

# GIRL POWER



## *Is there anything nicer than a good cup of tea?*

How about a "Good Cup of Tea" served with delicious cakes and other sweet treats? Add in roughly 100 friends and you have yourself a tea party. That was my experience from Friday (11/11/11) night when Sisters of Mercy at St Catherine's Convent hosted one of the Mercy International "Good Cup of Tea" events that were taking place throughout the Mercy community around the world on 11th November 2011, the 170th anniversary of Catherine McAuley's death.

The aim of the event was to celebrate the memory, life and legacy of Venerable Catherine McAuley. In her final moments Catherine instructed that the Sisters should have a "good cup of tea" together after she had gone. In the spirit of this togetherness we began our evening in the chapel where we watched a DVD – The Circle of Mercy, which was a biographical film of Catherine's life. It was truly inspiring to see how Catherine's life evolved from that of a lay person with a very strong social conscience and a determination to do all she could to alleviate the suffering of the

poor, to founding the Sisters of Mercy congregation as a means to protect the legacy she began and which continues to this day around the world. This was a momentous achievement for a woman in the 19th century – the true beginnings of "girl power"!!

Following the DVD we moved into the refectory for our tea and cakes. At the entrance to the refectory there was a lovely flower display which also had a teacup and saucer as part of the arrangement. The tables were set with beautiful violet and pink table linens, not a paper napkin or plastic cup in sight! The evening was a great success bringing old and new friends together. It was lovely to watch friends catching up over a "good cup of tea."

Eleanor Roosevelt once said "a woman is like a tea bag – you can't tell how strong she is until you put her in hot water."

Liz Gallagher  
November 2011



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