



### **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](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.



Let us remember Sister Elizabeth Marrie who passed away on January 22, 2026. Sister Elizabeth Marrie was a member of the Leadership Team and will be sadly missed by all, especially her Sisters of Mercy family, for her dedication to the Congregation. Sister Elizabeth Marrie was a true follower of the mission and ministry of the Sisters of Mercy.

**Our Father, we humbly come before You, seeking solace for the soul of our departed loved one.**

**Grant her eternal rest and peace in Your loving embrace. May Your light shine upon her, guiding her to everlasting joy.**

**Comfort those of us who mourn, filling our hearts with hope and the assurance of reunion in Your heavenly kingdom.**

**Amen.**



Laura Goss – Feb. 8<sup>th</sup>  
Hannah McGrath – Feb. 13<sup>th</sup>  
Barbara Bradbury – Feb. 17<sup>th</sup>  
Louise Brennan – Feb. 18<sup>th</sup>  
Kay McNally – Feb. 22<sup>nd</sup>  
Barbara Albrechtsons – Feb. 23<sup>rd</sup>

### ***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.



## ITEMS OF INTEREST

### Notes from the Associates/Sisters



#### *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 Margaret of Cortona

A.D. 1247 - 1297

#### Feast Day February 22

Margaret was born in Laviano, Italy, in 1247 to peasant parents. Her mother died when she was young, and her father remarried a woman who treated Margaret with contempt. Frustrated by this difficult environment, Margaret became a rebellious teenager.



She fell in love and married a prince named Arsenio. They had a son and were together for 10 years. Her life had already been uprooted multiple times, but then it all changed again in a single moment. When Arsenio did not return home Margaret searched in the nearby forest and found the body of her husband Arsenio. He had been murdered. Terrified, she ran to her

father's house, but her stepmother said she was absolutely not allowed to return. Not knowing what to do and frightened for the safety of her young son, Margaret fled to the town of Cortona, where the Franciscan Monks took her and her son in.

Margaret's son eventually became a Franciscan monk, while Saint Margaret of Cortona joined the Third Order of Saint Francis and vowed to live in poverty.

Margaret's whole life changed in the blink of an eye the day Arsenio was killed. But it was what she did with the rest of her life, from that moment forward, that became her legacy.

Margaret established a hospital for the sick, homeless and impoverished. To attract nurses for the hospital, and to help look after those imprisoned, she instituted a congregation of Tertiary Sisters, known as *Le poverelle* (Little poor ones in Italian). She also founded an order dedicated to Our Lady of Mercy, and the members dedicated their lives to serving those at the hospital.

Saint Margaret has often been invoked as a patroness for pregnancy, childbirth and women in labor.

Margaret was canonised by Pope Benedict XIII on 16 May 1728.



### **Sisters as protectors: Mary's intercession.**

Based on available records, narratives featuring Mother Mary Alphonsus, a Little Sister of the Poor l.s.p., frequently highlight faith, endurance, and miraculous protection, often drawing upon themes from St. Alphonsus Liguori's "The Glories of Mary" to provide comfort during times of suffering. These stories often underscore the belief in Mary's intercession to ensure a holy death or to protect the innocent and the elderly poor during the trials of war.

During WWII at the Little Sisters of the Poor infirmary in Florence Italy, there were 12 residents who were not really residents. The sisters dressed them up in little bonnets and put them in bed. They stayed in bed for weeks on end. Many times the gestapo went through the infirmary and they were not discovered. Some were in their thirties, and they put powder in their hair to look older.

Many years later a Jewish lady came from Israel to Italy while Sister Mary Alphonsus was living there. She wanted to visit the home where her mother had been saved during the war. She was very appreciative for all the Sisters did for her mother.

***Story told by Mother Mary Alphonsus, l.s.p.***



### ***Good News Story***

“I believe that the Coast Guard led me to the Sisters of Mercy,” Patti Baca.



*Patti Baca in her full Coast Guard Uniform*

Patti Baca, age 2, with her grandmother Ann Cunningham and her friend Sister Mother Leo, the superior of the Sisters of Charity of Our Lady of our Lady of Refuge in Texas.



*Sister Patti in 2022*

When Patti made her perpetual vows as a Sister of Mercy on May 7, 2022, she was grateful to the US Coast Guard. “I believe that the Coast Guard led me to the Sisters of Mercy,” she says.

Raised in rural Texas “on a dirt road that didn’t have a name,” Her Pentecostal parents divorced, but her grandparents were a “steady force,” especially her Catholic grandmother who had grown up in an orphanage run by sisters. “I was around religious women as a child because of my grandmother’s friendship with them,” she says.

After struggling with college and family issues, Patti joined the Coast Guard at 18. “It gave me health insurance. It gave me stability.”

The work was intense. “You see a 50-foot wave coming at you and your whole life flashes before you,” Patti recalls. She responded to distress calls including plane crashes, diving accidents, and capsized boats as well as to drug smugglers and migrants.

Solace from her stressful work came from attending Sunday Mass with her shipmates. “Something about the coming together and sharing of the Eucharist drew me, even though I couldn’t go to Communion because I wasn’t Catholic,” she reflects. “That hour at Mass was also a time I wasn’t at work. I knew I was safe.” At age 28, Patti became a Catholic. Soon she found herself contemplating a call to religious life.

Patti met the Sisters of Mercy on an alternative spring break trip. Moved by their stories of service, she knew she had found the community she wanted to join. She entered the Sisters of Mercy in August 2013. That December, she retired from the Coast Guard after 20 years.

While in formation as a woman religious, Patti earned her master’s degree in social work. Today she ministers at the inpatient palliative care clinic at Mercy Hospital in St. Louis, Missouri.

The mottos she chose to have engraved on the ring she received during her final vows profession ceremony are “Be Still and Know” and “Lean In.”

These days Sister Patti “leans in” to the Sisters of Mercy’s vow of service. “I embrace that vow,” she says. “The Sisters of Mercy stand where the problems are. We show

up and help people who are most in need.”



**February** is the shortest month, with 28 days (29 in leap years). Named after the Latin *februum* (purification), it was originally the last month added to the Roman calendar.

**Origin:** Added around 713 BC by King Numa Pompilius to align with the lunar year.

**Leap Year:** The extra day in leap years was added by Julius Caesar to align with the sun, with 1 in 1,461 odds of being born on February 29.

**Misspelling:** February is one of the most commonly misspelled words in the English language.

**Full Moon:** February is the only month that can go an entire cycle

without a full moon, a phenomenon that last occurred in 1999 and will again in 2018.

The next full Moon is on 1 February 2026, popularly known as the 'Snow Moon'. It's called the Snow Moon in reference to the abundance of snow that falls in the mid-winter month.

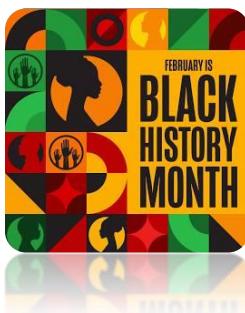
**Valentine's Day (Feb 14)**: Originating from ancient Roman festivals and saint traditions.



## **Black History Month:**

Celebrated throughout the month in Canada

This year's theme announced by the Government of Canada is "30 Years of Black History Month: Honouring Black Brilliance Across Generations — From Nation Builders to Tomorrow's Visionaries."



## **Key 2026 events in Newfoundland and Labrador**

**Creative Arts Event for Youth (Jan 16, 2026)**: "Remembering (Aspects of) Our Black Identity" is a creative arts event for Black youth (ages 15–29) at The Lantern, St. John's.

**5th Anniversary Black-Owned Market (Feb 12, 2026)**: A celebration at the St. John's Farmers' Market from 5 PM – 9 PM, featuring food, fashion, beauty, and art from Black-owned businesses.

**Celebrating Black History Month through Music (Feb 12, 2026)**: An evening of music at The Rooms, presented by Memorial University.

**Networking Social**: February 20, 5:30 PM – 8:00 PM, at the CORE Science Conference Room, Memorial University.

**Black Excellence Summit**: Hosted by the Civic Roots Foundation at The Lantern in St. John's, featuring a networking social on Feb 20 and a summit with workshops and performances on Feb 21.

**ANC Black History Month Celebration (Feb 26, 2026)**: The Association for New Canadians (ANC) and partners are

hosting a day of learning, remembering, and connecting on Thursday, February 26, from 10 am - 3 pm at the Emara Innovation Exchange.

**Black History Month Panel (Feb 2026):** A panel discussion on Black leadership is being held at MUN.

The 2026 national theme celebrates 30 years of official recognition, focusing on the resilience, innovation, and leadership of Black Canadians.



### ***Healing Prayer to St. Raphael the Archangel***

Glorious Archangel St. Raphael, great prince of the heavenly court, you are illustrious for your gifts of wisdom and grace.



You are a guide of those who journey by land or sea or air, consoler of the afflicted, and refuge of sinners.

I beg you, assist me in all my needs and in all the sufferings of this life as once you helped the young Tobias on his travels.

Because you are the “medicine of God” I humbly pray you to heal the many infirmities of my soul and the ills that afflict my body.

I especially ask of you the favor (here mention your special intention) and the great grace of purity to prepare me to be the temple of the Holy Spirit.

Amen



*From Kitty's Kitchen*

### ***Dressed-Up Bacon Mac and Cheese***

#### **Ingredients:**

1. 8 ounces macaroni
2. 2 1/2 cups cold milk
3. 8 ounces of shredded cheese; any type

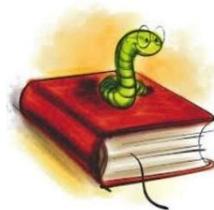
4. 2 large eggs
5. 2 scallions, white and green parts, chopped
6. 3 slices white sandwich bread, cubed
7. 3 strips bacon
8. 1 medium onion, chopped
9. 1 clove garlic, minced
10. 3 tablespoons of all-purpose flour
11. 1/8 teaspoon cayenne pepper
12. salt

#### Directions:

1. Preheat the oven to 375 degrees F. Butter a 2-quart shallow casserole dish. In a large pot of salted boiling water, cook the macaroni until al dente, about 5 minutes. Drain; transfer the pasta to the prepared casserole dish along with 1/4 cup of the cold milk. (This will cool the pasta and prevent it from becoming gummy.)
2. In a small bowl mix half of the cheese(s) together with the beaten eggs and with 1/4 cup of the milk. Add the scallions, cubed bread and set aside.
3. Cook the bacon in a large skillet over medium heat until crisp; transfer to paper towels to drain. Discard all but 2 tablespoons drippings from the pan. Add the onion and garlic; cook, stirring, until just brown, about 4 minutes. Stir in the flour, cayenne pepper and 1

teaspoon salt; cook for 2 minutes. Slowly add the remaining 1 3/4 cups milk and 3/4 cup water to the skillet. Bring to a boil, whisking until thick. Remove the sauce from the heat and whisk to cool slightly. Whisk in the remaining cheese. Add the sauce to the macaroni; stir to combine.

4. Crumble up the bacon and add it to the egg/bread mixture. Spread evenly over the pasta. Place the casserole dish on a baking sheet and bake until golden brown, about 35 to 40 minutes. Remove from the oven; let sit 5 minutes before serving.



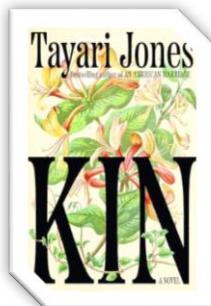
From Kitty's  
Library

A

Good Read...

By Tayari Jones

**A magnificent new novel from the bestselling, award-winning author of *An***



**American Marriage—Tayari Jones has written an unforgettable novel that sparkles with wit and intelligence and deep feeling about two lifelong friends whose worlds converge after many years apart in the face of a devastating tragedy**

Vernice and Annie, two motherless daughters raised in Honeysuckle, Louisiana, have been best friends and neighbors since earliest childhood, but are fated to live starkly different lives. Raised by a fierce aunt determined to give her a stable home in the wake of her mother's death, Vernice leaves Atlanta at eighteen for Spelman College, where she joins a sisterhood of powerfully connected Black women and marries into an affluent family. Annie, abandoned by her dissolute mother as a child, and fixated on the idea of finding her and filling the bottomless hole left by her absence, sets off on a journey that will take her into a world of peril and adversity, as well as love and adventure, and culminate in a battle for her life.

A novel about mothers and daughters, about friendship and sisterhood, and the complexities of being a woman in the American South, *Kin* is an exuberant,

emotionally rich, unforgettable work.



We strongly encourage you to go to our mercy website: [www.sistersofmercynf.org](http://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.

## Meditation

“Jesus will turn your sorrow into joy. One can only imagine the shock and bewilderment the Apostles felt when the Lord told them he must go away. Though they could not understand it at the time, his departure was for their benefit. The same is true of the unexpected setbacks and tragedies we experience in life... When I consider the times when I have been confounded by events that seemed so contrary to what I

thought God wanted for me, I should be mindful that they were permitted by the Lord's inscrutable providence for my own good, as difficult as that might be to fathom."

– Patrick Madrid, p. 251 (An excerpt from *A Year with the Bible*)

### Poetry Pause

#### A Valentine to someone special...

Vibrant in everything you do,  
Always kind and always true.  
Laughter follows where you go,  
Every day I love you so.  
New memories we build as one,  
Together under moon and sun.  
In my heart, you'll always stay,  
Now and every single day,  
Ever yours, in every way.

~ C. Ryan ~



### Pause for Thought....

“This hit me hard. In the scriptures, men always go up into the mountains to meet God – but women rarely do. And we know why; women were too busy keeping life alive. They couldn’t abandon babies, meals, gardens, or a thousand daily responsibilities. A friend told me, “Men climb the mountain to meet God, but God comes to women wherever they are.” I’ve been thinking about that ever since, and it’s true. God met women at wells, in kitchens, in homes, beside sickbeds, in labor, in grief, even at the empty tomb. Mary saw the risen Christ because she was doing the sacred work of caring for His body. In the ordinary, they found divinity. So if you ever feel too busy to “go to the mountain,” remember this: God comes to women. He knows your burdens, your place, your heart – and He meets you there.”

– Heather Farrell



*”A community in which this  
universal charity reigns, is  
capable of surmounting all  
difficulties.”*

- Catherine McAuley (2017). “A Shining Lamp: The Oral Instructions of Catherine McAuley”, p.70, CUA Press