



November 2, 2017

In September, Pope Francis launched the "Share the Journey" Campaign for Migrants and Refugees, which will continue for the next two years. With St. Frances X. Cabrini, the Patroness of Immigrants, as our namesake and guide, we will be placing a special focus in The Update on the plight of migrants and refugees. All are welcome and encouraged to submit stories of outreach and connection as we journey in solidarity with our sisters and brothers.

We Continue to "Share the Journey"

"Hope is what drives the hearts of those who depart," said Pope Francis on 27 September as he opened the Caritas '[Share the Journey](#)' migration campaign. He gave an emotional endorsement for the need to build relationships between migrants, refugees and local communities.

Speaking during his weekly General Audience in St. Peter's Square in Rome, Pope Francis said, "It is also what drives the hearts of those who welcome: the desire to meet each other, get to know each other, to dialogue."

Pope Francis warned against what he called "the enemies of hope" as he launched the two-year campaign.

"Hope is what drives 'sharing the journey of life', as the Caritas campaign we are inaugurating today reminds us. Brothers and sisters, we are not afraid to share the journey! We are not afraid to share hope!"



The pope made the 'Reach Out' gesture – which Caritas is placing at the center of its campaign – opening his arms out wide. 'Reach Out' is the symbol of a concrete mass action of meeting migrants, listening to their stories and sharing their journeys. Supporters worldwide are asked to perform the gesture in a social media awareness campaign.

Cardinal Luis Antonio Tagle, President of Caritas Internationalis said, "If we bond with refugees and migrants, we will break down the

barriers with which some are trying to separate us. The campaign reaches out to recognize, restore and share our common humanity."

The Caritas campaign is backed by its national organizations in more than 160 countries, by the ecumenical [ACT Alliance](#) of over 140 members, by the United Nations agencies the [Food and Agriculture Organisation](#), the [International Organisation for Migration](#), the UN's refugee organization, [UNCHR](#) and its' [World Food Programme](#), along with numerous religious and civil society organizations.

For more information – journey.caritas.org



East 19th Street in Manhattan has a New Designation *Mother Cabrini Way Dedication*

The sidewalk at the corner of East 19th Street and 3rd Avenue was packed with people in a jovial mood well before 11:00 am on October 20th. A covered sign had been conspicuously placed below the one indicating 19th Street with a long rope coming from its corner wrapping around the pole. After months of hard work, this section of street in New York City would be dedicated to Mother Cabrini.



Fr. Arthur Golino blessed the new Mother Cabrini Way sign.

The people gathered were indicative of the Cabrini reach over the last 100 years. In addition to Sisters the guests included a group of retired Cabrini nurses and staff, police officers in uniform, and representatives from a number of NYC institutions including the Archdiocese of New York and Sacred Hearts-Saint Stephen's Parish in Brooklyn. All of these individuals had experienced Cabrini in some way and were now present to celebrate this momentous occasion.

A brief program led by Sr. Pietrina Raccuglia, MSC, Provincial, started at 11:00 a.m. Speakers of note included Father Arthur Golino, formerly of Epiphany Parish, who blessed the sign; Sr. Catherine Garry, MSC, who gave a stirring reflection on the life of Mother Cabrini; and Kathleen Kelly from Community Board 6 who

wrote the resolution requesting the City Council honor our foundress in this way. The keynote comments were provided by Councilwoman Rosie Mendez, who highlighted the continuing work being done by the Missionary Sisters in support of immigrant communities. Finally, all Sisters in attendance were invited to participate in the removal of the sign cover. "Mother Cabrini Way" was revealed to a resounding countdown from 10 and cheers from the over 100 people present.



From left: Missionary Sisters Marisel Mora, Antonia Plata, Juana Mendoza, Lucy Panettieri, Lucia Maria Cosme and Joseane Soares proudly display the new sign.

The celebration continued during a reception at Cabrini Senior Apartments, where people could take photographs with the duplicate sign. The community room and outdoor patio were filled with laughter and happy chatting. This coming together as one showed a true Cabrini spirit, which doubtless caused Mother to smile upon the occasion. ~ Melanie Paccillo, CMF

To view a Smilebox presentation on the dedication:

<http://play.smilebox.com/SpreadMoreHappy/4e4455334f4455344d445a384d5441304d7a6b7a4e5445770d0a?title=Mother%20Cabrini%20Way&image=4e4455334f4455344d445a384d5441304d7a6b7a4e5445770d0a.jpg>

A Gathering to Remember

~ A Reflection by Sr. Mary Ann Hawes, MSC

On Saturday, October 28th, a large bus pulled onto our property in West Park, NY and many Missionary Sisters stepped out to recall and share memories of so many sisters who have gone before us but especially those who have died since 2015.



As the Mother Cabrini Feast Day nears, the Missionary Sisters spent time in West Park, NY visiting the graves of MSCs on whose shoulders we stand, sharing stories and memories.

What a privilege to assist at Mass in our International Formation Chapel celebrated by our former student Rev. Michael Salerno, who shared his special memories of our sisters and all they did for him and his family. We recalled the names of so many of our sisters buried there [in West Park] during the Prayers of the Faithful. Following our Mass, we proceeded to a spectacular luncheon.

The dining room had been transformed into a Fall/Halloween/Thanksgiving center. Sisters Aloysia and Lorene with the help of Sisters Marisel, Joseane and Lucia prepared goodie bags for each of us, and decorations all around. The wonderful food was provided by Sal's Caterers of Highland, NY and the choices were abundant and amazing.



Following Mass, in the autumn themed dining room, the festivities commenced. The Missionary Sisters and their guests enjoyed a delicious luncheon and each other's company.

No one was forgotten. We were invited to take food for those who could not attend. (I assure you that was most appreciated!)

After our feasting and animated sharing, we collected our goodies and headed back to our cemetery overlooking the Hudson River. How many memories floated back as we recalled years spent with our sisters now interred in their final resting places. What a perfect preparation for November, the month of the Holy Souls. What a meaningful, memorable day – the glorious sun shining down on us as we gave thanks for those who went before us. ~ *submitted by Sr. Mary Ann Hawes, MSC*



Enjoying the camaraderie are Missionary Sisters, seated from left: Sr. Claudia DeMarco; Sr. Romualda Molon; Sr. Adelaide Pereira; and Sr. Adelina DiMare. Standing from left: Sr. Lucia Maria Cosme; Sr. Joseane Soares and Sr. John Giani.



Missionary Sisters catch up with one another at the West Park luncheon. Clockwise from left: Sr. Joseane Soares; Sr. Joan Marie Sariti; Sr. Lucy Panettieri; Sr. Patricia Spillane; Sr. Lucia Maria Cosme; and Sr. Marisel Mora.



St. Frances Xavier Cabrini Feast Day *November 13*

Please join us in praying the Novena for the Feast Day.

The Novena is on-line on the www.mothercabrini.org website

Please click here to access:

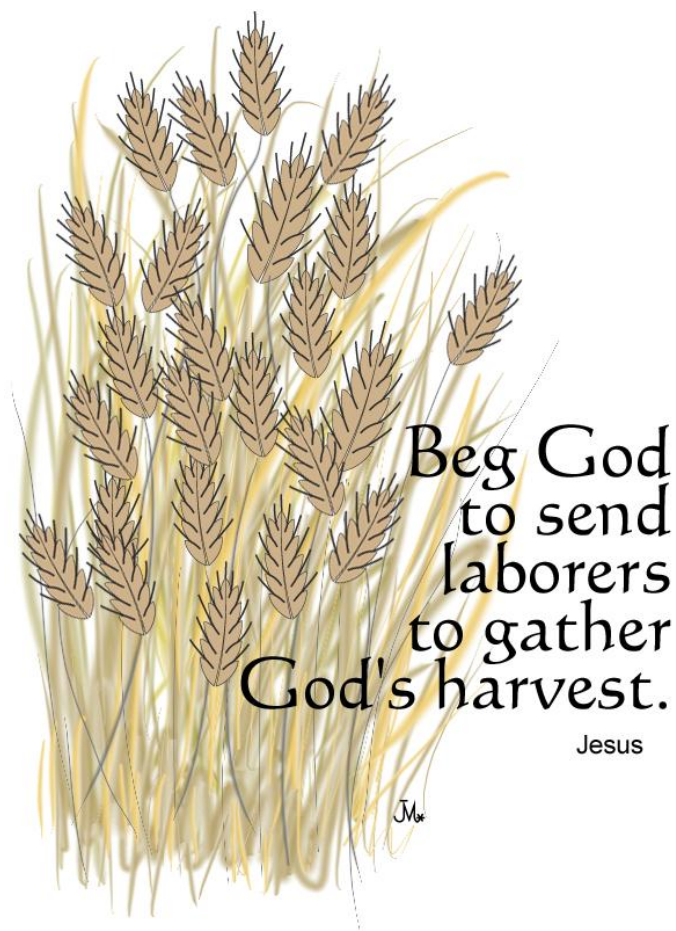
<https://www.mothercabrini.org/spirituality/cabrini-novena>



National Vocation Awareness Week

November 5 – 11

The Catholic Church in the United States will celebrate National Vocations Awareness Week, November 5-11, 2017. This annual event is a special time in the United States to actively foster and pray for a culture of vocations to the priesthood, diaconate, and consecrated life.



Cardinal Joseph Tobin, the Chair of the US Bishops' Committee on Clergy, Consecrated Life, and Vocations, reminds us that each of us in the Church has a key role to play in the witness of our vocation in ordinary circumstances, "As we go about our everyday life and most especially this week, we must keep vocations in our prayers, while, at the same time, being a mindful witness with our own vocation. We may never know how our lives may have an impact on someone else's story. Simply living out our call as disciples of Jesus Christ fully and joyfully in the world bears witness to the love of Christ as He generously bestows on each of us our own personal call."

National Vocations Awareness Week, sponsored by the U.S. Conference of Catholic Bishops' (USCCB) Committee on Clergy,

Consecrated Life, and Vocations, is designed to help promote vocation awareness and to encourage young people to ask the question: "To what vocation in life is God calling me?" Parish and school communities across the nation are encouraged to include, during the first full week in November, prayer and special activities that focus on vocation awareness. ~ USCCB website

To learn more: <http://www.usccb.org/beliefs-and-teachings/vocations/national-vocation-awareness-week.cfm>

To view a video of Sr. Thea Bowman speaking on vocations: <http://www.usccb.org/beliefs-and-teachings/vocations/national-vocation-awareness-week.cfm>

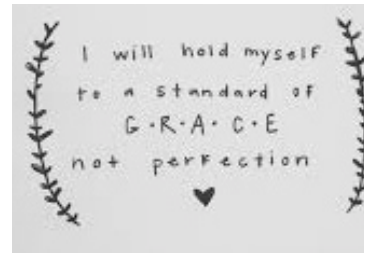
With today's edition of THE UPDATE we continue a brief series on vocation ministry taken from an article written by Father Joseph Nassal, C.P.P.S. which appeared in the Summer 2017 edition of HORIZON, the journal of the National Religious Vocation Conference. Fr. Nassal has worked in vocation, retreat, 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

5 Embrace imperfection

As we seek to stay calm and carry on in the work to which we are called, we need to avoid getting caught in the roundabout of perfectionism. Or else, we will just be going around in circles.

We confuse perfection with holiness or wholeness. It is easy to do since so much of our religious training has focused on perfection. That word, perfection, occurs early in Matthew's gospel when Jesus talks about discipleship in the Sermon on the Mount. In the context of loving one's enemies, Jesus says we must be "perfect as our heavenly Father is perfect." (I prefer Luke's version where he says we must be "compassionate as our God is compassionate.")



The pursuit of perfection can stunt our growth and development as a human person because we are called to be human, not perfect. We must be who we are and stop trying to live up to an ideal that we or others (parents, family, church, society, profession, and our own false self) place before us. In her book, *Being Perfect*, Anna Quindlen reflects on her desire by living up to the expectations of others. "Trying to be perfect may be inevitable for people who are smart and ambitious and interested in the world and its good opinion," she writes. "What is hard and amazing, is giving up on being perfect and beginning the work of becoming yourself."

Helping a candidate to religious life become him or herself within the parameters of a congregation's charism and spirituality is at the heart of the process of discernment. If we are still living up to the expectations of others – of church or family or community or Wall Street or the people down the street, how can we help a candidate discern his or her place in religious life if he or she is dealing with the same issues? It is important to ask ourselves if we are still trying to shape our lives in response to what other people think of us, of how they define us, of who they want us to be? Are we still trying to be perfect in an imperfect world? Or are we seeking to be whole and holy?

In discernment with potential candidates for our communities, we must pay close attention to this question of perfectionism because as Quindlen points out, one of the many downfalls of pursuing perfection is that it "makes you unforgiving of the faults of others." But the main reason to avoid the path of perfection is that moment in our lives when we fail at something we truly wanted to succeed at, or we've lost a loved one who meant to the world to us, or a dream has turned to dust – then "you will fall into the center of yourself" and "will look for some core to sustain you," Quindlen writes. "And, if you have been perfect all your life and have managed to meet the expectations of everyone else in your life, chances are excellent that there will be a black hole where the core ought to be."

Next week, the final segment: Practice kindness



Save the Date!

Cabrini Immigrant Services Annual Liberty & Justice Awards Reception

November 16, 2017

**Estherwood Mansion
Dobbs Ferry, NY**

**Honoring:
Thomas Dobbins
Coordinator of Justice and Peace
Producer, Sirius XM Radio
at Catholic Charities of New York**

The Sisters of Charity of New York

And in Special Recognition of

**Marianne McGowan
Cabrini Immigrant Services
ESL Coordinator, 2002-2017**

**All Missionary Sisters are invited to be our guests at the reception.
Please RSVP at your earliest convenience to Susan Herceg at 914-693-6800
ext. 502 or sherceg@cabrini-eldercare.org**



SISTER REGINA PALAMARA
MISSIONARY SISTER OF THE SACRED HEART

Cordially invites you to

CELEBRATE THE LIFE AND LEGACY OF

Mother Cabrini

100 YEAR ANNIVERSARY

OF HER TRANSITION INTO ETERNAL LIFE

SUNDAY, NOVEMBER 12TH
TWO THOUSAND SEVENTEEN
MASS 11'O'CLOCK IN THE MORNING

SAINT FINBAR CHURCH

2010 OLIVE AVENUE, BURBANK, CALIFORNIA

DESSERT RECEPTION TO FOLLOW
AT HOLY SPIRIT CENTER



Cabrini Immigrant Services Annual Coat Drive



Help keep your neighbors warm this winter!
Donate new or gently used coats
and jackets for men, women and
children of all ages.

**We will be
receiving
donations
throughout the
month of
October.**



Drop off your
donation items at:
139 Henry Street
New York, NY
10002
Contact Cabrini at:
212-791-4590 Ext.
100 Monday-Friday
9am-5pm or via
email: Virginia
Quilli at
vquilli@cis-nyc.org
or Zenith Isidor at
zisidor@cis-nyc.org
for more
information

You may contribute by making a donation on the link below
that will go towards the children's coats:
<http://bit.ly/cabrinicoatdrive>

**The collection for the coat drive is coming to a
close. Kindly donate by week's end.
Thank you.**

St. Frances X. Cabrini Shrine, NYC

St. Frances Cabrini **FEAST DAY CELEBRATION**

SATURDAY, NOVEMBER 11

- 10:00 am French Mass**
12:00 Italian Mass
1:00 pm Traditional Procession
Led by Italian band. (Weather permitting)
2:00 pm Spanish Mass

SUNDAY, NOVEMBER 12

- 11:00 am English Mass**
Celebrant: Bishop Gerald Walsh
1:00 pm Filipino Mass
3:00 pm Spanish Mass

There will be a blessing with the relic of St. Cabrini after each Mass.

ST. FRANCES CABRINI SHRINE

701 Fort Washington Avenue New York, NY 10040
(212) 923-3536 CabriniShrineNYC.org



St. Frances Xavier Cabrini
Patron Saint of Immigrants

Save the Date! Saturday, December 16, 2017 at 5:00 pm

Bilingual Mass for the closing of the Centenary Year with Cardinal Timothy Dolan

Misa Bilingüe Por el Centenario de la Muerte de Santa Francisca Cabrini
Sábado 16 de Diciembre, 2017 a las 5:00

Prayer Requests

Bernie and Jim Currie

Please continue your prayers for Bernie and Jim, the brothers of Sr. Eileen Currie, MSC, who are each contending with health-related issues. Pray that they will experience healing and strength.

Ally Obney

Cabrini Companion Lisa Sarafian asks prayers for 13 year-old Ally Obney, a classmate of her son. Ally has been diagnosed with AVM – Arteriovenous Malformation – a rare condition affecting less than 1% of all people. She is in critical condition. Lisa appreciates the support of the Cabrini community. Please hold Ally in your prayers.

Vickey Calabro Zavasnik

Please pray for Vickey Calabro Zavasnik who was diagnosed with an aggressive form of cancer. Vickey is a former MSC. Your prayerful support would be appreciated.



In Loving Memory

Conor Devlin

Please pray for the repose of the soul of Conor Patrick Devlin, the nephew of Cabrini University trustee and alumna, Anne Marie Borneman. Conor, who passed away at the age of 25, was an accomplished, generous and faith-filled young man. His parents, sisters and brother, extended family and many friends are mourning his loss and would be grateful for your prayers at this very challenging time.

Patti Michels

Patti, the daughter-in-law of Paul Michels, a good friend and benefactor of the Missionary Sisters, died on Tuesday, October 31st after a battle with cancer. She is survived by her husband Tom and 3 children. Please pray for the comfort of the Michels Family at this very sad time.

Jimmy Mininno

Please pray for the repose of the soul of Jimmy Mininno, the father of Cabrini (College) University alumna Lisa Mininno Carnesi '98. May he rest in God's eternal peace. Please pray for Lisa also. She has now lost both her parents in 2017.

Hazel Walsh

Your prayers are asked for Hazel Walsh, the mother of Michael Walsh, the CEO of Cabrini Health. Hazel passed away on Tuesday, October 24th in Australia. Please remember the Walsh Family in your prayers at this sad time.

Hugh Waters

Please pray for the repose of Hugh Waters, the twin brother of Sr. Grace Waters, MSC. Hugh returned home to his God on Thursday, October 26th with Sr. Grace by his side. Please pray for Hugh's wife Margaret; their son; Hugh's sisters Theresa and Sr. Grace as they grieve their loss.



Today we observe the Feast of All Souls when we commemorate the faithful departed. We remember our loved ones who have gone before us and keep them in prayer.

The souls of the just are in the hands of God, but, somehow they are also right here, companioning us as we make our journey to God. We need this commemoration of all the faithful departed today, mostly because, whether we acknowledge it or not, we sense that they are with us. Death has no more power over them, and now that they are no longer confined by time and space they can do more for us than they could do in life. Someday, wrote John O'Donohue, the late Irish poet, we will be surprised to see how our loved ones among the dead "clothed us in weave after weave of blessing."

~ Kathy McGovern, Words of Grace