



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

THE UPDATE

March 30, 2017

Take Me Out to the Ballgame...

*Take me out with the crowd!
Buy me some peanuts and Crackerjacks,
I don't care if I ever get back. For it's root, root, root,
For the home team
If they don't win, it's a shame.
For it's one, two, three strikes, you're out!!
At the old ball game*



Batter up! Yes, it's springtime, fans, and that can mean only one thing, America's pastime, baseball is back! And, this year, the Cabrini Cavaliers baseball team kicks off its inaugural season and Mother Cabrini is right in the midst of the team's spirit and work ethic.

Mother Cabrini, first American citizen saint, Patroness of Immigrants, and...baseball mentor?
Really? Let's explain.



Coach Nick Weisheipl (far l.) lines up with his players for the National Anthem prior to a game.

Two years ago, Cabrini University acted on its desire to launch a men's baseball program. Head Coach Nick Weisheipl was hired and began to recruit his team. Being new on campus, as an integral part of his on-boarding, Nick attended an interactive orientation on Cabrinian mission that highlights Mother Cabrini, the Missionary Sisters and our worldwide network of ministries. During the orientation presented by Nancy Costello of the Stella Maris Province Communications Office, she shared key Cabrinian terms and concepts such as: charism; missionary; internationality; Sacred Heart spirituality; hospitality and...DISPONIBILITA', an Italian expression of Mother Cabrini's which Nancy defined as flexibility; an openness, a willingness to do whatever is needed to be done.

At the conclusion of the orientation, Nick approached Nancy to ask more about the term disponibilita'. He was intrigued. Nancy was delighted with his interest and offered further insights. Nick left the orientation deep in thought. A couple of weeks passed and Nancy received an email from Nick saying that he continued to ponder disponibilita' and disclosed he had decided to take the word as the team's mantra. That being said, he shared a prototype of the team's uniform baseball cap and there, emblazoned on the back of the cap for all to see... DISPONIBILITA'. So, at practice



and on the field, Mother Cabrini will be present to the players, inspiring their mental game and encouraging the team to do what ever needs to be done to support one another on and off the field.

Coach W recently shared some of his thoughts...

Why did the word “disponibilita” resonate with you during your orientation and why did you decide to take that word as your team mantra? Disponibilita' immediately struck a chord with me during my orientation because of the life of service and selflessness Mother Cabrini lived and how that echoes my life as a coach. Being giving of yourself for the advancement of others is an honorable, and all too uncommon way to live.

How do you use the phrase as a motivator and inspiration with your team? We design our drills, schemes and strategies in a way that demonstrates how facilitating your teammates' successes will ultimately develop personal success. If playing for each other is the norm you always have 25+ guys behind you, rooting for you, looking out for you and doing their best to help you achieve.

How have the players come to understand the word as it applies to baseball and teamwork? They understand disponibilita' as being available to do what is necessary for the team even if it's beyond their normal scope of responsibility and possibly at the sacrifice of their individual motivations. An idea of selflessness.

What does it mean to you, personally, to be coaching at Cabrini University in this Cabrinian culture? To be in a service industry (coaching/education) at an institution that was founded by, named after, and advanced by those who are completely dedicated to serving others couldn't be a better match or a more splendid recipe for success off and on the field.



Coach Nick Weisheipl delivering remarks at a recent baseball fundraising event.

What are some of your hopes and dreams for the team? We are going to be national champions while maintaining our commitment to positive, responsible and engaging culture on the field, in the classroom, on campus, and in the community. We will be the flagship program and the blueprint for how a NCAA Division III program should function.



Coach W (c.) and team, with the inspiration of Mother Cabrini, we wish you a most successful season. GO CAVS!



~submitted by Nancy Costello with great thanks to Coach Nick Weisheipl.

Cabrini High School Pays Tribute to Some **Very Special People**

The Benefactors' Reception was held on Tuesday, March 14, 2017 in the historic Esplanade Building on Cabrini High School's Campus. At the event, Jack Truxillo, President of Cabrini High School, thanked the attendees for their loyalty and generosity to Cabrini High School.

After thanking the benefactors, Mr. Truxillo also recognized two special guests. A plaque placed in the Courtyard in memory of Italia Pizzati Bacuzzi Dearing, the great-niece of Captain Salvatore Pizzati, was unveiled to Mrs. Dearing's daughter, Captain Pizzati's great-great niece, Melisa Barnett, who was in attendance. Additionally, in recognition of her 21 years of service to Cabrini High School and her family's generosity, the extension room of the St. Frances Xavier Cabrini Exhibit was named and dedicated in honor of Sr. Alice Zanon, MSC and the Zanon family.

Joining Sr. Alice at the event were Sr. Catherine Garry, MSC, Sr. Renee Kittelson, MSC, and Sr. Arlene Van Dusen, MSC.

The Benefactors' Reception is an annual event to thank donors who make gifts of \$500 or more to Cabrini High School during the fiscal year. ~ *submitted by Cabrini High School*



Sr. Alice Zanon, MSC at the door of the extension room of the St. Frances Xavier Cabrini Exhibit named and dedicated in honor of Sr. Alice and the Zanon Family.



Attending the reception were (l- r) Ms. Yvonne Hrapmann, CHS Principal; Sr. Renee Kittelson, MSC; Sr. Alice Zanon, MSC; Sr. Arlene Van Dusen, MSC; Sr. Catherine Garry, MSC and Mr. Jack Truxillo, CHS President.

One Minute Meditation

Balance your spiritual life by integrating the body, mind and soul in your prayer life. Increase the quality of your prayer. Enhance meditative prayer by “unplugging” from the TV, the iPad, and the car radio. Create spaces where God’s voice can be heard. Keep a journal. Read the psalms aloud. Sing sacred songs – invite your family to join you in singing. Express prayer through Tai Chi and Yoga. Discover and explore different means of prayer this Lent. ~ Jerry Welte

Changing Realities of US Hispanic Sisters

~excerpts from an National Catholic Reporter story by Soli Salgado

When Sr. Ana Gabriela Castro arrived in the United States from Morelia, Mexico, in 1988 as a Guadalupean Missionary Sister of the Holy Spirit, she felt isolated – not from her own community, but from the rest of religious life throughout the country.

Because she was no longer in Latin America, she felt disconnected from religious life in her home country.

“I thought about how there are Hispanic sisters in the U.S. in the same situation as me,” Castro said.



Sisters who gathered in Alhambra, California for the 2015 *encuentro*.

Then she met Missionary Sister of the Sacred Heart of Jesus (MSC) Sr. Joan McGlinchey, the Vicar for Religious in the Chicago Archdiocese, and eventually, the two began to organize *encuentros* – gatherings – for sisters who came from Latin America without having a major superior in the United States.

The *encuentros* began in 2008 and were a response to a need that “has become more and more

acute,” said Arturo Chavez, president of the Mexican American Catholic College in San Antonio. That need is “between international sisters from Latin America ministering in the U.S - usually just a few from a community – and the disconnection they feel from the wider church.”

When a sister comes to the United States at the request of a bishop, religious community or priest, usually to work with a booming Latino population, “what often ends up happening is that there’s very little support and certain fewer resources for ongoing formation and education,” Chavez said.

The first *encuentro*, held in Chicago, was originally intended to be a support system, and 52 sisters from about 30 different communities attended.

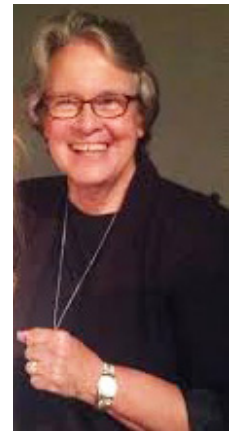
“It was like water to parch thirst,” Chavez said.

They’ve since had three more *encuentros*, eventually with 200 sisters attending despite the group’s lack of infrastructure for greater outreach. The *encuentros* gradually developed a stronger identity each time it convened. They created a mission statement and later developed a newsletter and started to “articulate who they are and what they are doing here and hope to accomplish as a group,” McGlinchey said. “One of the biggest messages in all of the *encuentros* was that you have something to give to us, the local church, and we want to be able to receive it and help you give it.”

“The *encuentros* are not enough,” McGlinchey said. “The needs are unmet, and there’s hundreds of women religious we have not contacted yet, who know very little about this, if anything.”

There are Anglo sisters who speak Spanish, who have previously worked in Latin America or who just want to accompany their Hispanic sisters have joined previous *encuentros*, too,

“Welcome! Everybody is welcome,” Castro said.



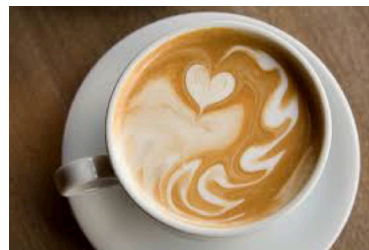
Sr. Joan McGlinchey, MSC

The complete article can be found in the March 24 – April 6, 2017 edition of the National Catholic Reporter.

~ with thanks to Sr. Grace Waters, MSC for highlighting this article

Not a lot...

just a latte.



During Lent – don’t give something up – please give.

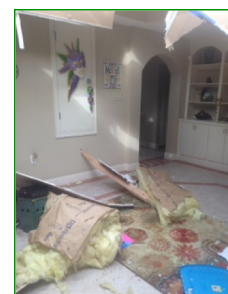
Give \$7.00 (the value of a latte) to help raise the roof for a family who has lost so much.



Meet Fallon.

Please Help Fallon and her Family

The Missionary Sisters of the Sacred Heart of Jesus are asking you to donate \$7.00 (the value of a latte) this Lent to help Fallon, a student at Cabrini High School, and her parents, Wellington and Collette. This family’s roof was severely damaged by the tornadoes that hit New Orleans on February 7, 2017. Approximately 70% of the roof was lost. Please donate to help Fallon and her family: <https://cabrinifoundation.org/donate/just-a-latte>





This Lenten season, in what has become a beloved tradition, the Missionary Sisters and some of their lay collaborators will be offering reflections on the Gospels of the Sundays of Lent.

*This week's reflection is written by
Lorraine Campanelli, Cabrini Lay
Missionary and Director of Cabrini
Immigrant Services, Dobbs Ferry, NY*

April 2, 2017

Fifth Sunday of Lent

Readings: Ezekiel 37:12-14 Romans 8:8-11 John 11:1-45

In all three readings we hear that we need the Spirit of God in us in order to live fully. In Ezekiel, we hear, "Put my Spirit within you and you shall live." In Paul's letter to the Romans, he tells us that "if the Spirit who raised Jesus from the dead dwells in us, life will be given to our mortal bodies. In the Gospel of John, we see how the Spirit, which was alive in Martha and Mary, allowed them to have life and a deep belief that if Jesus were present, their brother would not have died.

The two themes that I find throughout the readings but especially in the Gospel is 'Darkness and Light.' The disciples were afraid (darkness) to travel back to Judea because the Jews tried to stone Jesus. But Jesus told them that there are 12 hours of daylight and they will walk in the world's light. The disciples did not understand that they were with the Light of the World.

Jesus had to return because his friend Lazarus had died. Lazarus was in the darkness of the tomb. His sisters and friends were mourning his death. Martha and Mary said to Jesus that if he had been there, their brother would not have died. Again, the symbolism of darkness (death) and light (Jesus). Like the disciples, they did not understand that Jesus was truly the Light of the World.

When they arrived at the tomb, Jesus told them to roll away the stone. The light of day would be able to get into the darkness of the tomb. It was at that time that so many of the Jews began to believe in Jesus. Jesus brought light into the darkness of their hearts. Jesus turned their mourning into dancing.

The gifts of the Sacraments give us the Spirit of God. We are people of light. Darkness does enter our lives but our faith helps us to know that God is with us and God will comfort us.

During the remainder of Lent, let us be people of light amid the darkness of the world. Let us, like Jesus, give hope to those who are hopeless, light to those who are in darkness and love to those who feel unloved.

~ Lorraine Campanelli

Prayer Requests

A Prayer for Healing

Prayers have been requested for a member of the Cabrini University community who continues to recovery from major surgery. This person would be grateful for our on-going prayerful support.

Jamie Christine

Mary Lou Denesowicz, a Cabrini University staff member, asks our prayers for Jamie Christine - she is 29 years old and facing a bi-lateral mastectomy in the next few weeks. Jamie is a single mother of a beautiful 7-year-old daughter, Maddy. Please pray for her strength and for a complete recovery.

Sr. Immaculate Gough, MSC

Please keep Sr. Immaculate Gough in your prayers at this time. Sister would be grateful for our prayerful accompaniment.

Annette Villa O'Driscoll

Annette O'Driscoll, a former Cabrini Mission Corps missionary, has asked for our prayers today in a very special way as she undergoes medical tests. Please keep Annette in your thoughts.

Ralph Onstad

Florence Wingerter, Cabrini High School alumna and trustee asks prayers for her father, Ralph, his doctors and caretakers. He has cancer and is not a candidate for chemo or radiation. He is house bound due to his deteriorating condition. The power of prayer with help him prepare for his journey home to God.

Sydney and wife

Your prayerful support is asked for this couple at this time.

Marvin Wagner

Our prayers are asked for Marvin Wagner who has leukemia and is undergoing chemotherapy. Please pray that his treatment will be successful.

Hugh Waters

Sr. Grace Waters, MSC and her sister, Theresa De Lawrence, ask prayers for Sr. Grace's twin brother Hugh, who will be undergoing exploratory surgery on Tuesday, April 4th. Please pray for Hugh and for the surgeon and the surgical team that all will go well.



In Loving Memory

The Tomack Family

Please pray for this family as they mourn the sudden death of the husband. May they be comforted in their sorrow.