



October 12, 2017

With today's edition of THE UPDATE we begin a brief series on vocation ministry taken from an article written by Father Joseph Nassal, C.P.P.S. which appeared in the Summer 2017 edition of HORIZON, the journal of the National Religious Vocation Conference. Fr. Nassal has worked in vocation, retreat, renewal, and reconciliation ministry. His article is intended primarily for those who work in vocation ministry in religious congregations; yet, his words hold great value for everyone, no matter what your vocation in life.

Six Ways to Thrive in Your Vocation

“KEEP CALM AND CARRY ON” is one of those slogans that lingers and lasts because it can be applied to so many situations. The phrase originated in the spring of 1939 in Britain as the country anticipated the dark days of World War II. The [British] government designed the famous poster and printed more than two million copies but according to Brittany Fowler, author of a history of the phrase, for *Business Insider* magazine, “not one of them was posted, as officials had last-minute doubts about whether the content was too patronizing or obvious.”

Most of the posters were destroyed, but, more than sixty years later, one of them surfaced when a bookseller found it hidden in a book that he bought at an auction. He put it up over the cash register at his bookstore and customers began asking where they could purchase the poster. The shop owner started printing copies, and a craze was born.

The phrase has been adopted, adapted, and some might say exhausted over the last several years. But its truth is timeless because it captures an essential quality of faithfulness, steadfastness, and resolve in difficult situations. So how do we apply this to vocation ministry?

I offer six ideas to encourage thriving among vocation ministers and other wanderers, wayfarers and dreamers of God's realm. I hope these thoughts will help us to keep the faith and carry on when the road seems treacherous and we discover more dead ends than expressways, more roadblocks than rest stops.

1. Live in the Now

Thomas Merton mused, “Time is given to us not to keep a faith we once had but to achieve a faith we need now.” Time passes quickly, and with so much pain and suffering in the world, we are often advised to “keep the faith.” But what faith are we keeping? Is it the faith that served us as children when we were spoon-fed without questioning? Is it the faith that leaves little room for doubt and often fails to give others the benefit of the doubt?



Fr. Joseph Nassal, C.P.P.S. is a Missionary of the Precious Blood currently serving as provincial director of the Kansas City Province. He has published eight books and has served in justice and peace ministry and in formation, vocation and leadership ministry for his congregation.

What kind of faith do I need now? The older I get, the more doubt crowds in. I need a faith that leaves room for doubt and gives others the benefits of my own doubt, understanding that the opposite of faith is not doubt but certainty. I need a faith that helps in those times when fear threatens to get the best of me.

The kind of faith we need to day is one that reminds us that no matter the bitter disappointment or the beauty too stunning to describe, life goes on.

The kind of faith we need today is one that reminds us that no matter the bitter disappointment or the beauty too stunning to describe, life goes on. Perhaps the work of faith is to simply know and believe that life goes on.

Recently, I was listening to National Public Radio's *Wait, Wait, Don't Tell Me*. The guest was Norman Lear, the television producer. The host asked him about his longevity – he is almost 94 years old - and is still working, still creating. Lear said essentially that he is guided by two words, “over” and “next.” The image he suggested is a hammock between two poles marked “over” and “next.” So, how does he remain creative? When one project is finished, whether it is a success or a failure, he moves on to the next.

Then there is the image of the hammock. To some it might be a symbol of a summer's day. But, it also speaks to the creative process. Taking the time to listen, to emerge in the gentle rocking back and forth allows one to stay focused, stay faithful, remain calm, before carrying on to the next project, the next person, the next possibility.

When we apply this to religious life and particularly to vocation ministry, if we dwell only on our losses, we'll get stuck. We must allow time for quiet to invite the Spirit to stir our creativity. And then we move on to what or who is next.

#2 Keep your eyes on the road

Every Sunday in the *New York Times* is a column on leadership called “Corner Office” which carries interviews with CEOs of successful companies. In a recent column, the CEO of a software company said he learned many life lessons from his rowing coach in college who gave him this image: “When you are driving and rain is pouring down, with the windshield wipers going,” he said, “you can either watch the windshield wipers or you can watch the road. Which is going to be more successful?”

When we are going through difficult stretches on our journey, if we pay more attention to the rain, the storm, the wipers, instead of keeping our eyes on the road, we're going to be in trouble.

Keep our eyes on the road is what spiritual writers call mindfulness. It is the ability to center oneself, to pay attention to what is most important, rather than being distracted by the worries and fears that can cause us to lose our way. We can be “attentive and compassionate toward our own fear without being paralyzed by it,” spiritual activist Robert Gass writes. Awareness of fear “while cultivating...a capacity to think and act with clarity and power” is at the heart of the matter of mindfulness.

Cultivating this inner silence is an absolute necessity when confronted with a culture that is impatient and prone to shame and blame. Thus, if we are less than enthusiastic about our mission or ministry, we need to check the pulse of our prayer life. Keeping our eyes on the road affords us the opportunity to pay attention. Time in solitude will lead us to connect with others who share a passion for our community mission. Next week: Cultivate community.

Classroom Learning ~ Seasoned with Food and Friendship



Lisa Ratmasky, Director of the Center for Inquiry, Teaching and Scholarship (2nd I.) orchestrates the creation of an authentic Italian meal as Cabrini University students each play an important role in the preparation.



Cooking together is a great unifier – it builds friendships and understanding.

Last week, Dr. Nancy Watterson, associate professor of social justice at Cabrini University, along with Lan Tran, and wonderful chef facilitator, Lisa Ratmasky, hosted her American Studies class on Wednesday evening, October 4th at The Cottage at Cabrini University.

The class entitled *From Conflict to Cooperation*, fulfills a Values Core Curriculum requirement, in part revolves around awareness training from the I Liq Chuan/Zhong Xin Dao curriculum created by renowned master of interbal martial arts, Mr. Sam F.S. Chin. The system incorporates Zen Buddhism and Taoism and scientific body mechanics. Our class approaches these insights through an interfaith lens that includes Catholic Social Teaching.

This week, we will be further discussing the letter from Pope Francis to the Missionary Sisters on the Centennial Celebration of Mother Cabrini's death...and manifold contributions.

The students gathered at The Cottage to cook a special Italian meal and enjoy one another's fellowship.

~ submitted by Dr. Nancy Watterson



A Meaningful Way to Observe International Day of the Girl

Wednesday, October 11th



Before heading back to school after hearing a presentation on human trafficking, students from the Agnes Irwin School take time for a photo with Cabrini Action and Advocacy Chair Karol Brewer (5th r.)

On the International Day of the Girl (Wed., Oct. 11) twenty students and two of their teachers from the Agnes Irwin School in Rosemont, PA, visited the Cabrini Cottage to learn about human trafficking. The connection between the Agnes Irwin School and the **Cabrini Action and Advocacy Coalition (CAAC)** was brought about through the efforts of CAAC chair Karol Brewer and Cabrini (College) University alumna Cassie Bradley Woestman '67, who is a former faculty member at the Agnes Irwin School.

Karol Brewer spoke to the young ladies about the scourge of human trafficking and the efforts made by law enforcement agencies to rescue victims and help them heal and return to living a happy and normal life.



While at The Cottage, the girls sorted through donated clothing, categorized each garment and carefully placed them in the Cabrini Closet - where we store items for trafficked victims.

What a wonderful experience with a wonderful group of young women who will surely help change the world!

~ submitted by Karol Brewer



From the Vocation Promotion Team...

Introducing Bianca Huertas

My name is Bianca Huertas. I am 23 years old and I'm from Guatemala. I met the Missionary Sisters nine years ago. I was 14. My parents made me go to Catechesis for confirmation. I never [had gone] to church before, and honestly, I didn't like it. I was there because I had to go. But, little by little, I got to know the people who went to church. I saw how they gave the little time they had to assist others, and how passionately they served. I got to understand that everything they did was because of love.



MSC Candidate and Cabrini University student
Bianca Huertas.

But, the ones who helped me understand the meaning of being loved by Jesus were the Missionary Sisters. They showed me - through the way they lived and how they showed themselves to others - the meaning of loving others through Jesus, as well. They went beyond giving a little bit of their time; they gave their whole lives. Loving, accepting, giving and caring, those were the qualities I saw in them and through their actions is how they called me to follow Christ.



Bianca (2nd r.) shares a light-hearted moment with from left: Girum Bekele, Cabrini graduate student who hails from Ethiopia; Cabrini University Campus Minister Rosa Altomare; MSC Candidate and Cabrini student from Kenya, Evalyn Ndunge; and Sr. Grace Waters, MSC.

After that year, when I was 15, I started helping with the different ministries the sisters had in the parish. I also joined a parish community and helped with the kids' ministry and a literacy class for seniors. I did all of this with the thought of becoming a Missionary Sister.

When I told my parents that I wanted to become a missionary they laughed because they know I wasn't exactly an outgoing person. I used to be quiet and shy and I didn't like to go outside or to social events. But something changed inside me. I wasn't doing what I was doing because of me, but, [rather] because I loved Jesus and I wanted everyone to know what unconditional love was like.

I know that, through my work, maybe someone will get to know Him and that is all that matters.

It was a long [time] for me to convince my parents and myself that I could make it. Leaving everything behind for the sake of following the one I loved, to give my time and strength for the sake of others. The decision I took years ago brought me here. I am now studying at Cabrini University, getting to know a new culture, a new view of reality and learning from a lot of different people. I can't wait to see what the future brings for me in my vocation.

~ submitted by Bianca Huertas

In Honor of the Centenary - 1917 - 2017

Cabrini University presents...



THE GOOD THAT MUST BE DONE:

The Life and Legacy of Mother Cabrini

Join us for a five-part event series that considers how Mother Cabrini lived her life, the impact she had on so many people, and how her legacy has changed the world.

Her Spirituality

Ray Ward and Christopher Grosso,
Cabrini University
September 21, 12:30-1:30pm
(lunch will be served)
Grace Hall Multipurpose Room

Her Leadership

Tom Southard,
Cabrini University
October 19, 9:15-10:15am
(breakfast will be served)
Mansion Dining Room

Her Service

Robin Larkins,
Curiositas, Inc.
November 7, 12:30-1:30pm
(lunch will be served)
Grace Hall Multipurpose Room

Her Charism

Sr. Joan McGlinchey, MSC,
Archdiocese of Chicago
November 29, 1:00-2:00pm
(lunch will be served)
Grace Hall Multipurpose Room

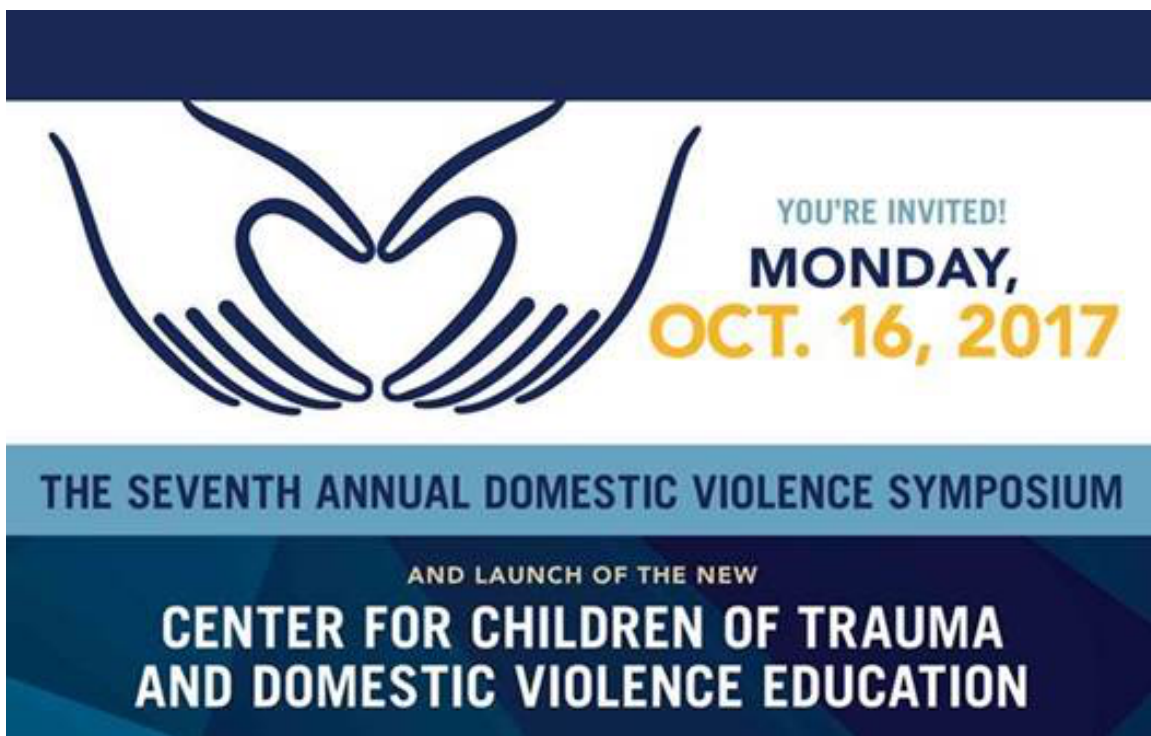
Her Educational Philosophy

Maria Williams,
University College London
February 7, 1:00-2:00pm
(lunch will be served)
Grace Hall Multipurpose Room

RSVPs or questions to
Wolfington@cabrini.edu or
610-902-8122.

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CABRINI
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Cabrini University invites you to two programs on Oct. 16, 2017, focused on the importance of domestic violence education and supporting children of trauma:

THE SEVENTH ANNUAL DOMESTIC VIOLENCE SYMPOSIUM

Family Tragedies of Domestic Violence

9:30am-12:30pm, Grace Hall

This half-day program focuses on family perspectives on the tragedies of domestic violence through “A Conversation with Janine Rajauski” and a panel discussion including Bill Mitchell of the Kristin Mitchell Foundation; Monica Jenkinson and Minna Davis of Laurel House; Barbara and John Jordan, advocates of domestic violence education; and Eliza Costoso, PsyD, Counseling and Psychological Services at Cabrini University. Each program will be followed by an audience Q&A.

THE OFFICIAL LAUNCH OF THE CENTER FOR CHILDREN OF TRAUMA AND DOMESTIC VIOLENCE EDUCATION

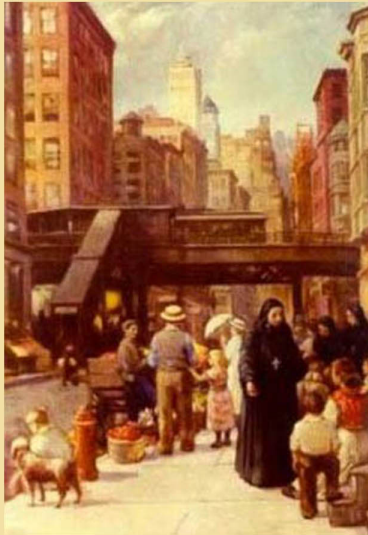
The Importance of Domestic Violence Education

5-7pm, Grace Hall

Cabrini is proud to launch a new Center dedicated to domestic violence education and supporting children of trauma. The program features a keynote presentation by Lynn Rosenthal, Policy Director for Violence Against Women Initiatives for the Biden Foundation, and a ceremonial launch of the new Center. The presentation will be followed by a reception.

Join us at one or both of these events as we further our commitment to ending domestic violence.

The **Cabrini Mission Foundation** Invites You to...



New York City Street Dedication

“Mother Cabrini Way”

Friday, October 20, 2017 at 11:00 am

Corner of E. 19th and 3rd Avenue

New York, NY 10003

Light refreshments to follow at

Cabrini Apartments

220 E. 19th Street

One-Minute Meditation

Partners with God

God has a To-Do List for you. For me? Yes. For you. You are God’s partner. God needs you to continue the on-going creation of the world. What? Who? Me? I am God’s partner? Yes. You are. Because you are made in the image of God. It says so, right at the beginning of the Bible. (Gen. 1:27). What does it mean to be “made” in the “image” of God? It means that the spark of divinity is within you. And that God brought you into this world for a purpose. The ultimate purpose.

This is it:

Your purpose is to do God’s work. The question has been asked: What on earth are you here for? The answer: To do the tasks that God has for you.

Dr. Ron Wolfson
God’s To Do List
Words of Grace

Prayer Requests

Toni Talluto

Florence Wingerter, Cabrini High School alumna and trustee, asks prayers for Toni Talluto, Cabrini High School, Class of '71 who is having surgery today. Please pray for her and her surgeons. May her procedure go smoothly and may her recovery be swift.

Victims of the California fires

Please keep all those people in California who have lost their lives, homes, pets, possessions, businesses and livelihoods in your prayers. Pray that they will have the fortitude and energy to rebuild their lives. Pray also for the many brave first responders who are fighting the fires and leading people to safety. Pray for all those who are providing shelter for those who have been displaced.

Victims of the recent hurricanes

Continue to remember all those who are suffering following the recent spate of hurricanes. So many remain without housing, power, adequate food, water and medical attention. May our loving God be present to them in their time of great need.

Victims of Las Vegas tragedy

So many lives have been impacted by the senseless violence that took place in Las Vegas last week. Please pray for all those who have died, been injured, and are suffering mental trauma from the magnitude of what took place. Pray for peace of heart for all.

With a Grateful Heart

Cabrini High School alumna and trustee Florence Wingerter writes, "I want to give you an update on Samantha, my great niece that the Cabrini community prayed for last year. We just celebrated Samantha's 1st birthday, she is doing well, and the doctors are very pleased with her progress and continue to keep a close eye on her. Please send my thanks to everyone for the wonderful blessings."



In Loving Memory

Ralph Onstad

Please pray for the repose of the soul of Ralph Onstad, the father of Florence Wingerter, Cabrini High School alumna and trustee. Mr. Onstad had been in hospice and passed away on Wednesday, October 11, 2017. Please pray for Mr. Onstad, his daughter, Florence, and their entire family at this sad time.