



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), Jim Wakeford (nephew of Sister Maureen O'Keefe), Mike Kelly (husband of Anna Kelly), Anne Walsh and Sister Maureen O'Keefe.

(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.





Tomi Cleal - January 12th
Sharon Drover - January
15th



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

“Surrender your own
poverty and
acknowledge your
nothingness to the Lord.
Whether you
understand it or not,
God loves you, is
present in you, lives in
you, dwells in you, calls
you, saves you and
offers you an
understanding and
compassion which are
like nothing you have
ever found in a book or
heard in a sermon.”

- Thomas Merton

Contemplative Presence

"To pray is to take notice of the wonder; to regain a sense of the mystery that animates all beings."

Rabbi Abraham Joshua Heschel invites us to view prayer as an awakening to wonder—a reminder that life is imbued with mystery and meaning beyond comprehension. During contemplative prayer, we learn to appreciate simplicity—the beauty in nature, human relationships, or moments of kindness. By engaging with this sense of wonder through focused reflection, we are invited into a transformative experience where mundane aspects of life become luminous expressions of the sacred.

Integrity of all Creation

"Wonder and awe lead to reverence and reverence leads to responsibility. Reverence for and responsibility to the natural world are intimately connected to each other and to authentic religious experience."

Diversity

"Strength lies in differences, not in similarities."

– Stephen R. Covey

Inclusion

"To be inclusive means
to be welcoming, open-
minded, and patient with
others."

– Unknown

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,

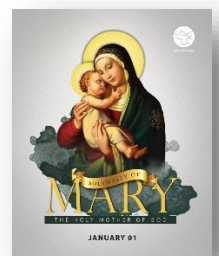
no matter how many people draw
from it.

Misericordiae vultus #2, #25

Solemnity of Mary, Mother of God – January 1

What the Solemnity Celebrates

This day honours Mary
as Theotokos, or “God-
bearer”, recognizing
her unique role in the
incarnation of Jesus. To help
underscore Mary’s divine
motherhood, the Catechism of the
Catholic Church provides the
following explanation:



“Called in the Gospels ‘the mother of Jesus’, Mary is acclaimed by Elizabeth, at the prompting of the Spirit and even before the birth of her son, as ‘the mother of my lord’. In act, the One whom she conceived as man by the Holy Spirit, who truly became her Son according to the flesh, was none other than the Father’s eternal Son, the second person of the Holy Trinity. Hence the Church confesses that Mary is truly ‘Mother of God’ (*Theotokos*).”

History of the Solemnity of Mary

The Council of Ephesus in 431 AD confirmed that Jesus is fully divine and fully human, thereby affirming Mary’s role as the Mother of God. Over the centuries, Marian feast days were celebrated throughout the year, but it wasn’t until after the Second Vatican Council in the 1960s that the Church officially placed the Solemnity of Mary, the Mother of God on January 1.

How to Observe the Solemnity

The Solemnity of Mary, the Mother of God is a Holy Day of

Obligation – so the best way to celebrate is by going to Mass and praying for Mary’s intercession!

Besides that, here are some other ways that others like to observe the day:

- Pray the Joyful Mysteries of the rosary.
- Read and reflect on scripture (especially Luke 1:26 – 56.
- Listen to a favourite Marian hymn like the “Ave Maria” or “Hail, Holy Queen”.

St. Ita, Virgin – January 15

Ita was born in County Waterford of noble and Christian parents. Early on she set her mind on serving Christ in religious life. She founded a monastery in Killeedy, County Limerick, which attracted a variety of young people.



Ita was reputedly of royal lineage. She was born at Decies, Waterford, Ireland, refused to be married, and secured her father's permission to

live a virginal life. She moved to Killeedy, Limerick, and founded a community of women dedicated to God. She also founded a school for boys, and one of her pupils was St. Brendan. She was given the title ‘foster-mother of the saints of Ireland’.

Many extravagant miracles were attributed to her (in one of them she is reputed to have reunited the head and body of a [man](#) who had been beheaded; in another she lived entirely on food from heaven), and she is widely venerated in Ireland. She is also known as Deirdre and Mida. She died in 570.



The Archival Moment

The Archival Moment is contributed by Sister Charlotte Fitzpatrick.

An Archival Moment – Sister M. Baptist Tarahan

Anastasia Catherine Mary Tarahan was born in St. John’s on May 5, 1832, daughter of Mary and Thomas Tarahan. She was the first Newfoundlander and the first of the three Tarahan sisters to enter the Sisters of Mercy in Newfoundland. She had been denied admission by Bishop Fleming because of being “native born” but his successor, Bishop Mullock did not share his views regarding local vocations and willingly accepted Anastasia for the Sisters of Mercy. So, it was with great delight that the fledgling Mercy community of four sisters welcomed her on December 8, 1854.

Anastasia was received into the novitiate on July 2, 1855 and given the name Sister Mary John Baptist. Sister M. Francis Creedon presided over the reception ceremony although she was very ill at the time. Her death two weeks later on July 15 left the four remaining young sisters – M. Vincent Nugent, M. Francis Xavier Bernard, M. Elizabeth Redmond and M. Baptist Tarahan – in a very precarious situation. A letter from the four was quickly sent to the superior at Baggot Street, informing her of Sister M. Francis’ death and pleading for help. In this letter the grief and desolation of the little community is almost palpable and their request for

assistance is very clear: “to prevent a convent which promises to give such glory to God from failing, for want of a few nuns capable of governing it.” The letter can be found in the Archives of the Sisters of Mercy in Dublin, but as far as is known, it was never acknowledged and no sisters were sent from Ireland to help the situation.

The very day of Sister M. Baptist’s entrance on December 8, 1854, Immaculate Conception Orphanage was opened at Mercy Convent to take care of young girls whose parents had died during the frequent epidemics that afflicted St. John’s in the 1800s. Sister M. Baptist was undoubtedly involved in this ministry as well as in the school and in visitation of the sick in their homes.

Sister M. Baptist was professed on August 15, 1857. She spent the whole of her religious life at Mercy Convent and was assistant to Sister M. Francis Xavier Bernard at Mercy Convent for much of that time. She and Sister M. F. X. Bernard accompanied the founding community to Brigus in September of 1861.

Sister M. Baptist died on March 25, 1867 just ten short years after her profession as a Sister of Mercy. She was 35 years of age. She is buried in Belvedere cemetery.

ARCAN Report

ARCAN is made up of 8 groups of Associates in Atlantic Canada (Mercy, Presentation, CND, Sacred Heart, Charities of the Immaculate Conception, Congregation of Notre Dame, Charities of Halifax and Marthas of PEI and Marthas of Antigonish.

This newsletter has lots of interesting articles from associate groups as well as resources for you to investigate.

[**FINAL ARCAN Fall 2025 Newsletter.docx.pdf**](#)

Advent Retreat

The Advent Retreat was given by Anne Walsh on December 13th at Littledale Recreational Hall for the Mercy, Presentation and Redemptorists Associates and Religious.

There were 50 in attendance and the theme of our retreat was "Waiting for Dawn".



To quote the beginning of the Report:

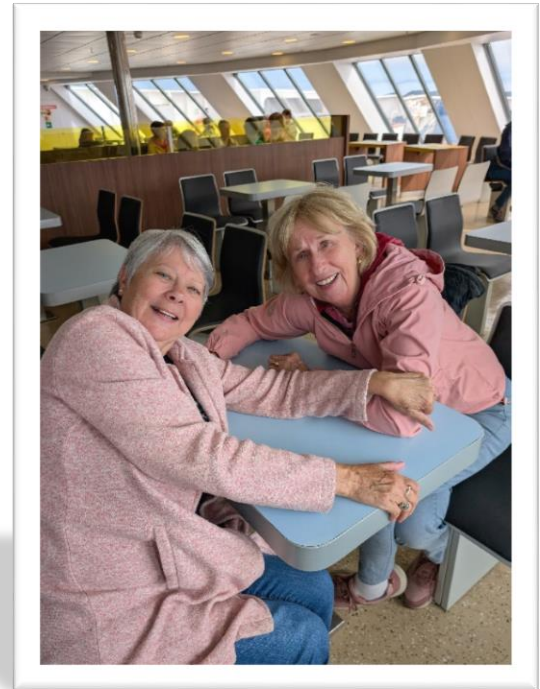
“For the past five years an important part of our Mercy Associates Group has been our yearly weekend retreat which takes place in September. Each year we rent a house that can accommodate eight to ten people. We use our private vehicles to travel as a group.”

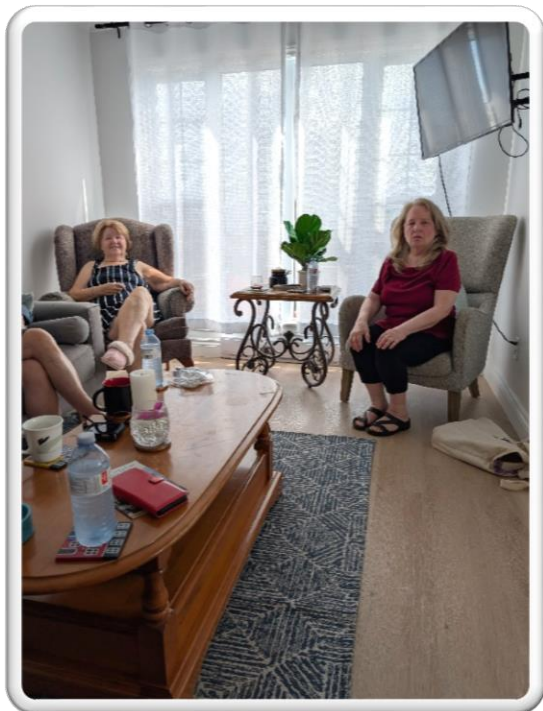
To read the full Report, please click on the link below:

[Seeds of Mercy Retreat 2025 Report.docx](#)



Here a number of pics taken at the Retreat.





Presentation Sisters 250th Anniversary

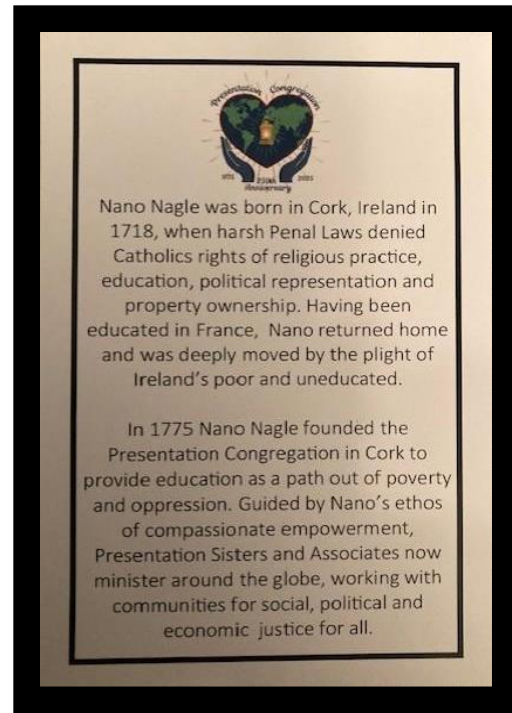
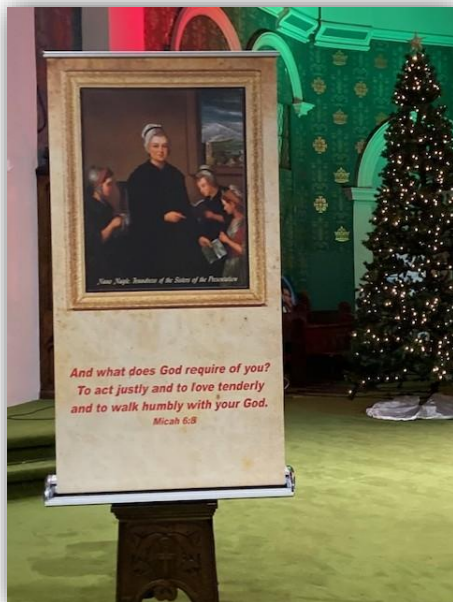
The year of 2025 the Presentation Sisters celebrated a monumental milestone in the history of their Congregation. This year marked the 250th Anniversary of the Founding of the Congregation. On Christmas Eve 1775, Nano Nagle and three companions, Mary Ann Collins, Elizabeth Burke and Mary Fouhy, embarked on a journey that has led to this incredible milestone. The official launch of a year-long celebration (24 December 2025 – 24 December 2026) took place at Nano Nagle Place, Cork, on Saturday 20 December 2025. This was livestreamed across 6 continents, reflecting the global reach of Nano Nagle's legacy and the continued work of the Presentation Sisters, Friends of Nano and Presentation people across the world.



On Sunday December 21st, a Mass of celebration took place at the Basilica to mark this event. A Picture of The Sisters of the Presentation Order with Symbols they would carry in the procession. From left to right: Sister Marilyn Doyle carrying the picture of Nano Nagle, Sister Frances Pennell

carrying the lantern, Sister Sandy Butler carrying the globe and Sister Roisin Gannon.

Other pics include the Presentation Banner, Prayer Card and Leaflet.





From Kitty's Kitchen

Cauliflower/ Broccoli/ Turkey Casserole

Ingredients:

4 Tbsp. salted butter, plus more for the baking dish

1 tsp. kosher salt, plus more to taste

2 cups of cooked left-over turkey or chicken

5 cups cauliflower florets

5 cups broccoli florets

2 cups crushed butter crackers

1/2 tsp. paprika

6 slices bacon

2 garlic cloves, finely chopped

3 Tbsp. all-purpose flour

1 tsp. ground mustard

1 tsp. grated lemon zest

1/4 tsp. cayenne pepper

2 1/2 cups whole milk

4 oz. cream cheese, at room temperature, cubed

2 cups grated mild cheddar cheese

Directions:

Preheat the oven to 375°. Butter a 9-by-13-inch baking dish.

1. Bring a large pot of salted water to boil. Add the cauliflower and cook 2 minutes. Add the broccoli and cook until both vegetables are crisp-tender, 2 to 3 more minutes. Drain and let cool.
2. Melt 2 tablespoons of the butter. Combine the melted butter, crushed crackers and paprika in a small bowl. Set aside.
3. Cook the bacon ... Lay on paper towels to drain. Chop and set aside. Reserve 2 Tablespoons of the bacon fat.
4. Pour bacon fat in a pot along with the remaining 2 tablespoons butter. Once the butter is melted, add the garlic and cook 30 seconds. Whisk in 1 teaspoon salt, the ground mustard, lemon zest and cayenne. Whisk in the milk until smooth. Bring to a

simmer, whisking, and cook until thickened, about 3 minutes. Remove from the heat and whisk in the cream cheese until smooth. Whisk in the cheddar until smooth. Stir in the broccoli, cauliflower, bacon and turkey.

5. Transfer the mixture to the baking dish and sprinkle with the cracker crumb mixture. Cover with foil and bake until bubbly, about 20 minutes. Uncover and bake until golden, 20 to 25 minutes. Let sit 15 minutes before serving.



From Kitty's
Library

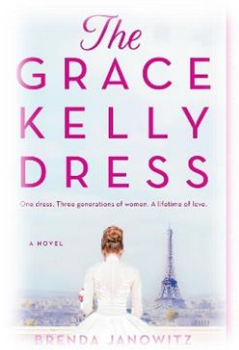
A Good Read...

The Grace Kelly Dress

by Brenda Janowitz

In Paris, 1958, Grace Kelly's royal wedding dress is still all the rage in fashion circles. Rose, a seamstress at a famous atelier, has just been entrusted with sewing another

gown in its image. An orphan, she needs her job to survive. But when Rose finds herself in love with the bride's handsome brother, she must decide what matters most: love or security.



The Grace Kelly Dress is about the importance of tradition, new and old, and the power of a dress to fulfill even the most impossible of dreams.



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. Should you have any issues getting onto the website, please let us know and we will provide assistance.

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

Poetry Pause

by Catherine Penney Ryan

A Snowy Night

The earth of velvet, silent and
deep,
While all those tired mountains
sleep.
With clouds dancing in a ball,
Over fields and gardens and
orchard walls.

The air is crisp, a frozen breath,
A quiet life in winter's death.
While diamonds dance in a pale
light,
Before the coming of the night.

The air is held in breathless chill,
The busy city pulses still,
As if the heavens dropped a sheet
To grant the world a soft retreat.

The jagged edges of the street,
The frozen mud beneath our feet,
Are softened now by velvet lace
That settles with a quiet grace.



Pause for Thought....

One day, you'll do something
for the last time. The last time
you hug your mom without
realizing it. The last late-night
drive with your best friend
before life pulls you in different
directions. The last meal at
your favorite spot before it
closes. The last time you laugh
until you cry with people you
won't see again. You won't
know it's the last. It won't feel
special in the moment. It'll feel
like any other day. Until it isn't.
So be where your feet are.
Look people in the eye. Say
what you mean. Feel it fully.
Because the ordinary
moments...they're only ordinary
until they're gone.

- Deep Minds Anonymous



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Lord, fill my heart with Your peace as I step into this new year. Calm every worry and fear, and remind me that You are always near, guiding me with love.

“The Lord gives strength to his people; the Lord blesses his people with peace” (Psalm 29:11).

the LAST WORD

**“...our charity must be in
our hearts and from our
hearts, and a charity such
as Jesus Christ practiced
while on earth.”**

— Catherine McAuley

Sisters of Mercy  Hermanas de la Misericordia