, she was struggling with what she would do with her life. She felt drawn to the contemplative religious life so in 1889, Catherine entered the novitiate of the Sisters of Mercy in Pittsburgh, taking the name Sister Mary Katharine. ” She made her final vows in 1891, and with thirteen companions founded the “Blessed Sacrament Sisters”. Sister Katharine was chosen as the first superior general.

Mother Katharine quickly went to work, using her inheritance to found a boarding school for Pueblo communities in New Mexico and a school for African American girls in Virginia. Over the next sixty-four years, Mother Katharine and her sisters established forty-nine elementary schools, twelve high schools, and fifty-one convents. At the time of her death, her order had grown to more than 500 women religious.

In 1935, following a heart attack at the age of seventy-seven, Mother Katharine retreated to a life of prayer. She lived until the age of ninety-six. She was canonized in the year 2000.

Many people dream of being rich. Saint Katharine Drexel teaches us that money is not the source of fulfillment in life. Love is. Whether you are rich or poor, your happiness comes from lovingly serving the will of God.





The Archival Moment

The Archival Moment is contributed by Sister Charlotte Fitzpatrick.

Sister M. Elizabeth O'Regan Redmond

Sister M. Elizabeth O'Regan Redmond was, as far as we know, the only widow to enter the Sisters of Mercy of Newfoundland. Mary O'Regan was born in 1824 but her exact birthplace in Ireland is unclear. We know that she came to St. John's sometime before 1843, because her marriage to Peter Redmond of Enniscorthy, Co. Wexford on November 20, 1843, is recorded in the *Marriage Register* at the Archdiocesan Archives in St. John's. Peter Redmond died a few years later and we know nothing about Mary until she entered the Sisters of Mercy in October of 1850. At that time the fledgling community consisted of Sister M. Francis Creedon, Sister M. Vincent Nugent (a novice) and Catherine Bernard (a postulant).



Prayer, prayer...pray for a while each day, and life will be easier and bearable. Learn to speak with God without words and, in this way, practice the prayer of meditation. Be faithful and reverent before the lord in the Holy Eucharist.

- Bl. Josefa Naval Girbes

*Sister Rosali Vargas Mendoza
Chulucanas Piura, Peru*



Sister Rosali is from La Grama, Peru and was finally professed as a Sister of Mercy on June 30, 2018.

Sister Rosali began her teaching career of 3- and 4-year-old children in the town of Villa Batanes, Chulucanas Piura on March 4, 2024.







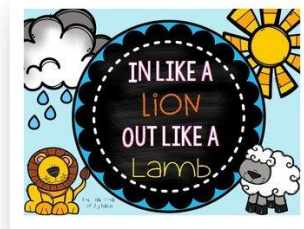
In the Spotlight



What a nice way to begin your day with a 7:00 am swim. Anne Bown and Catherine Penney-Ryan enjoy a dip in the pool at the Paul Reynolds Centre most weekday mornings.



When March comes in with stormy weather, it's expected it will end with mild weather, but if March comes in with good weather, you can expect it to end in storms.



Ash Wednesday - March 5th

International Women's Day - March 8th





Daylight Savings Time - Sunday March 9th

Put your clocks ahead one hour.

Pi Day (Birthday of Albert Einstein) - March 14th

Ides of March - March 15th





St. Patrick's Day - March 17th

"Knock, knock." "Who's there?"

"Warren." "Warren who?"

"You warren anything green for St. Patrick's Day?"

What do you call a frog that jumped into a pot of gold?

A leap-rechaun.

Why do leprechauns hate running?

They'd rather jig than jog

"Knock, knock." "Who's there?"

"Pat." "Pat who?"

"Pat your jacket on, we're late to the St. Patrick's Day parade!"

First day of Spring - March 20th



Poetry Pause



"The March wind roars
Like a lion in the sky,
And makes us shiver
As he passes by.
When winds are soft,
And the days are warm and clear,
Just like a gentle lamb,
Then spring is here."

~ Author Unknown ~



From Kitty's Kitchen

Beef & Broccoli Ramen

Ingredients:

- **2 Tbsp.** unseasoned rice vinegar
- **6 Tbsp.** soy sauce
- **2 Tbsp.** cornstarch
- **2 Tbsp.** finely chopped garlic



- **2 Tbsp.** finely chopped peeled ginger
- **1 lb.** flank steak, thinly sliced
- **2 (3-oz.)** pkg. beef ramen noodles, seasoning packets reserved
- **2 Tbsp.** oyster sauce
- **1 Tbsp.** granulated sugar
- **5 Tbsp.** neutral oil
- **1 lb.** broccoli, cut into 3"-long florets
- **2 Tbsp.** toasted sesame seeds

Directions:

Step 1

In a large bowl, whisk vinegar, 2 tablespoons soy sauce, 1 tablespoon cornstarch, 1 tablespoon garlic, and 1 tablespoon ginger until cornstarch is dissolved. Add steak and toss to coat. Let marinate at room temperature 15 to 30 minutes.

Step 2

Meanwhile, bring a medium pot of water to a boil over high heat. Add contents of **first** ramen seasoning packet and stir to combine. Add all ramen noodles and cook, stirring occasionally, until just tender, about 2 minutes. Break up any clumps of noodles still intact with a fork, then drain.

Step 3

In a small bowl, whisk remaining 4 tablespoons soy sauce and 1 tablespoon cornstarch until dissolved. Add oyster sauce, sugar, **second** ramen seasoning packet, and 3/4 cup water and whisk to combine.

Step 4

In a large skillet over medium-high heat, heat 1 tablespoon oil. When oil is shimmering, add half of beef. Spread into an even layer and cook, undisturbed, until browned on the bottom, 2 to 3 minutes. Stir to redistribute beef and continue to cook, stirring often, until just cooked

through, about 30 seconds more. Transfer to a plate. Repeat with 1 tablespoon oil and remaining beef.

Step 5

In same skillet over medium-high heat, heat 2 tablespoons oil. Add broccoli and cook, stirring often, until bright green, 1 to 2 minutes.

Step 6

Push broccoli to one side of skillet. Add remaining 1 tablespoon oil, 1 tablespoon garlic, and 1 tablespoon ginger to empty side of pan. Cook, stirring, until fragrant, 30 seconds to 1 minute, then toss to combine with broccoli.

Step 7

Briefly mix sauce to combine and pour over broccoli mixture. Cover and cook until broccoli is just tender, 2 to 4 minutes.

Step 8

Uncover, add reserved ramen noodles, beef, and any accumulated juices, and toss to combine. Cook, tossing, until coated and glossy, about 30 seconds more. Top with sesame seeds.





From Kitty's Library

A Good Read...

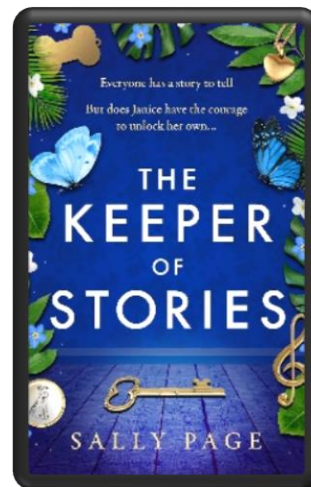
The Keeper of Stories by Sally Page

Everyone has a story to tell. But does Janice have the power to unlock her own?

She can't recall what started her collection. Maybe it was in a fragment of conversation overheard as she cleaned a sink? Before long (as she dusted a sitting room or defrosted a fridge) she noticed people were telling her their stories. Perhaps they had always done so, but now it is different, now the stories are reaching out to her and she gathers them to her ...

Cleaner Janice knows that it is in people's stories that you really get to know them. From recently widowed Fiona and her son Adam to opera-singing Geordie, Janice has a unique insight into the community around her.

When Janice starts cleaning for Mrs. B she finally meets someone who wants to hear her story. But Janice is clear: she is the keeper of stories, she doesn't have a story to tell. At least, not one she can share. Mrs. B is no fool and knows there is more to Janice than meets the eye. What is she hiding? After all, doesn't everyone have a story to tell?



We strongly encourage you to go to our mercy website:
www.sistersofmercyfnf.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.

A Mercy Associate

*I am a Mercy Associate member.
One of the many warmed by the embers
Of Catherine McAuley's mercy and love.*

*Sometimes when life is a ledge...
And my day has been thin...*

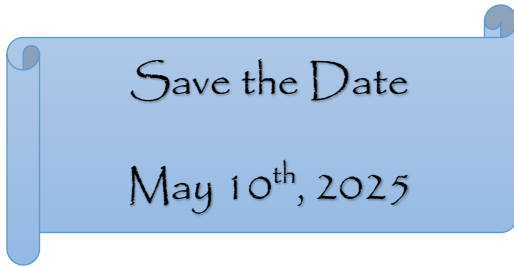
*I can leave all behind, when I enter in
That circle of friendship, peace, and prayer.*

*With the comfortable cup
That the Sisters still share...*

And I am renewed – Strengthened.

- Sara Sexton, Mercy Associate

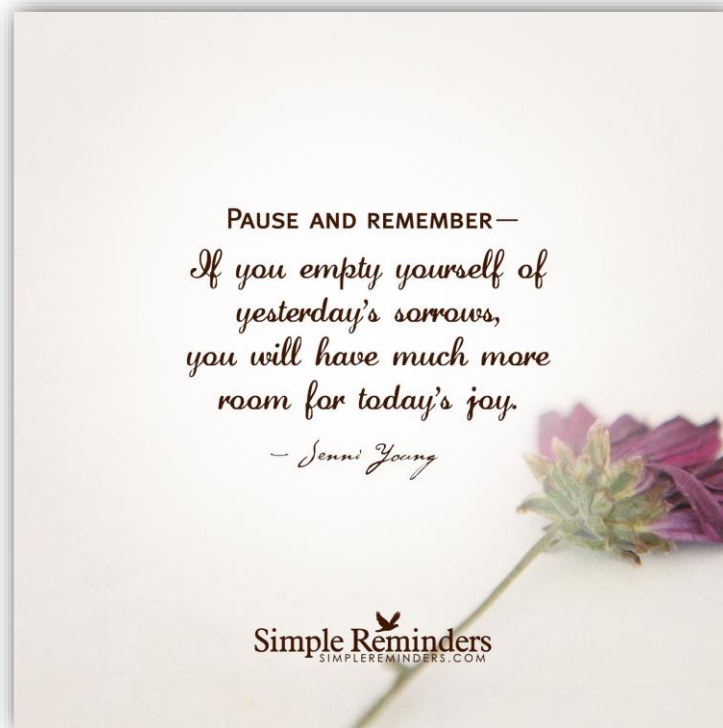




Please save the date of May 10th in your calendars. There will be a shared Retreat with the Presentation, Mercy, and Redemptorist Associates to take place at the Recreation Hall, Littledale. More information will follow!



Pause for Thought ...



The Last Word...

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

- Letter to Elizabeth Moore Easter Monday, 1841