



## In This Issue

- No Room in the Inn
- A Blessing Path- Catherine McAuley's Quest
- Year End Planning & Year End Giving
- #Giving Tuesday, is December 2nd
- Nourishment for Body & Soul
- Reflective Benediction

## Retreat at Well of Mercy

[Contact](#) Well of Mercy and be sure to include your phone number to place a request for your [individual retreat](#) today~

## *Welcome to the Year End, December 2014 edition of REFLECTIONS*



## No Room in the Inn

When I was young enough to still be enamored by the Christmas season with its joyful and pensive music, decorated trees and store windows I also felt a sense of sadness by one line from Luke's gospel (Luke 2:7). In this narrative recounting the birth of Jesus, Mary and Joseph learn there is "no room in the inn" following their long journey to pay

*For quicker response please  
phone the office during regular  
hours: (704) 539-5449  
Wed.-Sat., 10:00a.m.–5:00p.m.*



### ***Help Wanted***

*Well of Mercy relies on the  
time, talents and treasures of  
many people!!*

*We are looking for a few new  
faces to help with grounds  
keeping, marketing  
communications, and cooks  
assistants.*

*If you are interested in  
volunteering at or on behalf of  
Well of Mercy please contact  
Marion: [marionzi@aol.com](mailto:marionzi@aol.com)*

taxes. I wonder how many sermons have been preached on this brief passage of scripture.

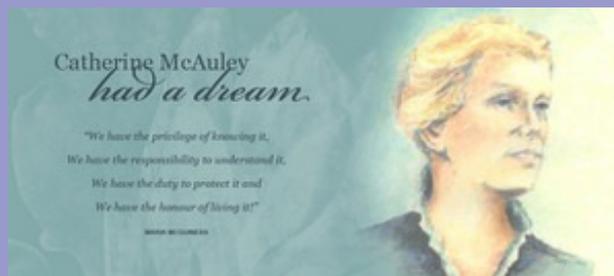
Jesus certainly had room in his inn for the outcast, the sick, the homeless and the sinner. Catherine McAuley (foundress of the Sisters of Mercy) was known for welcoming the stranger. Well of Mercy is rooted in welcoming those seeking temporary respite for a variety of reasons.

As a Sister of Mercy, I am challenged to live integrity in word and deed. I must confront the NO VACANCY sign that sometimes flashes from my heart. Who are the people for whom there is no room in my inn? Do I have room for someone who ...

is Muslim, Hindu, Buddhist?  
holds a different political position?  
is from a different culture?  
is an undocumented immigrant?  
wears a different skin color?

These are questions I grapple with as Christmas and 2015 draw closer. I wonder what our world would be like if each one of us decided to make room in the inn of our hearts to welcome just one more “stranger”?

Sister Donna Marie Vaillancourt, RSM  
Co-Director, Well of Mercy





### ***Virtual Visit***

*Busyness of the holidays is upon us...days have shortened, nights lengthened.*

*We invite you to pause during this season of light, to turn inward for quiet reflective time.*

*When you need a moment to refocus, come and [draw water from Well of Mercy](#) on a virtual visit.*

**Donate Now**

Secure donations through  
Network for Good

### ***Nourishment for Body & Soul***

***Favorite Guest Recipes cooked with heart from Well Staff:***



### ***Quick & Easy Turkey Meatloaf***

## **A Blessing Path- Catherine McAuley's Quest**

What does an Irish postage stamp and a five pound note have in common?

A portrait of Catherine McAuley. Both are contemporary testaments to the love the Irish bore for this powerful soul. These two milestones honor a woman whose love and concern for the poor continues to inspire thousands to undertake works of mercy in all reaches of the globe.

Born into comfortable circumstances, Catherine was left orphaned and destitute by the age of twenty. Catherine's empathy for strangers, for 'those out of their cultural homes,' can be traced to her own experiences as a stranger living in the homes of others with religious views different from her own.

Catherine's family was both Protestant and Catholic, and the Protestant members tended to fare better economically and politically than the Catholics. Again, she knew firsthand what it was like to be a stranger in her own home as a devout Catholic. Familiar with uncertainty and hardship, Catherine experienced some of the violence of religious bigotry particularly from her Protestant brother-in-law. She learned how to navigate between these groups in her family as well as across the severe Catholic-Protestant divisions in the Ireland and England of her time.

Despite the hostile climate of the time, Catherine retreated into her own interior, maintaining her sense of self, integrity, and faith. She was able to transcend doctrinal differences and to meet this particular form of hostility with forbearance and love.

What Catherine learned in her relationships with

*Ingredients:*

*1 tablespoon olive oil*  
*¾ cup finely chopped onion*  
*¼ cup finely chopped green pepper*  
*2 garlic cloves, minced*  
*¼ cup reduced fat shredded sharp cheddar cheese*  
*¼ cup seasoned breadcrumbs*  
*1 ½ teaspoons dried Italian seasoning*  
*1 teaspoon ketchup*  
*½ teaspoon salt*  
*½ teaspoon black pepper*  
*1 large egg, lightly beaten*  
*1 ¼ pounds ground turkey*  
*Cooking spray*  
*½ cup ketchup*  
*1 tablespoon light brown sugar*  
*1 teaspoon prepared mustard*

*Instructions:*

*Preheat oven to 350 °*  
*Heat oil in a large nonstick skillet over medium-high heat.*  
*Add onion, bell pepper, and garlic; sauté 3 minutes. Cool.*

*Combine onion mixture, cheese, and next 6 ingredients in a large bowl; tossing to moisten bread.*  
*Crumble turkey over onion mixture; stir just until blended.*

*Pack meat mixture into an 8x4inch loaf pan coated with cooking spray. Bake at 350 ° for 35 minutes. Combine ½ cup ketchup, brown sugar, and mustard in a small bowl; stir*

bigoted and hostile people was that gentleness and kindness in the face of hostility achieved more than defense or argument. She realized that living by example would do more to influence and change the minds of family members than argument since they were only willing to entertain one side of the issue.

Many years later as Catherine formed her own community, sustained by the well of her deep interiority and union with God, she tried to cultivate in her Sisters attitudes and behaviors that would enable them open their hearts and win others over by word and example.

It is a testimony to Catherine's nonviolent relational ability, her genuine love, and her inner strength that she has been so highly regarded and well loved.

Welcoming the stranger became a major theme in her life and ministry. We can look to Catherine McAuley's life example of compassion and acceptance to help us find ways to make room in our heart this season.

Resources:

Catherine McAuley and Nonviolence, Janet K Ruffing, R.S.M.  
Mercy Spirituality and Interfaith Dialogue, Cheryl Camp R.S.M.  
Catherine McAuley and the Tradition of Mercy, Mary C Sullivan R.S.M.  
Practical Sayings of Catherine McAuley, M.Gill & Son, Dublin 1878



well.

*Spread ketchup mixture over meat loaf and bake an additional 5 minutes. Let stand 10 minutes.*

*Remove meat loaf from pan.*

*Cut into 10 slices. Yield: 5 servings (serving =2 slices.)*

**Cooks Tip:** *When making meatloaf, place all of the ingredients except the ground meat in a large bowl, and then crumble the meat over the seasonings. This helps distribute the seasoning throughout the meat. Use a wooden spoon or your hands to gently mix the seasoning and the meat.*

**Tammara McCombs, Well Cook**



**Well of Mercy Reflection  
Benediction**

*So the shortest day came, and  
the year died,  
And everywhere down the  
centuries of the snow-white  
world  
Came people singing, dancing,  
To drive the dark away.  
They lighted candles in the*

Recommendations for Year End Planning to optimize your financial resources submitted by W. Michael Smiley, Penland Legacy Advisors

1. Have you reviewed your estate plan in the last two to three years? Tax laws have changed, perhaps your kids are grown, or something else significant has changed in your life. Pull it out, dust it off, and make sure it's current.

2. How is your income looking for 2014? What do you expect in 2015? To the extent possible, review your income and consider your charitable giving and other itemized deduction opportunities.

3. Capital gains in your equity investments have probably proliferated over the last 4 years. Gifting appreciated investments can be a good strategy. Also, reviewing your investments for losses to offset realized gains could keep The Tax Man at bay.

4. Is your 401(k) set up to automatically rebalance? If not, you may be taking on much more risk than you intended. Equity gains have far out-paced fixed income over the last 5 years. With the U.S. stock market (still) near all-time highs, you may want to review your options.

5. What makes you happiest? Set a goal to do more of that—whatever it is—over the coming weeks, months, and year.

We hope you will remember Well of Mercy in your Year End Giving plans. To date Well of Mercy has achieved only 20% of our target goal in the Annual Giving Campaign.

While we are grateful for the continued support of Well friends, we are profoundly mindful of the

winter trees;  
They hung their homes with  
evergreen;  
They burned beseeching fires  
all night long  
To keep the year alive,  
And when the new year's  
sunshine blazed awake  
They shouted, reveling.  
Through all the frosty ages you  
can hear them  
Echoing behind us - Listen!!  
All the long echoes sing the  
same delight,  
This shortest day,  
As promise awakens in the  
sleeping land:  
They carol, fest, give thanks,  
And dearly love their friends,  
And hope for peace.  
And so do we, here, now,  
This year and every year.  
Welcome Yule!!

- Susan Cooper

financial struggles that so many people are facing.

Contrary to belief, Well of Mercy is not funded by the Catholic Church. As a not for profit ministry of the Sisters of Mercy, we depend almost entirely upon financial contributions for salaries, operating expenses and capital improvements. While we benefit from guest fees, they do not cover all of the yearly expenses.

This December 2nd on [#GivingTuesday](#) we invite you to participate in this global day dedicated to giving back.

Celebrate generosity and the opportunity to give back by making your pledge of support for Well of Mercy's annual campaign with a tax deductible year end contribution.



***Wishing you seasonal blessings from Well,  
where our hearts, minds and doors are always  
open for you ~ Well of Mercy Staff***

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