



## We Journey Together During Lent

The season of Lent is upon us, inviting us to enter into the desert with Christ. It's good to remember as we begin this journey that it's okay if it is not always a direct route. We are human, after all, and although we sometimes don't seem to grasp that, God does. There will be days when we feel as though we're not making any spiritual "progress" at all, and other times when we seem to be slipping farther and farther from our goal. Fortunately, we know God is kind and merciful. And, patient beyond measure.

So let us breathe deeply and just begin. Stake out a daily dwelling place in the heart of Scripture, where you will find guideposts and markers, examples and inspiration, to help move you through this season.



When you miss a step or lose sight of your plans for fasting, alms giving, and service, find a quiet spot to refocus your mind and reconnect with the whisper of the Spirit. Away from the chaos and noise of the outside world you will be better able to soak up the spiritual nourishment you need to sustain you.

Transformation doesn't come in an instant or all at once. It comes bit by bit and with daily effort. We are blessed to have this season set apart, a time to break from our routine and immerse ourselves in the story of salvation. Although during Lent we tend to focus on what we are doing for God and for others, the greatest blessing of this season is what God is doing for us.

"Lent is a favorable time for letting Christ serve us so that we, in turn, may become more like him," says Pope

Francis. "This happens whenever we hear the word of God and receive the sacraments, especially the Eucharist. There we become what we receive: the Body of Christ. In this body there is no room for the indifference which so often seems to possess our hearts."

Let us begin the journey together...

*~Mary DeTurris Poust – Daily Reflections for Lent*

# Continuing the Jubilee Year of Mercy

During the upcoming weeks, we will be considering ways in which we can more fully enter into the spirit of the Year of Mercy and will be offering practical suggestions for showing mercy to others.

## The Corporal Works of Mercy

The Corporal Works of Mercy are found in the teachings of Jesus and give us a model for how we should treat all others, as if they were Christ in disguise. They are “charitable actions by which we help our neighbors in their bodily needs” (USCCA). They respond to the basic needs of humanity as we journey through this life

### VISIT THE SICK

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them.

- Give blood
- Spend time volunteering at a nursing home – Get creative and make use of your talents (e.g. sing, read, paint, call Bingo, etc.)!
- Take time on a Saturday to stop and visit with an elderly neighbor.
- Offer to assist caregivers of chronically sick family members on a one-time or

periodic basis. Give caregivers time off from their caregiving responsibilities so they can rest, complete personal chores, or enjoy a relaxing break.

- Next time you make a meal that can be easily frozen, make a double batch and give it to a family in your parish who has a sick loved one. ~ from the USCCB website

## Villa Cabrini Alumnae and Friends, Burbank, CA

### Hosting an Open House

On January 10, 2016, the Villa Cabrini Alumnae and Friends (VCAAF) hosted an open house at the little chapel that was built for St. Frances Cabrini where she used to go pray when she was at Villa Cabrini in Burbank, California.

It is always gratifying to share the legacy of Mother Cabrini with friends and neighbors who may not be aware that a saint once walked these grounds. (Sr. Regina Palamara doesn't wear this habit anymore, but, she does don it when the group hosts special events!)

~ submitted by Linda Grant Jones, VCAAF

Seated are Sr. Regina Palamara and Michalene Palamar Di Matteo.  
Standing are Sherry Morano, Mary Kittelberger Lirhus, Kathleen Mitchell, Yana Horvatich, and Linda Grant Jones.



## Cabrini College/Cottage, Radnor, PA

*Meet our new intern; read her message*



Danielle Perez is a freshman at Cabrini College in Radnor, Pennsylvania. She has interests in Marketing and Communication and a love for spreading knowledge. She is originally from the Dominican Republic but has resided in Philadelphia for more than ten years. Danielle has always had a love for helping people especially those less fortunate. Since her enrollment at Cabrini, she has garnered a passion for social justice and hopes to incorporate that into her future career path. Danielle is interning with the Province Office of Communications during the spring semester. She will be writing about social justice issues and related events at Cabrini College.

### Syrian Refugee Crisis: Keeping our Minds, Hearts and Doors Open

The Syrian refugee crisis has been a constant topic of discussion in the United States for quite some time. Since the beginning of the Syrian Civil War in 2011, chaos has erupted all throughout Syria. Thousands of people have been hurt, tortured and even killed in protests. The calls for an end to the violence have continued to be left unheard. But that has not been the reason for why this event has been so talked about here in the U.S. Since the migration of Syrians to this country after the beginning of Syria's demise in violence, many Americans have met these individuals with -- according to some -- animosity built on misinformation. Many believe that it should be our prerogative to put an end to misconceptions surrounding Syrian refugees and educate others on the realities of this crisis and the process of allowing them entrance into the U.S. However, other Americans disagree on the U.S. Administration's plan to allow entrance to two thousand (2,000) Syrian refugees and cite their fear of terrorism and a shortage of necessities as some reasons for their disapproval.

In the hopes of spreading awareness on the issue, Cabrini College in Radnor, Pennsylvania, will focus its annual **Founder's Day celebration** on the discussion of the crisis in Syria. This day honors the College's founder Sister Ursula Infante, MSC (1897-2001) through a presentation by an accomplished individual who has shown the "Cabrinian legacy" of making the work of God visible through social justice work. The College will welcome Chandreyee Banerjee, an activist and former refugee herself, who will speak on 'The Human Face of Syrian Refugees: A First-Hand Report from the Field.'

Chandreyee will discuss her experience of being a refugee, as well as the current refugee crisis. If you wish to attend, the discussion will be held on **Monday, February 15, 2016 at 3:15 pm in the College's Mansion**. Cabrini hopes that the words from such an accomplished and distinguished individual familiar with the perils of many will touch all who attend.

*~ Danielle Perez*



*From the Province Vocation Promotion Team ...*  
*Latina Night at The Cabrini Cottage*



Sisters from six religious congregations enjoyed prayer, conversation, song and dinner with Latina students from Cabrini College and Immaculata University.

What a wonderful Latina Night we had on Thursday, February 4<sup>th</sup> hosted by the Hispanic Committee of the National Religious Vocation Conference - Delaware Valley Member Area. On behalf of the Missionary Sisters, Sr. Christine Marie Baltas, MSC and Nancy Costello enjoyed welcoming everyone to The Cabrini Cottage.

We made new friends, we shared life, we prayed for the Year of Mercy, we considered the gifts with which God has gifted us, we sang songs in Spanish and English, and we enjoyed a festive meal together.

Thanks so much to everyone who helped in bringing this evening together. It was delightful to have Sr. Barbara Brigham, MMS, Sr. Cathy Nally, IHM, Sr. Paula, IHM with us. Special thanks to Sr. Terry Saetta, RSM for planning our prayer program; to Sr. Anita Quigley, SHCJ for bringing dessert goodies; to Sr. Lisa Valentini, MSC for bringing her guitar and leading us in song, and to all of you who were able to attend the evening and to all who were supporting us in prayer.

*~ submitted by Nancy Costello*



PLEASE JOIN US! Registration is now open\*

In the spirit of the Jubilee Year of Mercy



### Where?

Cabrini College, Radnor, PA  
Holy Spirit Library, 2<sup>nd</sup> Floor Conference Room

### When?

Saturday, March 12, 2016      9:30 am – Gathering and Coffee  
10:00 am – 4 pm - Program      4:00 pm - Liturgy

### What?

A Day of Prayer, Reflection and Restoration focused on the Jubilee Year of Mercy. \$25 includes program, materials, continental breakfast, boxed lunch, & refreshments. Mindfulness meditation, spiritual movement, quiet reflection, & insights on mercy will highlight the day.

### Who?

All are welcome! Missionary Sisters, Cabrini Lay Missionaries, Cabrini Companions, Cabrini Mission Corps missionaries and alumni, Cabrini College employees and alumni, and Cabrini friends.

Presenters: Fr. Edwin Robinson, OFM, Director of Pastoral Care, Cabrini of Westchester  
Sr. Christine Marie Baltas, MSC and Sr. Grace Waters, MSC.

### How?

**\* Registration is now open.** To register or for more information, please email: [cabriniformation@mothercabrini.org](mailto:cabriniformation@mothercabrini.org) or call 610-902-1038/39. Space is limited. (The first ten registrants will receive a special Cabrinian gift.) Checks should be made payable to: Missionary Sisters of the Sacred Heart of Jesus and mailed to: Cabrini Formation Office, 610 King of Prussia Rd. The Cottage, Radnor, PA 19087



## Cabrini Immigrant Services, New York, NY *Annual Benefit*

Cabrini Immigrant Services invites you to our annual benefit on Monday, March 14! This year we are celebrating our immigrant history at the Tenement Museum, where you can learn about some of the immigrants Mother Cabrini and the first Missionary Sisters of the Sacred Heart might have served. Our honoree is Brigid Sullivan, a retired police officer and close friend of Sister Yolanda Flores, MSC, who, for many years, has given so much of her time and resources to help our organization.

The benefit will be March 14 from 6:30--9:30pm at the Tenement Museum, 103 Orchard Street, New York NY 10002.

Tickets will be \$200 for individuals or \$1,000 for a group of six. Tickets include dinner and tours of the museum. **Please reserve your ticket by March 1. For more information or to make a reservation, please contact Madison Koenig at 212-791-4590 ext. 107 or [jfi@cis-nyc.org](mailto:jfi@cis-nyc.org).**

## The Cottage at Cabrini College, Radnor, PA



Cabrini College students from Dr. Nick Rademacher's social justice class spent an afternoon at The Cottage with the Missionary Sisters and the Provincial Office staff learning about the life of St. Cabrini and the lived expression of social justice regarding immigrants and anti-human trafficking outreach in the Cabrinian ministries in the Stella Maris Province. Standing are from left: Nancy Costello; Sr. Christine Marie Baltas, MSC; Sr. Grace Waters, MSC; and senior Joey Reatano. Seated are from left: freshman student Katie; Karol Brewer; Gina Scarpello and junior student Nicole.

# Mother Cabrini Shrine, Golden, CO

**Extraordinary Jubilee of Mercy**

**Pilgrimage to Italy**

**October 3 – 13, 2016**



Arrive in Milan, travel to Codogno, Sant'Angelo, Florence, Siena, Assisi and Rome. Join Sr. Joan McGlinchey, M.S.C. and Fr. John Lager, O.F.M., Cap. to walk in the footsteps of Mother Cabrini and journey to Rome for the Holy Year of Mercy.

Space is limited.

For more information and a brochure with reservation information please contact: Mother Cabrini Shrine

Attn: Jeff Lewis

Phone: 303.526.0758

Email: [jefflewis@mothercabrinishrine.org](mailto:jefflewis@mothercabrinishrine.org) or visit:

<http://www.georgesintl.com/wp-content/uploads/2016/02/Cabrini-Pilgrimage.pdf>



## **Handbags, Scarves & Shoes!!**

### **Wednesday, March 16, 2016**

**at Cabrini College in Jazzman's Cafe**

**610 King of Prussia Road, Radnor, PA 19087**

**10:00 a.m. – 3:00 p.m.**

**(New and Like New Items at Very Low Prices –  
We are also accepting donations of designer handbags for sale)**



**Cabrini *Action & Advocacy* Coalition**

**Rescued Trafficked Victims *Need Our On-Going Help***

Proceeds from this sale will help support our  
"Cabrini Closet" efforts to supply rescued victims of human trafficking  
with much needed items.

Part of the proceeds will also benefit  
Dawn's Place in Pennsylvania - [www.ahomefordawn.org](http://www.ahomefordawn.org)

**(Cash & Checks Only – ATM onsite)**

**Questions?** Contact Karol Brewer at 610-902-1038 or  
[cabriniformation@aol.com](mailto:cabriniformation@aol.com) - [www.mothercabrini.org](http://www.mothercabrini.org)

Cabrini College-Cottage, 610 King of Prussia Road, Radnor, PA 19087



## LENTEN OBSERVANCES

During the Lenten Season the Sisters of Mercy try to provide a prayerful gathering for young adults. This year we will host a **Taize prayer experience on March 9th at the Convent of**

**Mercy in Merion, PA.** This prayer will be a blend of quiet, music and prayer. **The prayer will begin at 7PM and will be about an hour long.** They have asked us to pass the word. **All are welcome.** They would love to have you!

For more information please contact:

**Sister Theresa Saetta, RSM**

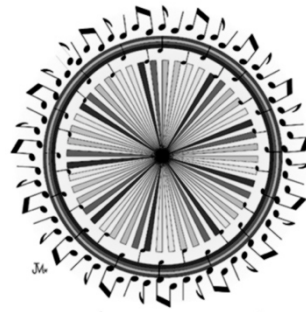
Vocation Minister, Mid-Atlantic Community

Sisters of Mercy of the Americas

515 Montgomery Avenue

Merion Station, PA 19066

t. [610.664.6650](tel:610.664.6650) or [484.562.0362](tel:484.562.0362)



St. Josephine Bakhita

## St. Josephine Bakhita

Monday, February 8<sup>th</sup> was the Feast Day of St. Josephine Bakhita.

A Catholic sister and former slave, Saint Josephine Bakhita is for many a companion in the fight against human trafficking. Her feast day coincides with the U.S. Bishops' Day of Prayer for Survivors and Victims of Human Trafficking.

In 2013 when this day was inaugurated, Bishop Eusebio Elizondo called upon the church to "lift our voices loudly in prayer, hope, and love for trafficking victims and survivors" and emphasized awareness and action on their behalf.

The Missionary Sisters have a corporate stance on anti-human trafficking.

## Today is the World Day of the Sick

It's fitting that the day designated as the World Day of the Sick coincides with the liturgical calendar's feast dedicated to Our Lady of Lourdes. Lourdes had no claim to fame in 1858, but it was home to a young Bernadette Soubirous. Life in Lourdes changed that year, however, when Mary, the mother of God, appeared repeatedly to Bernadette and, in time, the apparitions and healings gained the attention of the world. Today, 6 million pilgrims travel yearly to Lourdes seeking healing in the spring waters that it is said Our Lady revealed to Bernadette. In solidarity with the pilgrims, offer your day on behalf of those who have lost their health, their livelihood, or their hope.

## Prayer Requests

### ***Laurie Fry***

Prayers are requested for Laurie Fry, the sister-in-law of Fran Carusi Brooks, a 1982 Cabrini College graduate. Laurie was just diagnosed with breast cancer and will be entering treatment. Please keep her in prayer.

### ***Grace LaMattina***

Please remember Grace in your prayers. She was recently hospitalized and received a pacemaker. She is now doing in-patient physical therapy. Grace will be 90 in March.



### ***Lisa Pagnotti***

Prayers are requested for healing, recovery and good health for Lisa Pagnotti, friend of the Cabrini College community. Lisa underwent surgery on February 10<sup>th</sup> at Jefferson Hospital in Philadelphia and is facing treatment for a recent diagnosis of cancer.

### ***Nicole Small***

Prayers are requested for Nicole who is in need of our support at this time.

### ***Agnes Stridiron requests... for Carol Baitazar***

Agnes Stridiron, former nurse at St. Cabrini Home in Philadelphia, asks for prayers for a difficult family situation and for a relative, Carol Baitazar, who is having some serious health issues.

### ***Villa Cabrini Alumnae and Friends request prayers for:***

***Nancy Marzo Costantino (class of 1949)*** who is recovering from surgery and a broken ankle.

***Dian Pitts Lord (class of 1968)*** who is recovering from shoulder surgery.

### ***Bob Weber***

Prayers are asked for Bob Weber, husband of Claire Roth, Cabrini College Class of 1969, who will be undergoing surgery on Friday. Pray that his recovery will be swift.

## In Loving Memory

### ***Helen Koenig***

Your prayers are asked for the repose of the soul of Helen Koenig, who went to her eternal rest on February 8th and for the comfort of her family. Helen is the mother of Sonny Borey, Trustee of Cabrini High School in New Orleans.

### ***Dr. Josef Niznik***

Please pray for the repose of the soul of Doctor Josef Niznik, who went to his eternal rest this past week. He was a physician at the former Cabrini Medical Center in New York.

### ***Carmela Theresa Scutti***

The Cabrinian Community joins the Cabrini College Community in extending sympathy to Diane Scutti, Cabrini College Business Office Controller, on the loss of her mother, Carmela Theresa Scutti, who passed away on Monday, Feb. 1<sup>st</sup> 2016, in Greensboro, NC.

### ***Villa Cabrini Alumnae and Friends request prayers for...***

~ ***Patricia Glynn Beattie (class of 1954)*** who passed away in November 2015.

~ ***Patricia Cushing (class of 1954)*** who passed away in December 2015.



## **With Appreciation**

Madeline Bialecki, former director of Cabrini Mission Corps, wishes to thank the MSCs and the Cabrinian community for their prayerful support as she mourned the loss of her friend, Ted Watkins. He had a peaceful death and his funeral was a celebration of his life in faith. Madeline is most grateful.

## **In Celebration**

Our congratulations, love and prayers are sent to Sr. Regina Palamara, MSC who will be celebrating her 60<sup>th</sup> Jubilee on February 14<sup>th</sup>, Valentine's Day. The good people of St. Finbar Parish in Burbank, California will be honoring Sr. Regina with a Mass and a festive reception.

*Many, many blessings, Sr. Regina!*

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