



# Missionaries of the Sacred Heart of Jesus UPDATE

March 5, 2015

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[www.mothercabrini.org](http://www.mothercabrini.org)  
[www.cabrinifoundation.org](http://www.cabrinifoundation.org)  
[www.cabrinimissioncorps.org](http://www.cabrinimissioncorps.org)

## Getting to Know the MSCs

### A Visit to West Park, NY

*The Missionary Sisters' House of Formation and Discernment is located in West Park, New York and is a place of prayer, reflection and community.*

The House of Formation and Discernment in West Park, New York covers all phases of initial formation for those in religious life especially candidacy, novitiate and preparation for final vows.

The primary mission of the House of Formation and Discernment is to initiate a spiritual and missionary journey that creates conditions for reciprocal knowledge between the woman discerning religious life – the candidate - and the Institute of the Missionary Sisters of the Sacred Heart of Jesus. During this discernment, the women in formation are given the opportunity to know the fundamental requirements of the Cabrinian Missionary Life so that they may respond freely to their call whether it is religious life or a lay missionary vocation.

The House of Formation receives MSC junior sisters from other countries to prepare them to take the final step for perpetual commitment. It is a time of intense reflection and study of the vows as well as an opportunity to participate in the mission of the community. This international experience helps the junior sister to integrate her culture with other cultures. Our community is also a place where women can “Come and See” by spending a quiet weekend and/or share in the activities of the community.

Sisters and our lay collaborators are also welcomed to leave the bustle and hustle of city life and spend time with the Lord in our beautiful grounds that face the Hudson River or use our magnificent chapel for private prayer and reflection.



The House of Formation and Discernment is a center of hospitality. Here Sr. Lucy Panettieri, MSC (I.) and Sr. Antonia Plata, MSC share and explain the MSC symbols during the World Day of Prayer for Consecrated Life.

Our primary mission is formation but we are also involved with a pastoral program called “Brazos Abiertos” (“Open Arms”) in collaboration with the Redemptorist fathers. The aim of this program is to go out and establish ecclesial communities for Latinos in areas where these communities do not exist. We also visit families in need of consolation and prayer when the need arises. We are also involved in adult parish catechesis. The House of Formation and Discernment is a vibrant, active place!

~ *with thanks to Sr. Lucy Panettieri, MSC and Sr. Veronica Piccone, MSC*



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## Cabrini High School, New Orleans, LA

### *Students Undertake a Multifaceted Mission Trip*

A group of nine students and two chaperones from Cabrini High School in New Orleans sacrificed their Mardi Gras opting instead to go a mission trip to Cabrini College in Radnor, PA and snowy New York City. The trip’s purpose was evangelization, direct service, and future discernment.



A highlight of the trip was a visit with the Senior Sisters at Sacred Heart Convent.

During the New York leg of their trip, the Cabrini High School “missioners” spent a day with the Sisters at Sacred Heart Convent; performing service at Cabrini Immigrant Services; and praying at Mother Cabrini’s Shrine. The girls spent a second day visiting Fordham, New York University (NYU), and Columbia Universities, and Parson's College of Design, and managed to visit Times Square to catch the Broadway Show, “On The Town.”

Next on the itinerary was Radnor, Pennsylvania where students toured Cabrini College and nearby Villanova University. At Cabrini, the girls met with several Cabrini New Orleans alumnae currently attending Cabrini College. There, they joined the Cabrini Mission Corps missionaries and experienced the Cabriniana Room with many of Mother Cabrini’s most sacred artifacts. Cabrini College President Donald Taylor greeted all the participants.

A second day in Pennsylvania was spent in historic Philadelphia where the group visited Love Park, the Liberty Bell and the Reading Terminal Market.



Cabrini College's Assistant Library Director Anne Schwelm (l) welcomes the Cabrini High School students to the Cabriniana Room of the Holy Spirit Library. There, Anne shared and explained the many artifacts of Mother Cabrini which are on display.

Record snowfall - and Southwest Airlines - allowed us to spend a few extra days at Cabrini College, during which the students relaxed and reflected on the experiences of the previous days. The girls also found time to ride the subways and explore the community, ponder college life, perform service, engage in nightly reflection, and to pray. Meeting girls from other Cabrini schools on similar mission trips was a special treat, one that broadened their idea of what it means to be Cabrinian, and to live out Mother Cabrini's legacy.

*~ submitted by Laura Arand ~with thanks to Nall Gearheard*

## More from Cabrini High School...

Cabrini High School faculty members held their monthly educational book study program that develops the skills and capabilities of their teachers and improve student learning.



Some of the faculty members who attended the program were from left: Maureen Walsh, Lisa Surgi, Ann Luke, Ann Smart, Vivian Coutin, Lisa Howley Dubus '81, Nadine LeBlanc Pizer '76 and Erin Sloan.

The program was established in 2003 by the administration, department heads, and senior members of the faculty to create a professional learning community among the Cabrini faculty. Ms. Vivian Coutin, Assistant Principal for Curriculum, Instruction, and Professional



Development, chairs the program and holds monthly meetings to learn best practices and methods for incorporating these practices into the classroom. Each month, members of the club discuss assigned reading on recent developments in educational methods and theory. Members share their acquired knowledge with members of their department and incorporate those methods in their classrooms.



## Teachers Helping Teachers

sharing ideas for a brighter tomorrow

"The most important factor affecting student learning is the teacher...more can be done to improve education by improving the effectiveness of teachers than by any other single factor," Vivian Coutin quoting the research from a

previous meeting. "We use these educational book study meetings to continue learning about best practices so that student learning is improved."

"We are into our thirteenth year of the program and the club has been wonderful for our faculty. It has made us very collegial as well as congenial," added Ann Smart, Head of the Science Department and a co-founder of the club. "This is a wonderful example for our students that their teachers are life long learners, a trait we strive to instill in all Cabrini graduates." ~ submitted by Nall Gearheard

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## Cabrini Immigrant Services, Dobbs Ferry, NY:

### *A Very Special Place, Indeed*

*The following is an essay by Marianne McGowan of Cabrini Immigrant Services...*

Helen walked in the door of Cabrini's office on a late November afternoon. Icy wind was whipping off the Hudson River, the air smelling of an impending snowstorm. The Twin Towers had recently fallen and New Yorkers were still reeling in shock. Strangely, life was normal in other ways. I continued educational consulting with Bank Street College, but decided to do some volunteering at Cabrini as well. That's when Helen and I met. Helen, a licensed pharmacist from Iran, here on a Visitor's Visa, came to Cabrini for help to improve her English. I became Helen's tutor. Then I became her mentor. Now, Helen and I are friends.

Helen was my very first immigrant student. Tutoring was fun. We practiced reading children's books, Good Night Moon by Margaret Wise Brown and Corduroy by Don Freeman. Helen brought these books home to read to her son Arsha, who was five at the time. In return, Helen baked cookies made with saffron from her native Iran, and shared them with me. I found magazine articles about parenting small children, the challenges, the rewards. We read them together. Helen gave me tins of that golden, yellow saffron so that I, too, could make saffron cookies. Afraid to try the cookie recipe, I dusted my roast chicken with the valuable strands. Not too long ago Cabrini's tutors and students attended a lecture at the Lower East Side Tenement Museum, Chinatown. I can still picture Helen



walking down Broome Street arm in arm, with one of our tutors who was having difficulty navigating the cobblestone streets. We were a bit early for the lecture so we bought some hot muffins in the local bakery shop. Helen treated!

Fast forward. Just this past week Israel's Prime Minister Benjamin Netanyahu appeared before the United States Congress seeking support for Israel and fearing a nuclear attack from Iran unless appropriate sanctions were put in place. I listened intently to that speech, all the while thinking of Helen.

Only a few days ago Helen and I chatted when she came to the office for a party. While she came for fun, food and conversation, she also came to say "thank you" for all the help that Cabrini has provided her through the years. And yes, she came with more saffron cookies and another recipe that she promises is quite easy to follow.

2015, the world is filled with serious problems. If only these international conflicts could be solved by simply sharing recipes! And yes, this time I think I may actually try Helen's simpler recipe for saffron cookies. ~ *Marianne McGowan*



## Cabrini College – Save the Date!

### Faith, Climate, and Health: Creation Care For A Greener Future

Friday, April 17, 2015, 9 a.m.- 2 p.m. – Grace Hall

At this free conference, concerned citizens will gather to examine the perils of climate change and how we as a society can address them.

- **SEE** - the spiritual call to care for God's creation.
- **JUDGE** - the scientific evidence about the threats posed by climate change.
- **ACT** - with practical initiatives to undertake take political, institutional, and personal advocacy to arrest climate change and bring about a greener world.

#### Keynote speaker:

U.S. Senator Robert P. Casey

"The Impact of Climate Change on Children's Health"

#### Additional speakers:

- John Francis Burke, Ph.D., Cabrini College "The Greening of Catholic Social Teaching"
- Rabbi Arthur Waskow, Ph.D., The Shalom Center "From Eden to Shabbat to Jubilee: The Earth-Oriented Theology of the Hebrew Scriptures"

Plus – interesting breakout sessions.

More information and registration can be found at <http://www.cabrini.edu/climate>

The National Association of Catholic Youth Ministry  
*Presents...*



National Association of Catholic Youth Ministry Leaders  
presents

*FOSTERING A CULTURE OF*  
**ENCOUNTER**  
*With Young Disciples*  
**APRIL 12 -**  
**MAY 16, 2015**

Join us and thousands of people from around the world for a five-week, free online learning experience on helping young people encounter Christ and the Church!

*WEEKLY THEMES:*

April 12:	Encounter as Transformative Missionary Action Master Teachers: Bishop Frank Caggiano, Bishop of Bridgeport Tom East, Center for Ministry Development
April 19:	Encounter as Inculturating Faith within Cultural, Secular, and Ecclesial Realities Master Teacher: Dr. Ansel Augustine, Archdiocese of New Orleans
April 26:	Encounter as the Call to Spiritual Accompaniment and Being Heralds of the Word Master Teacher: Bob Rice, Franciscan University of Steubenville
May 3:	Encounter as Social Mission by Becoming the Hands and Feet of Christ Master Teachers: Archbishop Joseph Kurtz, Archbishop of Louisville Dr. Carolyn Woo, Catholic Relief Services
May 10:	Encounter as Spirit-Filled Evangelizers Master Teacher: Rev. Joe Espallat, Archdiocese of New York

With live discussions each Tuesday at 1:00 pm and 9:00 pm (Eastern time zone)

To Learn More or Register:  
[www.NACYML.org](http://www.NACYML.org)



NACYML  
National Association of  
Catholic Youth Ministry Leaders

More information on following page...

BE PART OF THE

# NACYML MOOC!



REGISTER AT

[www.NACYML.org/Encounter](http://www.NACYML.org/Encounter)

## WHAT IS A MOOC?

A MOOC (moo-k) is a Massive Open Online Course.

- Massive means that there will be no limit to how many people can participate.
- Open means that there is **no cost** to participate!
- Online means that this event is completely digital. There will be some synchronous events (everyone gathers together), but most will be asynchronous which means you can do it at your own pace.
- Course means that you will learn and grow and stretch your ministry and yourselves! But in a MOOC, you get to design your own path or curriculum through the MOOC.

The NACYML MOOC is a five-week course focused on *Fostering a Culture of Encounter with Young Disciples*. Each week will have a Master Teacher(s) focusing the topic around a chapter from the apostolic exhortation, *Evangelii Gaudium* or *The Joy of the Gospel*. But surrounding that topic will be other experts and practitioners helping you put that theme into context in a variety of NetSourcing Learning Communities, such as parents and families, Confirmation prep, youth evangelization, young adult ministry, pastors and clergy, and more!

## WEEKLY THEMES:

April 12:	Encounter as Transformative Missionary Action
April 19:	Encounter as Inculturating Faith within Cultural, Secular, and Ecclesial Realities
April 26:	Encounter as the Call to Spiritual Accompaniment and Being Heralds of the Word
May 3:	Encounter as Social Mission by Becoming the Hands and Feet of Christ
May 10:	Encounter as Spirit-Filled Evangelizers

## PARTICIPATE:



As An Individual

What would you do each week?

Sunday-Tuesday

- **Read** the weekly chapter in *The Joy of the Gospel*
- **View** video(s) by the Master Teacher(s)

Tuesday

- **Participate** in—or view the recording—of the live web discussion at 1:00 pm or 9:00 pm Eastern time zone

Wednesday-Saturday

- **Review** relevant weekly theme content



By Joining a  
Learning Community

What would you do each week?

Sunday-Tuesday

- **Read** the weekly chapter in *The Joy of the Gospel*
- **View** video(s) by the Master Teacher(s)

Tuesday

- **Participate** in—or view the recording—of the live web discussions each Tuesday at 1:00 pm or 9:00 pm Eastern

Wednesday-Saturday

- **Engage** with the resources, questions, and discussions in your chosen NetSourcing Learning Community

Friday-Saturday:

- **Submit** online learning journal\*
- **Share** with others via social media
- **Review** key learning posts from other NetSourcing Learning Communities

\*Required for CEUs only



Join the NACYML MOOC  
April 12 -  
May 16, 2015

To learn more: [www.NACYML.org](http://www.NACYML.org)





## St. Cabrini Nursing Home, Dobbs Ferry, NY

### *Celebrating National Catholic Sisters Week 2015*

St. Cabrini Nursing Home is truly blessed to have so many religious sisters, brothers and priests calling Cabrini home. Cabrini always loves to celebrate so it was no surprise that we would recognize the lives of sisters

during National Catholic Sisters Week. To help recognize the 27 sisters, a special Liturgy was offered on March 9<sup>th</sup>.

Special readings and songs were proclaimed as we thanked the sisters for all they have done and continue to do for God's people. During the Presentation of the Gifts, sisters representing their eleven congregations residing at St. Cabrini, presented their community's mission statements. Each mission statement, although unique, shows how the sisters, through their ministries, have as their goal to bring the love of God to all people. A special prayer card was created as a remembrance of the day. It was distributed to all at the end of the Mass.

The celebration continued as a "roving ice cream bar" visited throughout the nursing home. Various flavors of ice cream along with a variety of toppings brought many smiles to our residents.

Thank you, sisters, for all you do for God's people. May God continue to bless each of you.

*~ submitted by Lorraine Campanelli, MSW*

*"A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history." ~ Mahatma Gandhi*



Sr. Mary Louise Sullivan presents the mission statement of the Missionary Sisters to Fr. Edwin Robinson, OSF.

Dominican Sisters of Blauvelt – Franciscan Sisters of Peace  
Missionary Sisters of the Sacred Heart of Jesus  
Religious of Jesus and Mary – Sisters of Charity of New York  
Sisters of St. Dorothy – Sisters of the Divine Compassion  
Sisters of the Order of St. Basil the Great  
Sisters of the Presentation of the Blessed Virgin Mary  
Sisters of Mary Reparatrix – Ursuline Sisters



## Cabrini of Westchester, New York

### *Awards Values In Action*

Each month at Cabrini of Westchester, we sort through nominations of staff members who are proposed to be the recipient of the “Values in Action” Award, which recognizes a staff member, whose service and performance consistently reflects the following mission values of Cabrini of Westchester:

My father  
always tells  
me that  
“Marcia takes  
good care of  
me like I am  
her father.”  
~ Cabrini of  
Westchester  
family member

- \* Respect for Life/Dignity of the person
- \* Compassion/Empathy
- \* Loyalty/Cooperation
- \* Pride

Nominations may be made by residents, employees, family members, friends and visitors. Nominees are reviewed by the Values in Action Committee for overall performance on the job including attendance, Departmental evaluations, and other measures. Subsequently one nominee is selected by a vote.

The Award, which is always a surprise, is then presented to the nominee within his or her work area, surrounded by fellow employees, Administration, residents of the home, and others who come together to recognize the individual’s contribution to the organization. The Values in Action Award recipient receives a Certificate of Recognition, a Cabrini logo watch and a gift certificate. A photo and plaque is hung on the Main floor for the remainder of the month.

This month, Cabrini of Westchester recognized Certified Nursing Assistant, Marcia Dias, with the Values in Action Award. Ms. Dias was nominated by the daughter of a resident of the home who wrote “Marcia is hard-working, extremely dedicated and proficient in caring for my father as well as the other residents on the unit. It is a pleasure to observe her interacting with them. Her selflessness, kindness and compassionate attitude towards them are reflected in the residents’ reception of her. There is a strong attachment by the residents towards Marcia and her to them. My father always tells me that “Marcia takes good care of me like I am her father.”

The mission values of Cabrini of Westchester promote dignity, compassion and excellence and contribute to making Cabrini of Westchester such a special place to work, live and visit. It is with great pride that we pause each month to recognize an individual who embraces those values in all they do each and every day. Congratulations to Ms. Diaz and all of the former and future Values in Action Award recipients! It is wonderful to have so many employees living the mission! ~ submitted by Susan Herceg



Director of Nursing Velma Haye presents the Values in Action Award to CNA Marcia Dias.



Marcia Dias (c.) shows her award to the family members of some Cabrini of Westchester residents.

## *From the Province Vocation Promotion Team...*



Members of the Stella Maris Province Vocation Promotion Team (VPT) are always seeking opportunities to engage others in conversations about faith and discernment – prayerfully seeking guidance from God on all matters of life.

One such gathering happened this week at The Cottage in Radnor, PA where the MSC Mission Offices are based. VPT member Sr. Patricia Spillane shared Pope Francis' 10 Secrets to Happiness with a small group of Cabrini College community members, CMC missionaries and Mission Office staffers. Sr. Christine Marie Baltas, MSC and Sr. Grace Waters, MSC joined in the conversation.

Sr. Patricia was full of missionary zeal as she spoke about her call to religious life and the many roles she has held throughout her years as a Missionary Sister. She told the group that she has had a wonderful life - some years spent as Superior General and Assistant General of the Missionary Sisters, some years in the Philippines and early years spent on the Cabrini College campus as a student and as the Dean of Students.

Sr. Patricia led a dialogue on the 10 Secrets to Happiness by Pope Francis. Members of the group read each "secret" and a discussion ensued. For each secret, Sr. Patricia offered her own insights and wisdom. All of the participants were fully engaged in the discussion and the interaction was animated and heartfelt. We felt blessed by Sr. Patricia's presence and so grateful for this opportunity to share these practical aspects of our faith journey.

### Pope Francis' 10 Secrets to Happiness

1. Live and let live.
2. Be giving of yourself to others.
3. Be calm.
4. Develop a healthy sense of leisure.
5. Make Sunday a holy day,
6. Create jobs for young people
7. Respect and take care of nature.
8. Stop being negative.
9. Respect others' beliefs
10. Work for peace.



To learn more: <http://www.catholicnews.com/data/stories/cns/1403144.htm>

As Sr. Patricia reminded us, "all of this challenges us to be authentic disciples of Jesus in the 21<sup>st</sup> Century and to promote true peace and reconciliation wherever we can."



From left: Sr. Patricia, Sr. Christine Marie Baltas, Sr. Grace Waters, Mary Shrader, Cindy Ross, Claire Clute, Dr. Bev Bryde and Betsy Gingerich joined with other College staffers, CMC missionaries and MSC Mission Office staffers to discuss Pope Francis' Secrets to Happiness.



Cabrini **Action and Advocacy** Coalition

## **FREEDOM: Art and Poetry from Human Trafficking SURVIVORS**

All Sisters, friends, family of the Cabrini Community in New York City are invited to join the CAAC for an arts night, featuring art created and performed by survivors of human trafficking. In this rare opportunity to have several survivor artists on one stage, attendees will gain insight into the heart and soul of those who have been enslaved. This evening is sure to be educational, inspiring and powerful. Refreshments will be served! ~ submitted by CMC missioner Melanie Paccillo

**One night only! Don't miss out!**

All proceeds to benefit Beasister2asister

March 24, 2015

Tickets: \$15 Advance / \$20 Door

Tickets available on EventBrite:

<https://www.eventbrite.com/e/freedom-art-and-poetry-from-survivors-of-human-trafficking-tickets-15875711681>

<https://www.facebook.com/events/624592111019203/>

**8 pm – Doors Open/8:30 pm - Program Starts**

Bat Haus Coworking and Event Space

279 Starr Street

Brooklyn, NY 11237

“A poet is a nightingale who sits in darkness and sings to cheer its own solitude with sweet sounds.” ~ Percy Bysshe Shelley

### **Freedom: Art and Poetry from Survivors of Human Trafficking**

March 24, 2015

Tickets: \$15 Advance // \$20 Door

Tickets available on EventBrite

8 pm – Doors

8:30 pm – Program Start

Bat Haus Coworking and Event Space  
279 Starr St.  
Brooklyn, NY 11237

Conveniently located near the L Train Jefferson St Station

All proceeds to:  
Beasister2asister  
LifeWay Network



### **Blessing Prayer for the Feast of St. Patrick**

Lord of All Nations and All Peoples, we rejoice for your special servant, St. Patrick.  
Irish or not, Catholic or not, we all dance a gleeful jig on his joyous feast day.  
His green feast day gives us all a chance to wear the green of spring and life.  
Four days from his day our old friend winter will loose his lease on life.  
The green of this day proclaims the fresh and new to the tired and weary;  
and announces to one and all that spring is on her way!  
Glory for spring and saintly Patrick, whose feast of songs and jokes  
Of dancing feet and faerie folks will be for us the eve of springtime.  
Blessed be St. Patrick, bishop and man of prayer.  
Blessed be all saints and the wee folk as well. Amen. ~ Edward Hays





# 11 at 11 Lenten Reflection



Sr. Grace Waters, MSC

Join us again in prayer on Friday from wherever you are! Our fourth Friday in Lent "11 at 11" prayer gathering led by Sr. Grace Waters, MSC will be this Friday, March 13th at 11AM. This week's prayer is inspired by Isaiah 1:18 - "Come now, let us talk this over, says the Lord."

**Invite your friends and family too! Just [click here](#) on Friday at 11 to join in.**

Sr. Grace leads us in prayer each Friday of Lent at 11AM. Via smartphone, tablet or computer - you can easily join in. See details and links below. "Where 2 or 3 are gathered..." Let us join in and support one another in prayer!

Can't make it? All is well! Each prayer session is recorded and available on the [CMC site](#), [www.mothercabrini.org](http://www.mothercabrini.org) and YouTube (links below) for you to tune in when the time is right.

Session 1 (Feb 20): <http://youtu.be/xdpB3Fpo1xQ>

Session 2 (Feb 27): <http://youtu.be/cl4zvHHIY-0>

Session 3 (Mar 6): <http://youtu.be/uEr64y6z0LA>

Session 4 (Mar 13): <http://youtu.be/R1yN5qrmof0>

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## Prayer Requests

### ***Alex Avitabile***

Prayers for healing are asked for Alex, the brother of Sr. Toni Avitabile, MSC.

### ***Bob Pappano***

Dee and Len Santivasi request prayers for a dear friend, Bob Pappano. Bob is the father of five small children and has recently been diagnosed with cancer. He has begun chemotherapy. Please pray for his strength and healing.



## In Loving Memory

### ***Lisa (Dimeglio) Giannantonio***

Cabrini Companion Peter Monaco asks for our prayers upon the passing of a friend of his who lost a battle with cancer on March 9th at the age of 51. Lisa Giannantonio (Dimeglio) was a warm and loving person and will be missed by family and friends.

### ***Bruce Irvine***

A dear companion on our journey, Bruce Irvine, died suddenly this week. Bruce was the Executive Director of the Grubb Institute, UK, and facilitated meetings for the Missionary Sisters. His kindness, wisdom and friendship will be greatly missed. Please hold Bruce and his family in your prayers.