Vol. 9/No. 11 – November 2026
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), Jim Wakeford (nephew of Sister Maureen O'Keefe), Mike Kelly (husband of Anna Kelly), Anne Walsh, Sister Maureen O'Keefe, Michelle Furlong, and Mona Dwyer (sister of Geraldine Drover).

(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.

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. (Image-Jody Featherston Blog)

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

ITEMS OF INTEREST

Notes from the Associates/Sisters



Gertrude the Great



Feast Day November 16th

Little is known of the early life of Gertrude, who was born on the Feast of the Epiphany, January 6,

1256. Gertrude lived in the 13th century. At the young age of five, she entered a monastery school of St. Mary at Helfta. It is speculated that her parents offered her as a child to the church.

Either way, she became highly educated in many different subjects. When she 25, she began to experience visions. She would become a great mystic during her time. Some of her writings have survived and are still regarded as important in today's world.

Her feast day is celebrated on November 16, which is thought to be the day of her death.

Interestingly, she was never formally canonized, but it still regarded as a saint in the Catholic Church, demonstrating her influence and legacy.

Gertrude died at Helfta, Nov. 16, 1302. She is the patron Saint of the West Indies.



The Archival Moment

The Archival Moment is contributed by Sister Charlotte Fitzpatrick.

An Archival Moment – Sister Mary Carmelita Hartigan

Caroline Hartigan was born on September 10, 1904, the third of seven children born to Ellen Kinsella and Michael Hartigan.

The Hartigan family lived in Rencontre West, a small isolated fishing community on the southwest coast of Newfoundland where they operated a coastal shipping business. Caroline's early education was with the Presentation Sisters at their convent school in St. Jacques. She later attended St. Michael's Academy in St. George's on Newfoundland's west coast and it was here that she met the Sisters of Mercy. In 1914 St. Michael's had been recognized as a teacher-training academy. Our records do not indicate whether Caroline

completed her high school there or whether she trained as a teacher.

On October 1, 1923 at the age of nineteen, Caroline entered the Sisters of Mercy. According to our congregational Register, her place of entry was St. Patrick's Convent in Bay Bulls, but her novitiate years were spent at the General Novitiate at Littledale.

At her reception into the novitiate on July 16, 1924 she was given the name Sister Mary Carmelita. She made profession of vows on October 15, 1926. After short periods of time in Bay Bulls, Belvedere, Brigus, Marystown and

St. Lawrence, she was assigned to St. Clare's Mercy Hospital, where she served as accountant and office manager for fourteen years.

Throughout the whole of Sister M. Carmelita's ministry at St. Clare's, Sister M. Aloysius Rawlins had been the hospital Administrator. In the early 1950s her health began to decline and when she died in 1951, Sister M. Carmelita was appointed to succeed her as administrator. To prepare for her new position, she went to Mercy Hospital in Baltimore, USA to study administration. However, she was not destined to fill the position for any length of time, for just a few months after her return to St. Clare's, she was diagnosed with an aggressive form of cancer. She died at the age of fifty on October 15, 1954. Sister M. Loretta McIsaace was then appointed interim administrator of St. Clare's until Sister M. Fabian Hennebury was ready to assume the position in 1955.

Sister M. Carmelita, a gifted woman of many talents which she used freely and generously in her thirty years of Mercy life and ministry, is buried in Belvedere cemetery.



Remembrance Day / Armistice Day

Commemorates the end of World War I fighting—which ceased at the "eleventh hour of the eleventh day of the eleventh month" on November 11, 1918, and honors fallen service members with two minutes of silence and red poppies.

During the First World War (1914–1918), Newfoundland was

an independent British Dominion rather than part of Canada. When Britain declared war, Newfoundland contributed over 12,000 personnel—roughly 35% of its eligible men aged 19 to 35—out of a total population of about 242,000.

The Blue Puttees: The newly formed Newfoundland Regiment was nicknamed the "Blue Puttees" because a shortage of standard khaki cloth required their leg wrappings to be made from blue material.

Gallipoli (1915): The regiment served in the Gallipoli campaign in Turkey, earning a strong reputation as the only North American unit to fight in that theater.

The Battle of Beaumont-Hamel (July 1, 1916):

On the first day of the Battle of the Somme, the 1st Newfoundland Regiment suffered catastrophic losses. Out of roughly 800 men who advanced into heavy machine-gun fire across open terrain, only 68 were able to answer the roll call the next morning.

The Royal Designation (1917):

In recognition of its heavy sacrifices and distinction in battle, King George V bestowed the "Royal" prefix on the unit in December 1917—the only regiment to receive this honor during the war.

Despite the devastation at the Somme, the unit was rebuilt and continued to fight with distinction in Belgium and France through 1918. Private Thomas Ricketts also earned the Victoria Cross in October 1918.



"During the advance from Ledeghem (Belgium) the attack was temporarily held up by heavy hostile fire, and the platoon to which he belonged suffered severe

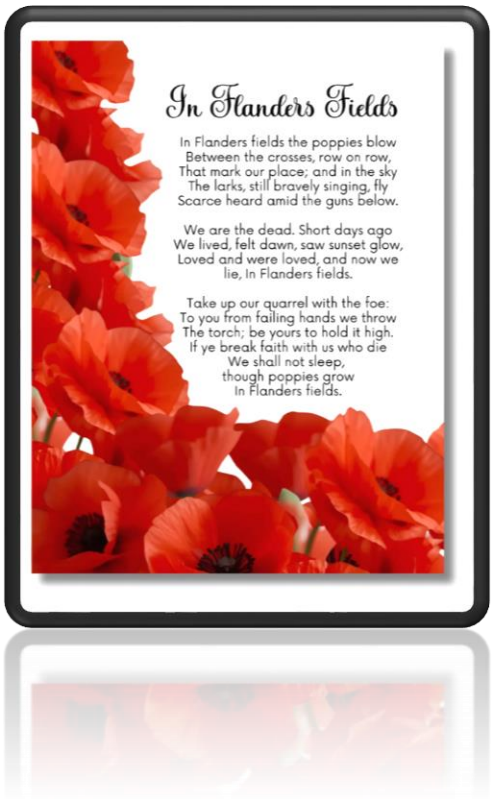
casualties from the fire of a battery at point blank range. Private Ricketts at once volunteered to go forward with his Section Commander and a Lewis gun to attempt to outflank the battery. They advanced by short rushes while subject to severe fire from enemy machine guns. When 300 yards away, their ammunition gave out. The enemy, seeing an opportunity to get their field guns away, began to bring up their gun teams. Private Ricketts at once realized the situation. He doubled back 100 yards, procured some ammunition and dashed back to the Lewis gun, and by very accurate fire drove the enemy and their gun teams into a farm. His platoon then advanced without casualties, and captured four field guns, four machine guns and eight prisoners. A fifth field gun was subsequently intercepted by fire and captured. By his presence of mind in anticipating the enemy intention and his utter disregard for personal safety, Private Ricketts secured the further supplies of ammunition which directly resulted in these important captures and undoubtedly saved many lives"

—*London Gazette* 4 January 1919

In Flanders Fields



Lt. Colonel John McCrae



John McCrae was born in Guelph, Ontario, he earned his medical degree from the University of Toronto and worked at prominent hospitals in Montreal and Toronto. He served as an artillery officer in the South African (Boer) War and returned as a medical officer and major with the Canadian Field Artillery during

World War I. The poem **"In Flanders Fields"** Written on May 3, 1915, during the Second Battle of Ypres in Belgium, the poem was inspired by the death of

his friend Alexis Helmer and popularized the red poppy as an international symbol of remembrance. He died of pneumonia and meningitis in France on January 1918, shortly after being appointed consulting physician to the British First Army.





From Kitty's Kitchen

Lasagna soup

Ingredients:



1 Tbsp. olive oil
1/2 yellow onion, chopped
1 clove garlic, chopped
Kosher salt and freshly ground black pepper
1 lb. sweet sausage, casings removed

2 Tbsp. tomato paste
1 tsp. dried oregano
1 tsp. dried basil
1 (**24-ounce**) jar marinara sauce
2 qt. chicken stock
8 oz. (about 10) lasagna noodles, broken into bite-size pieces
1 (**10-ounce**) package frozen chopped spinach, thawed or broken into chunks
1 1/4 cups ricotta
4 oz. mozzarella, grated, (about **1 cup**)

Directions:

Step 1:

Heat oil in a large Dutch oven or pot over medium heat.

Add onion and garlic.

Season with salt and pepper.

Cook, stirring occasionally, until softened, 4 to 6 minutes.

Add sausage and cook, breaking it into pieces, until browned, 5 to 7 minutes. Add tomato paste, oregano, and basil, and cook, stirring, 1 minute.

Add marinara and stock; bring to a boil.

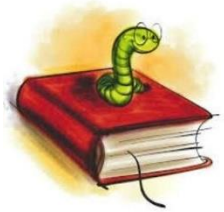
Add noodles and spinach.

Cook until noodles are soft, 10 to 12 minutes.

Step 2:

Combine ricotta, mozzarella, in a bowl. Serve soup with 1 to 2 dollops of cheese mixture on top.





From Kitty's Library



A Good Read…

The Irish Goodbye, A novel by Heather Aimee O'Neill

Returning to their childhood family home on Long Island for a Thanksgiving weekend, three adult sisters —

Cait, Alice and Maggie Ryan — are reunited after two decades of separation following a fatal boat accident involving their brother

Topher. Each sister carries secrets, grief and tension: Cait is wracked by guilt from the past; Alice's career and marriage face upheaval; and Maggie, finally ready to bring home the woman she loves, confronts their devoutly Catholic mother. Old tensions simmer as a guest from the past arrives, forcing the sisters to face long-buried truths and reckon with what family really means.

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.



Rest with God

He determines the number of the stars, He gives to all of them their names.

Psalm 147:4

Poetry Pause

The Clocks

The clocks hands turn back and
are free at last,
the evening shadow drops its
curtain fast.
To claim the hour we lost in the
spring,
as leaves change and chilly breezes
cling.

A sudden darkness steals the
afternoon,
but the morning greets us with a
softer moon.
The kitchen window glows with
golden light,
and too soon we will greet the
winter night.

So draw the blankets closer to the
chest,
as we trade the sun for one more
hour of rest.
Let the ticking clock slow down its
pace,
wrapped up in this season's cold
embrace.

~ C. Ryan ~

Meditation

Archangel Michael Says:

Your peace becomes stronger when you stop trying to control every outcome. Focus on the choices you can make today, and release the worries that are beyond your reach. Let prayer renew your hope and wisdom guide your actions. Trust God while continuing to do your part with patience and faith. You do not need to know every answer to take the next right step.

- Michael of Days

Today's Quote

"Never say, 'What great things the saints do,' but, 'What great things God does in His saints.'"

- St. Philip Neri



- Morning Offering

Prayer for the Month of the Holy Souls:

Prayer of St. Gertrude the Great for the Holy Souls in Purgatory:

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal Church, those in my own home and within my family. Amen.

the LAST WORD

"Morning Offering

O my most compassionate Lord and Saviour Jesus Christ, I humbly beseech thee to look on me this day with pity, and grant me the grace to be pleasing and acceptable to thee even for one moment."

- *Catherine McAuley*

