



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), Mike Kelly (husband of Anna Kelly), and Anne Walsh.

(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.

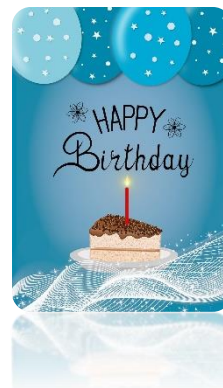
Catherine McAuley, Pray For Us
Amen.



Happy Birthday Wishes to ...

Cathy Hickey
Sister Maureen

June 18th
June 18th



Happy Anniversary Wishes to ...

Joanne & Ed
Sharon & Bill
Barbara & George

June 10th
June 26th
June 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

*"It is lack of love for ourselves that inhibits our **COMPASSION** toward others. If we make friends with ourselves, then there is no obstacle to opening our hearts and minds to others."*

- Compassionate Quotes - Foto Kolekcija

Contemplative Presence

"Contemplative prayer is natural, unprogrammed; it is perpetual openness to God, so that in the openness his concerns can flow in and out of our minds as he wills."

- Ray Simpson

Integrity of Creation

"The fact that Christ is cosmic and that nature is shaped in his likeness means too that God's face is manifest everywhere. If physical creation is patterned on Christ, then we must search for God not just in our scriptures, in our saints and in our churches..."

- Ron Rolheiser, OMI

Diversity and Inclusion

“If we want to include everyone, we have to help everyone develop their talents and use their gifts for the good of the community. That’s what inclusion means – everyone contributes.”

- Melinda Gates



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



St. Aleydis Feast Day – June 15th

Also called Aleydis, a contemplative and miracle worker born in Schwaerbeek, Belgium, who was placed in a Cistercian convent at La Cambre when only seven years old. She grew up in this religious community and was beloved because of her humility and goodness. The nuns, however, discovered that Adelaide had contracted leprosy and were forced to isolate her for health reasons. Adelaide suffered this in silence, facing her physical and mental agonies alone. She received many graces, including visions and ecstasies and many miracles were credited to her intercession. Going blind and becoming paralyzed, Adelaide died on June 11, 1250. She is the patron saint of the blind and paralyzed.



The Archival Moment

The Archival Moment is contributed by Sister Charlotte Fitzpatrick.

An Archival Moment – Sister M. de Sales Ahern

Winnifred Ahern, daughter of Bridget and John Ahern, was born in Bay de Verde on February 21, 1879. As a young girl, she attended St. Bride's College where she received her teaching certificate. She taught in Conception Harbour and in several other communities around the island for several years before entering the Sisters of Mercy in Conception Harbor in 1909. At her entrance into the novitiate she received the name, Sister Mary de Sales. She made profession of vows in the parish church in Conception Harbor on September 2, 1911 and remained in that community for the next ten years.

In August of 1922 Sister M. de Sales was appointed superior of St. Mary's on the Humber in Curling. She immediately saw that the sisters' living accommodations were far from ideal – only the kitchen had running water; the house was cold and drafty, the only heat sources being in the kitchen and parlor. By the Fall of 2024 she had a central heating system installed in the convent and with the arrival of the Newfoundland Light and Power Company in Curling, she had the convent wired for electricity. As time went on, Sister M. de Sales made other improvements in the convent, in 1925 adding a large extension which included a more spacious chapel, a couple of extra bedrooms and a music room.

Sister M. de Sales had less success with solving problems in the school. By 1923 the area had a large influx of people as a result of the establishment of the paper mill in Corner Brook. Parents from all over the surrounding area wanted to register their children in the sisters' school but overcrowding made this impossible. Having to continually refuse the parent's pleas was

very burdensome for the sisters, and they looked for solutions to no avail. Eventually Sister M. de Sales took matters in hand. She wrote her diocesan bishop, Bishop Henry Renouf, explaining the situation and requesting the construction of a new school. The bishop responded positively and in January 1925 the new Holy Cross School opened its doors. Sister M. de Sales' reputation as an able administrator and an advocate for the people did not go unnoticed. Her next assignment was as superior of St. Michael's Convent in St. Georges where she remained from 1928 to 1937. She was elected to the General Council of the Sisters of Mercy in 1937, a position she held until 1949. As a member of the Council, she was party to the decision to open a foundation in Goulds, and when Sacred Heart Convent in Goulds opened in 1949, Sister M. De Sales became its first superior. For that foundation she chose her community members. Their names are familiar to most of us: Sisters Mary Ligouri Wade, Rita Coady, Monica Matthews, Thaddeus Mullowney, Dolores Garland, Madeline Trahey. In 1952 Sister M. de Sales was assigned to Mercy Convent where she remained until her death in January 1957.

“The weight of evil in the world seems overwhelming. We feel it everywhere and our effort to resist is smothered. But God does not see things in this way. God must still see the world as good or he would not allow it to continue its existence. He prefers, so St. Augustine tells us, to draw good out of evil rather than not to permit any evil at all.”

- Hubert Van Zeller, O.S.B., p. 71 *The Mystery of Suffering*

Celebrating Women



Eliza Scott: Invented the "Druggists Sieve" in 1885. While there is not a lot of information regarding how this invention was received, or whether it was well used, it does demonstrate that women have a long history of inventing in a variety of fields.

Patent no. 22094. Filing year 1885.

"Druggist's Sieve," Eliza E. Scott.

Women inventors in 19th century Canada were few and far between, and those who did register patents focused their efforts mainly on the domestic sphere. Eliza E. Scott's "Druggist's Sieve" represented a significant foray into the male-dominated field of Canada's then-emerging pharmaceutical industry.

Scott's patent consisted of a wooden box containing a cylindrical sieve that was rotated with a handle mounted on the outside of the box. Compounds to be sifted were poured into the cylinder, which was then latched shut, as was the box. Once the substance had been sifted by rotating the cylinder, the bottom of the box holding the sifted material could be slid out and the box and cylinder washed.

Scott was also notable for being more articulate than most patent-holders, who in their applications typically stuck to describing the basic mechanics of their inventions. Scott, on the other hand, provided a historical context for her creation. She wrote, "This invention relates to a very handy, convenient and healthy device for sifting druggists' powder compounds,

many of which are deadly poisons, and destructive to those handling them, especially in the operation of cleaning and sifting them. Heretofore the only device used for the purpose has been simply a common open sieve, the dust from which in sifting poisonous compounds arises and penetrates the ears, nostrils and mouth of the operator, as well as pervading the whole room in which the operation is carried on, rendering the air unfit for human beings to breathe."

On the face of it, a sensible invention. However, the lack of information on Scott or her sieve casts doubts on whether the pharmaceutical community saw much merit in it. From what we know about Scott, who invented the sieve when she was around 38, she was almost certainly not a registered druggist, and did not list an occupation in the census records of the day. For several years before and after her invention, however, Scott lived with an older woman named Ellen Lewis, who manufactured various patent medicines, including "Mrs. Lewis' Celebrated Cough Syrup" and "Blood Purifying Bilious Bitters."

If Scott participated in the ventures of Mrs. Lewis (to whom she may have been related) she would have been involved in an alternative medicine movement that enjoyed considerable popularity at the time -- despite the fact that the claims of the hawkers invariably overshot the health benefits of their products.

To be fair, there wasn't much in the way of legitimate choice for the public. Many medicines we now take for granted had not yet been invented; Aspirin, for example, only came on the scene in 1898. Patent medicines were both more readily available and cheaper than conventional medicine, and that many druggists and chemists in Canada at the time were untrained and unqualified, despite mid-century efforts to regulate the industry. Doctors were also relatively scarce: at the time of Confederation, the number of unlicensed medical practitioners in Ontario was at least double that of licensed ones.

It wasn't until the 20th century was well underway that advances in chemistry led to the creation of more reliable medicines, and the medical industry became better organized and controlled. Until then, the likes of "snake-oil salesmen" had a strong hold on the popular imagination.



Father's Day - Sunday June 15th:

On Father's Day many people make a special effort for their fathers or father figures. Some people visit their fathers, while others give cards, flowers or other gifts, such as clothing or sporting equipment, or luxury food items. Father's Day is a relatively modern holiday, so different families have different traditions. These can range from a simple phone call or greetings card to large parties honoring all father figures in an extended family. Father figures can include fathers, step-fathers, fathers-in-law, grandfathers, great-grandfathers and even other male relatives. Many people in Newfoundland and Labrador take time to visit the grave site or a special place that has a memory of their father who have passed away.



National Indigenous History Month: This month-long celebration acknowledges the diverse cultures, histories, and contributions of Indigenous peoples in Canada.



National Indigenous Peoples Day (June 21):

This day is a specific day to honor Indigenous cultures and traditions.



Pride Season:

Pride celebrations begin in June and continue through the summer months, recognizing and celebrating the 2SLGBTQIA+ community.

Italian Heritage Month:

June is also a time to celebrate Italian heritage in Canada.

Over the next 30 days, people from across the country will have an opportunity to honour and celebrate Italian



Heritage Month, a time to recognize the community's contributions to building the strong, vibrant, and consciously more inclusive country we know today.

With more than 1.5 million people of Italian heritage, Canada is the proud home of one of the largest Italian diasporas in the world. From business to sports, cuisine, politics, and much more, the community has enriched all aspects of our society, and continues to do so.

Portuguese Heritage Month:

A time to celebrate the Portuguese Canadian community's contributions to Canada. As the proud home to over half a million Luso-Canadians, our country has one of the largest Portuguese diasporas in the world. Originally from many different Portuguese regions, the community has strived to keep their individual traditions, language and culture alive.



From politics to art and sport to cuisine, Canadians of Portuguese heritage continue to have a positive impact on our country each and every day in towns and cities across our great country.





**Saint-Jean-Baptiste Day
(June 24):** A Francophone
holiday celebrated in Quebec

In Canada, nearly 10 million people speak French. On June 24, on Saint-Jean-Baptiste Day and the National Day of Quebec, Francophones across the country show their pride by celebrating their language and their traditions.

Poetry Pause

"Mine is the Month of Roses; yes, and mine
The Month of Marriages! All pleasant sights
And scents, the fragrance of the blossoming vine,
The foliage of the valleys and the heights.
Mine are the longest days, the loveliest nights;
The mower's scythe makes music to my ear;
I am the mother of all dear delights;
I am the fairest daughter of the year."

- Henry Wadsworth Longfellow





From Kitty's Kitchen

Baked Pineapple Salmon

Ingredients:

Cooking spray, for pan
12 pineapple rings, fresh or canned
4 salmon fillet (about 3 lbs.)
Kosher salt
Freshly ground black pepper
3 Tbsp. melted butter
1 Tbsp. chili
1 Tbsp. cilantro
1 clove garlic, minced
2 tsp. ginger
2 tsp. sesame oil
1/2 tsp. crushed red pepper flakes
Toasted sesame seeds, for garnish
Thinly sliced green onions, for garnish
Lime wedges, for serving

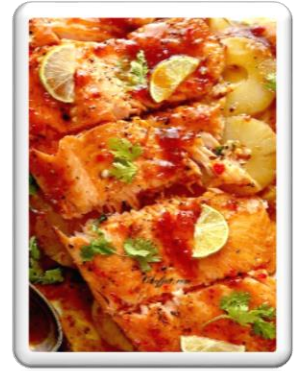
Directions:

Step 1

Preheat oven to 350°. Line a large rimmed baking sheet with foil and grease with cooking spray. In the center of the foil, lay pineapple slices in an even layer.

Step 2

Season both sides of the salmon with salt and pepper and place on top of pineapple slices.

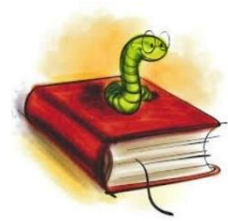


Step 3

In a small bowl, whisk together butter, chili sauce, cilantro, garlic, ginger, sesame oil, and red pepper flakes. Brush all over salmon fillet.

Step 4

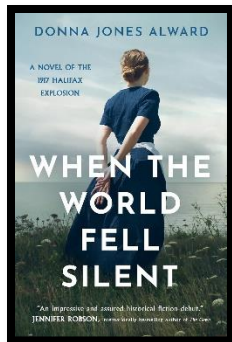
Bake until the salmon is cooked through, about 25 minutes. Switch the oven to broil, and broil for 2 minutes, or until fish is slightly golden. Garnish with sesame seeds and green onions and serve with lime wedges.



From Kitty's Library

A Good Read...

When the World Fell Silent
by Donna Jones Alward



1917. Halifax, Nova Scotia.

Nora Crowell wants more than her sister's life as a wife and mother. As WWI rages across the Atlantic, she becomes a lieutenant in the Canadian Army Nursing Corps. But trouble is looming and it won't be long before the truth comes to light.

Having lost her beloved husband in the trenches and with no-one else to turn to, Charlotte Campbell now lives with his haughty relations who treat her like the help. It is baby Aileen, the joy and light of her life, who spurs her to dream of a better life.

When tragedy strikes in Halifax Harbour, nothing for these two women will ever be the same again. Their paths will cross in the most unexpected way, trailing both heartbreak and joy in its wake...



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 ...

“Where there is no love, put love and you will find love.”

- St. John the Cross



The Last Word...

“May He bless and protect you, and make you the instrument of His glory.”

- Letter to Frances Warde June 16, 1838