



MISSIONARY SISTERS
of the SACRED HEART of JESUS
Bringing Christ's love to the world

THE UPDATE

February 16, 2017

A Valentine "Thank You" to the Cabrini Retreat Center's Sister Prayer Partners



Teens making a four-day Kairos Retreat (Kairos means "God's Time") at Cabrini Retreat Center in Des Plaines, IL, send a Valentine's Day "thank you" to their Prayer Partner Sr. Joan Marie Sariti, MSC and to all the Missionary Sisters.

"We need young people who are alert and searching, trying to respond to God's dream and to all the restlessness present in the human heart."

Pope Francis at World Youth Day, July 2016

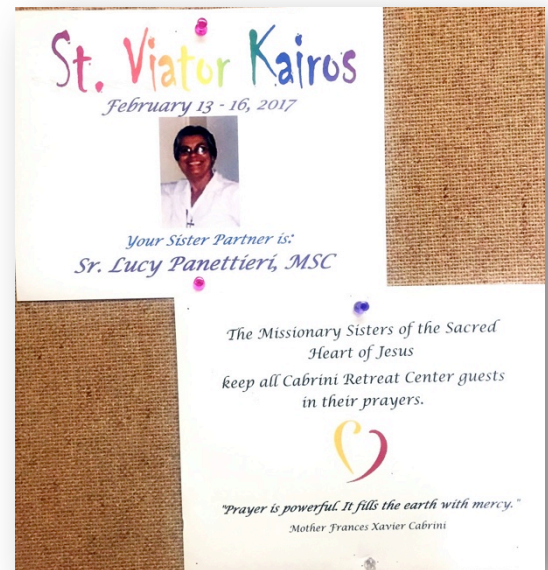
Thousands of youth each year are challenged to disconnect from phones and computers and become alert to the stirring of the Spirit within. *(See the following reflection from Pope Francis.)*

Each of the guests of Cabrini Retreat Center has a special prayer companion during their retreat. Sr. Grace Waters, MSC organizes the "Prayer Partner" program that links an individual Missionary Sister with a specific group of teens or adults.

The Retreat Center staff and guests are always grateful for this sharing in the mission. Each group is “introduced” to their Prayer Partner through a bulletin board that displays a photo and name of the Sister – in their welcome, the Hospitality Team names the Sisters to the group.

“The staff and youth minister are privileged to see miracles everyday – hearts touched, lives changed by God’s grace. “Thank you” seems an inadequate response to our Sister Sponsors and Prayer Partners,” says Retreat Center Director Nancy Golen in the name of the Retreat Center Team.

~ submitted by Nancy Golen



A sign for MSC Prayer Partner, Sr. Lucy Panettieri for a Kairos of 60 teens at the Retreat Center.

Pope Francis Cautions Youth Against “Sofa-Happiness”

“[God] is encouraging you to dream. He wants to make you see that, with you, the world can be different. For the fact is, unless you offer the best of yourselves, the world will never be different.”



Pope Francis warned youth against “sofa-happiness,” calling it the most “harmful and insidious form of paralysis.” A sofa, he said, that “makes us feel comfortable, calm, safe,” away from any kind of pain or fear, spending hours playing video games or in front of a computer screen. He said it’s a dangerous paralysis because as “we start to nod off” other people who are “more alert” but “not necessarily better, decide our future for us.”

For many people, Francis warned, it’s better to have drowsy, tone-deaf and dull kids who confuse happiness with a sofa.

“For many people, that is more convenient than having young people who are alert and searching, trying to respond to God’s dream and to all the restlessness present in the human heart,” adding that they hadn’t come into this world to “vegetate, to take it easy” but to “leave a mark.”

“But when we opt for ease and convenience, for confusing happiness with consumption, then we end up paying a high price indeed: we lose our freedom,” Pope Francis said.

Following Jesus, the Pope continued, demands courage and a readiness to change the couch for walking shoes.

~ Pope Francis, *World Youth Day*, 7.30.16



Cabrini University Did It!!!



Cabrini University attempted to break the Guinness World Records™ title for the largest sock drive in 8 hours in 1 location. The existing record was 2,459 pairs. **3,916** pairs were donated and will be distributed to people experiencing homelessness in the Philadelphia area through The Joy of Sox. At this time the University is waiting for the sock count to be verified and it should become official in the next few weeks. In the meantime, the socks will be boxed and delivered to homeless shelters in the greater Philadelphia area. Through the generosity of the Cabrini University community and friends many homeless brothers and sisters will have the comfort of fresh, new pair of socks. Thank you to all for your generosity.



Photo above: Students lend a hand in boxing the thousands of socks donated for the Sox for 60 event.

Photo right: Each paper sock represents a donation made to purchase socks.



To view a video of the day: <https://www.instagram.com/p/BQjJK7pjXWn>

CAAC, CRS Ambassadors and Pura Vida

Partner to Raise Awareness re: Human Trafficking on St. Bakhita Day



Hugh Organ (3rd I.), Executive Director of Covenant House, PA and Chairperson of the Philadelphia Anti-Human Trafficking Coalition visited Cabrini University on St. Josephine Bakhita Day to educate students on human trafficking. Mr. Organ also gave a presentation at an event organized by the Catholic Relief Services (CRS) Ambassadors, Pura Vida, the campus Latin American Club, and the Cabrini Action and Advocacy Coalition (CAAC). Those in attendance made handprints on a STOP HUMAN TRAFFICKING poster that was displayed in Founders' Hall on campus. Hugh Organ also spoke with Ms. Cindy Ross' Anti-Human Trafficking class in honor of St. Josephine Bakhita's Feast Day. ~ submitted by Karol Brewer

To watch a video on trafficking produced by Cabrini University students Ashley Lodise and Renata McGrath:

<https://www.youtube.com/watch?v=o53aqhxDW3M&feature=youtu.be>



One-Minute Meditation

We must all "pray to be open." If there is openness, wondrous transformation can take place. Divine love waits for us to let go of our hesitations and resistances so we can freely receive what is being offered. If our mind or heart is closed little can happen. To be open in prayer is to be willing to acknowledge the totality of who we are in order to strengthen our relationship with God.

~ Joyce Rupp

The following article appeared in The Philadelphia Inquirer on February 15, 2017:

Colleges open food pantries to help struggling students

By Jonathan Lai STAFF WRITER

Colleges and universities are increasingly recognizing a long-hidden problem: students struggling to afford food.

Nearly half of students reported some issue securing food in the previous month, according to a study released in October; one in five students at four-year schools reported being hungry.

“I just, you know, sometimes I would eat two meals throughout the day,” said a junior at West Chester University who asked not to be identified, to protect his privacy. “I would eat smaller ones, depending on how much I needed to spend on bills or whatever.”

“If that week there was a lot of sales at the grocery store, I would eat a little more,” he said.

West Chester University opened a student food pantry this school year, as did Rutgers-New Brunswick and **Cabrini University**. Montclair State University opened one last April, and Rowan University has one coming next month. Stockton University two years ago created a meal voucher.



To read more about food insecurity on college campuses:

<http://ireader.olivesoftware.com/Olive/iReader/PhiladelphiaInquirer/SharedArticle.ashx?document=PHQP%5C2017%5C02%5C15&article=Ar00112>



Love is in the Air at Cabrini of Westchester!

Cabrini of Westchester's Valentine's Day celebration was an unprecedented success this year with over 90 residents partaking in the festivities! Live music was provided by musician, Bob Geier, a favorite at Cabrini and accompanied by scrumptious red velvet cake and refreshments. Romantic music filled the air as residents, family members and volunteers sang and danced the afternoon away. If not waving their hands in the air to the beat of the music, many residents and family members held hands as they sang along to the love songs. Love is in the air every day at Cabrini but it was certainly most evident at this Valentine's Day celebration! ~ submitted by Lorraine Horgan



St. Cabrini resident Fay Russo (l.) enjoys a twirl on the dance floor with volunteer Angelica Granados.

Prayer Requests

Suzanne Roth Gallagher

Prayers are requested for Suzanne, the sister of Claire Roth, Cabrini University alumna and trustee. Suzanne was hospitalized over the weekend. Kindly pray for her swift recovery.

Leonard Norman Primiano, PhD

Please continue your prayers for Dr. Primiano, Chair of the Religious Studies Department at Cabrini University, who remains hospitalized. He is counting on our prayerful support.

In Loving Memory

Sr. Judith Furtado, MSC

Sr. Judith was called home to God on February 11th at the age of 82. She was a member of the Sacred Heart in Codogno. May she rest in the peace of Our Lord.

