



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.



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.



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 Maria Josefa of the Heart of Jesus (1842-1912)



Maria Josefa Sancho de Guerra was born on September 7, 1842, in Vitoria, Spain.

At age 18, she sought a religious life, eventually joining the Servants of Mary before founding her own congregation

The Institute of the Servants of Jesus of Charity in 1871. She served as the first Superior for 41 years.

She emphasized compassionate, "heart-centered" care for the sick, elderly, and abandoned. She

established 43 homes during her lifetime.

She passed away on March 20, 1912. Her order spread to 16 countries, particularly in Latin America and Asia.

She was canonized by Pope John Paul II in 2000. Newman Connection +2



The Archival Moment

The Archival Moment is contributed by Sister Charlotte Fitzpatrick.

An Archival Moment – Sister M. Xavier Tarahan

Mary Ann Joseph Tarahan was the third daughter of Mary and Thomas Tarahan to enter the Sisters of Mercy in Newfoundland.

In early 1863 Sister M. Xavier Bernard, who had succeeded Sister M. Francis Creedon as superior of Mercy Convent, received a request from the parish priest of Burin for sisters for his parish. Father Michael Berney, the zealous Irish priest who had established St. Patrick's Parish in Burin in 1833, was anxious to ensure a solid education for the children of Burin. Sister M. Francis Xavier Bernard was open to his proposal, but was keenly aware of the shortage of sisters at Mercy Convent due to two recent foundations - St. Michael's Belvedere in 1859 and Brigus in 1861. However, Father Berney's persistent entreaties led to a positive response and on March 19, 1863 Mary Ann Tarahan was accepted as a postulant for the Burin mission. Mary Ann entered the novitiate on June 6, receiving the name Sister Mary Xavier. A month later she became part of the founding community of St. Anne's Convent in Burin. With her were Sister M. Liguori, superior; newly-professed Sister M. Charles McKenna and postulant, Mary McAuliffe.

Sister M. Xavier was professed in Burin on August 22, 1867 and remained there until September of 1871 when she was transferred to

St. Lawrence as a member of its founding community. With her in the new community were Sister M. Rose Murphy, Sister M. Stanislaus Taylor and postulant Mary Burfitt. The sisters' early years in St. Lawrence were filled with hardship. Indeed, they shared the lot of the people, most of whom were suffering from extreme poverty and deprivation. The sisters' first school was in a fish shed and their home for the first five years was in the priest's residence. Although the new Sacred Heart Convent was opened in 1876, it was far from being a finished product and for many years the sisters lived under very meager and primitive circumstances. However, they remained undaunted and continued their ministry in the school and community with great vigor and trust in God's providence.

In 1877 Sister M. Xavier replaced Sister M. Rose as superior of Sacred Heart Convent. She remained in St. Lawrence until her death on March 2, 1902, teaching in the school and visiting the sick and needy of the community. She is buried in the sisters' cemetery in St. Lawrence. Her two sisters, Sister M. Baptist and Sister M.

Clare had both died some thirty years before her death.



*United States Presidents' Day:
Leadership takes many forms—
seen here in a moment shared
between President John F.
Kennedy and the Sisters devoted
to service and care.*

*Cedar Rapids Collection © Mercy Archives;
Institute of the Sisters of Mercy of the Americas*

Reflections

We remember with deep sadness the tragic accident in Peru on March 1, 1966, sixty years ago.

May Sister Mary Dorothy, Sister Mary Aquin, Father Charlie Conroy and Sister Mary Carmelita continue to rest in God's love and peace for all eternity.

Sister Elizabeth

FURTHER REFLECTIONS FOR SUNDAY, 01 March 2026

Today, March 1, we commemorate with sadness and gratitude the 60th anniversary of the terrible traffic accident in Monsefú, Peru which took the lives of Sister Mary Dorothy Carroll, Sister Mary Aquin English, Father Charlie Conroy and a visiting Sister Mary de Chantal of the Holy Family (Father Charlie and Sister Aquin died on the day of the accident).

Sister Dorothy and Sister de Chantal died on March 15). Sister Marion Collins and Sister Mary Carmelita Power were badly injured in the accident but recovered fully.

Sisters Maura Mason, Mary Ennis, Helen Best and Bernetta Walsh as well as Father Jim Doody and Father John Madigan together with the people of Monsefú were members of the grieving community, burying the dead and supporting the injured. Sister Mary Assumpta Veitch and Sister Mary Immacula O’Leary joined the community in their grief for the burial. Sister Dorothy and Sister Aquin were buried in Monsefú, remaining in the land and with the people whom they loved.

Two moments from today’s readings are deepened and enriched by the memories of that fatal accident. We read from Genesis, “Go from your country and your kindred and your father’s house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing” (Gen 12:1-2). We read from Garnaas-Holme’s poem, “God shines in you, gleams

with the splendid light of heaven. Beyond any smudge this world can put on you, or any human word or deed can remove, you are dazzling, radiant with newborn light.” The lives and energy of those who died in that accident, of those who survived the accident, and of those who grieved the suffering have been embedded in the fabric of our Congregation. Their presence remains, some in our community in heaven, some here with us on Earth, all showing us how to continue their legacy of Mercy in Hope through Presence, Compassion and Mission.

May this day remain in our spirits and our hearts. May our Sisters in Peru and the people of this beloved country be blessed with peace, joy and hope on their Lenten journey to Easter.





From Kitty's Kitchen

Irish Potato Pancakes



Ingredients:

1 cup all-purpose flour
2 teaspoons of salt,
1/2 teaspoon baking soda
1/4 teaspoon freshly ground black pepper
2 pounds russet potatoes, divided
4 scallions thinly sliced, plus more for garnish
1 large egg
1 cup buttermilk (see notes)
4 1/2 tablespoons unsalted butter, divided

Directions:

Adjust oven rack to middle position and preheat oven to 200°F (95°C); line a baking sheet with a wire rack and set aside.

In a medium bowl, whisk flour, 1 teaspoon salt, baking soda, and black pepper; set aside.

Peel 1 pound potatoes and cut into 1/2-inch pieces. In a medium saucepan, add potatoes, boil over high heat, then reduce heat to medium and simmer for 15 minutes. Drain potatoes and transfer potatoes to a large bowl and mash with a fork or potato masher until smooth and no lumps remain.

While the boiled potatoes are cooling, peel remaining 1 pound potatoes. Center a box grater over a clean kitchen towel and shred potatoes onto kitchen towel. Gather towel edges together and carefully ring out liquid from potatoes over a sink. Then transfer shredded potatoes to large mixing bowl with mashed potatoes. Using a fork, stir until just combined. Add scallions and egg and stir to combine, then stir in flour mixture until combined. Using a spatula, add buttermilk and gently stir until mixture resembles a thick, pancake-like batter and no dry flour streaks remain.

In a large nonstick or cast iron skillet, heat 1 1/2 tablespoons butter. Dollop 4 heaping 1/4-cup portions of prepared potato batter

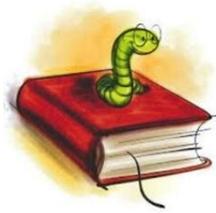
into skillet and flatten into 4-inch wide and 1/2-inch thick circles. Cook, undisturbed, until golden brown on bottom side, 4 to 6 minutes. Gently flip and cook until golden brown on second side, 4 to 6 minutes. Transfer to prepared wire rack-lined baking sheet, then place in oven to keep warm. Repeat with remaining batter, making 4 pancakes at a time for a total of 3 batches, adding 1 1/2 tablespoons butter in between each batch.

When ready to serve, sprinkle hot potato pancakes with remaining 1/4 teaspoon salt and sprinkle with additional scallions for garnish. Serve with your preferred toppings, such as sour cream, shredded cheddar cheese, bacon, or fried eggs.

Notes

You can make this recipe using leftover mashed potatoes instead of making fresh mashed potatoes. If using leftover mashed potatoes, start with 2 cups of cold leftover [mashed potatoes](#). Mix in freshly grated potatoes, egg, flour mixture, and scallions. Stir in 1/2 cup (120 ml) buttermilk to start, and if needed, slowly add more in small increments, until mixture resembles a thick pancake batter.

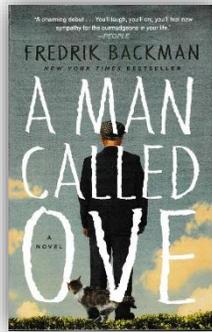
The buttermilk can be replaced with 3/4 cup whole milk and 1/4 cup plain yogurt.



From Kitty's
Library

A Good Read...

A Man Called Ove by Fredrik Backman introduces us to Ove, a curmudgeonly widower in his late fifties. Ove is a man of routines, strict rules, and unwavering adherence to what he believes is right. Having lost his beloved wife, Sonja, and his job, he sees little reason to continue living. His plans are interrupted by chatty new neighbors who, by accidentally hitting his mailbox, force him back into community life and unexpected friendships



form. The novel is a poignant, humorous, and ultimately life-affirming story about grief, unlikely friendships, the beauty found in ordinary lives, and the quiet impact one seemingly insignificant man can have on an entire community.



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.





Meditation

*A Prayer to Redeem Lost Time by
St. Teresa of Avila*

*O my God! Source of all mercy! I
acknowledge Your sovereign
power. While recalling the wasted
years that are past, I believe that
You, Lord, can in an instant turn
this loss to gain. Miserable as I
am, yet I firmly believe that You
can do all things. Please restore to
me the time lost, giving me Your
grace, both now and in the future,
that I may appear before you in
“wedding garments.” Amen*

– An excerpt from *Finding Simplicity: A Good
Catholic Series*



Poetry Pause

*Winter’s heavy and will retreat,
Leaving salt on the city street.
But underneath the frozen crust,
Life begins its quiet thrust.*

*The robin finds a branch to claim,
The crocus peeks up with its
purple flame.
A sudden warmth, a scented
breeze,
Is waking the sap inside the trees.*

*The world is painting shades of
green,
In places where the frost has been.
Old Earth discards her winter
gown,
And pulls the golden
sunshine down.*

~ C. Penney-Ryan ~



Pause for Thought...

Pause and Remember

It is never too late to begin again, to forgive someone, to have a dream, to meet someone or to start love yourself. It is never too late!

-Jenni Young-
AgapsΩ



A little chuckle



- What did the Irish potato say to his sweetheart?
I only have eyes for you.
- Why can't you borrow money from a leprechaun?

Because they're always a little short.

Why do golfers have a hard time ending their game on St. Patrick's Day?

They refuse to leave the green.



the LAST WORD

"My legacy to the Institute is charity: If you preserve the peace and union which have never yet been violated among us, you will feel, even in this world, a happiness that will surprise you and be to you a foretaste of the bliss prepared for every one of you in heaven."

- Catherine McAuley, quoted in Carroll, *The Life of Catherine McAuley*, p. 435