



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

THE UPDATE

April 14, 2016

April 17th is the World Day of Prayer for Vocations

Becoming a priest or a man or woman religious is not primarily our own decision.... Rather it is the response to a call and to a call of love.

—Pope Francis, Address to Seminarians and Novices, July 6, 2013



Prayer for Vocations

GOD OUR FATHER, we thank you for calling men and women to serve in your Son's Kingdom as priests, deacons, and consecrated persons. Send your Holy Spirit to help others to respond generously and courageously to your call. May our community of faith support vocations of sacrificial love in our youth and young adults. Through our Lord Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

The purpose of the World Day of Prayer for Vocations is to publicly celebrate vocations to ordained ministry and religious life in all its forms. Many parishes and religious institutes commemorate this day with prayer for vocations and vocation promotion events.

From the message of Pope Francis:

On this day dedicated to prayer for vocations, I urge all the faithful to assume their responsibility for the care and discernment of vocations.

Vocations are born within the Church

From the moment a vocation begins to become evident, it is necessary to have an adequate "sense" of the Church. No one is called exclusively for a particular region, or for a group or for an ecclesial movement, but rather for the Church and for the world. The community becomes the home and the family where vocations are born. Candidates gratefully contemplate this mediation of the community as an essential element for their future. They learn to know and to love their brothers and sisters who pursue paths different from their own; and these bonds strengthen in everyone the communion which they share.

Vocations grow within the Church

In the course of formation, candidates for various vocations need to grow in their knowledge of the ecclesial community. To that end, it is helpful to undertake *some apostolic experience together with other members of the community*, for example: in the company of a good catechist, to communicate the Christian message; together with a religious community, to experience the evangelization of the peripheries sharing in the life of the cloister, to discover the treasure of contemplation; in contact with missionaries, to know more closely the mission *ad gentes*; and in the company of diocesan priests, to deepen one's experience of pastoral life in the parish and in the diocese. For those who are already in formation, the ecclesial community always remains the fundamental formational environment, towards which one should feel a sense of gratitude.

Vocations are sustained by the Church.

After definitive commitment, our vocational journey within the Church does not come to an end, but it continues in our willingness to serve, our perseverance and our ongoing formation. The one who has consecrated his life to the Lord is willing to serve the Church wherever it has need. Missionaries are accompanied and sustained by the Christian community, which always remains a vital point of reference, just as a visible homeland offers security to all who are on pilgrimage towards eternal life.

We ask the Lord to grant to all those who are on a vocational journey a deep sense of belonging to the Church; and that the Holy Spirit may strengthen among Pastors, and all of the faithful, a deeper sense of communion, discernment and spiritual fatherhood and motherhood.

To read learn more about the World Day of Prayer for vocations:

Click [here](#) for the complete papal message for 2016 World Day of Prayer for Vocations.

Click [here](#) for resources offered by the USCCB. Click [here](#) for resources offered by SERRA USA.

Dates for 2017 and 2018 World Day of Prayer for Vocations: • May 7, 2017 • April 22, 2018

Continuing the Jubilee Year of Mercy

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

The Spiritual Works of Mercy

The Spiritual Works of Mercy have long been a part of the Christian tradition, appearing in the works of theologians and spiritual writers throughout history. Just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to "help our neighbor in their spiritual needs" ([USCCB](#)).

BEARING WRONGS PATIENTLY

Do not be bitter about wrongs done against you. Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit.

- Frustrated with someone? Step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience
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National Shrine of St. Frances X. Cabrini, Chicago, IL *Divine Mercy Sunday*

On Divine Mercy Sunday, April 3, a special holy hour was celebrated at the National Shrine of St. Frances X. Cabrini. Approximately fifty people were in attendance. The hour of adoration included music by Garrett Fosco, reflections on the message and devotion of Divine Mercy given by Sr. Renee Kittelson MSC and benediction with Deacon Bill Pyreck.

submitted by Sr. Renee Kittelson, MSC



Guitar music served as an accompaniment to prayer during Divine Mercy Sunday at the National Shrine.

Successful Lenten Campaign Against Human Trafficking

Informed by his Franciscan Community of an important Lenten advocacy campaign for slave-free seafood, Fr. Edwin Robinson, OFM, Director of Pastoral Care at Cabrini of Westchester, was compelled to raise awareness. He shared the Lenten initiative led by the Coalition of Catholic Organizations Against Human Trafficking (CCOAHHT) with Patricia Krasnausky, President and CEO, and, together, they brought the campaign to the Cabrini community.

In honor of the Year of Mercy, Ms. Krasnausky ordered and distributed over 500 hundred pre-paid postcards addressed to two of the largest distributors of seafood: Costco and Starkist. The message on the postcards read: “Catholics want slave-free seafood this year, and will be vigilant about this as we observe Lent. We, therefore, kindly urge you to do all in your power to ensure that your supply chains are free of the taint of forced labor.”

Ms. Krasnausky had the postcards signed by many employees of Cabrini of Westchester as well as those in attendance of the Cabrini Day of Prayer, Restoration and Renewal held at Cabrini College. Many were stunned to learn that the United States imports 80-90% of its seafood, and tens of thousands of people are exploited at every link in the seafood harvesting and production chain.



As a result of Cabrini's participation, we received the following feedback from CCOAHHT. “Over 15,000 cards were mailed, which exceeded the goals of the campaign. As a

result, the National Fisheries Institute contacted the US Bishops Conference and a meeting is scheduled to occur in May. This contact means that the mail campaign had an effect. The initial meeting is the first step in the effort re: halting the human trafficking situation in shrimp and fish farming.”

Therefore, all the individuals who signed and mailed in postcards made a significant contribution to the campaign. Thank you, and God bless one and all!

~submitted by Lorraine Horgan

Cabrini Immigrant Services, Dobbs Ferry, NY

Get Cookin' at Cabrini

When people leave their homeland, so much has to be left behind. They have to adapt to a new environment. She or he is faced with a new language, new cultures and sometimes very new climates. One thing that the person can keep is his or her own memories. Very often when speaking about their memories, people will mention a special dish that they had enjoyed with their families. Food is very often an important part of family life and family traditions. For those reasons, Cabrini Immigrant Services (CIS), Dobbs Ferry, decided to offer a Cooking Class to our adult students and tutors. What a great way to share a special recipe as well as talking about their homeland and their memories of sharing the meal with their family.



Chef Jesús works his culinary magic.

On Monday, March 21st, CIS held its first Cooking Class. “Chef Jesús,” a head pizza maker at a local pizzeria in Westchester, made a Mexican Spring Salad and Gazpacho soup. Our Chef is from the state of Puebla in southern Mexico and is currently a student at CIS.

In addition to making these recipes, our Chef taught us about the importance of cleaning fruits and vegetables, maintaining a clean work area and what the proper temperature should be when cooking certain foods such as beef and chicken. He also taught us about the unique kinds of fruits and vegetables that are grown in Puebla including a variety of green cabbage called “col” with its thick leaves and round shape.

We all watched as our Chef created a delicious salad and very tasty Gazpacho soup. Everyone enjoyed the class especially the finished products! We all received a copy of the recipes so that we can try them at home. We hope that you will also enjoy these delicious recipes! We hope to continue to have our Cooking Class. Many of our students are eager to share their special recipes from home. *~submitted by Lorraine Campanelli*

Mexican Spring Salad

2 limes, juiced
2 lemons, juiced
2 or 3 sweet California oranges, juiced
4 cucumbers, peeled and sliced
4 avocados, peeled and cubed
5-6 tomatoes, quartered
2 apples, cubed
1 bunch or 2 ounces of cilantro, chopped
1 pinch of salt
1 pinch of pepper
3 teaspoons of olive oil
Combine veggies and fruits in a bowl. Squeeze lemon, lime & orange juice over ingredients. Add salt, pepper, cilantro and olive oil and toss together.

Gazpacho

Using the Spring Salad ingredients, add a pinch of crushed pepper and a pinch of chopped garlic. Blend all ingredients together in a blender. When the consistency is smooth, serve cold in a cup or bowl.

Garnish with sour cream or yogurt.

Yummy!

Cabrini High School, New Orleans, LA

Honoring Distinguished Faculty Members

Cabrini High School recognized Mrs. Sandra Granier, Mrs. Lisa Dubus, and Mrs. Nadine Pizer for their efforts in 2016.

Granier was selected as the Co-Worker in the Vineyard Awards honoring the teacher or staff member who has served at Cabrini at least five years, demonstrated support of the Academic Program, manifested professionalism in her areas of responsibility, and demanded excellence of herself and encouraged excellence in her colleagues.

The Cabrinian Educator for Excellence in Teaching and Learning Award was given to Dubus and Pizer as teachers who have served at Cabrini for at least 5 years, embraced the vocation of educating the minds and hearts of our students, and modeled our core values of respect, excellence, and service by exhibiting sound moral and professional behavior, by demonstrating a passion for their subject matter, and by working as advocates for the entire Cabrini community.

The 2016 Faculty/Staff honors were chosen by the school's Mission Integration Committee. Any member of the Cabrini community may nominate any faculty or staff member for these awards. ~ *submitted by Nall Gearheard*



Cabrini High School (CHS) faculty members from left: Sandra Granier, Lisa Dubus and Nadine Pizer are honored by the CHS Mission Integration Committee following nomination which is open to any faculty or staff member. Congratulations Sandra, Lisa and Nadine!

Taking Positive Steps to End Food Scarcity

In a country of wealth and abundance many U.S. citizens are going hungry. The areas in which this scarcity of food occurs are referred to as *food deserts* - typically low-income neighborhoods with few healthy food options; neighborhoods with stores that sell mostly processed foods.

Throughout the years, the number of food deserts in the U.S. has increased. Currently, there are about 24.6 million Americans living in communities with no access to healthy food options, contributing to the over \$50 billion a year that Americans pay [in healthcare costs] because of obesity.

Last Tuesday, Cabrini College held a series of lectures addressing the food scarcity problem. Jeffrey Brown, a Nerney Leadership Institute “Executive in Residence” and the founder, president, and CEO of Brown’s Super Stores, Inc. and UpLift Solutions, was a keynote speaker. Brown described his role as an officer and director of Wakefern Food Corporation, which is the marketing and distribution arm for ShopRite grocery stores, as well as, the work he has done assimilating the concerns of community members into the decisions he makes in his companies.



Cabrini College’s Nerney Leadership Institute Executive in Residence Jeff Brown.

With his belief that “helping is more potent than money,” he proceeded to ask himself, “how can [his companies] make a profit and still help people?” Brown believes that helping people while making a profit is how business should operate rather than having a for profit only mentality. This was the catalyst to reach out to lower-income communities in North Philadelphia to get first hand answers as to what people actually needed. After listening to all of their concerns, he made it his mission to provide services and [healthy] products with low-income communities in mind.



Now, when customers enter a ShopRite, they are met with more than just fresh produce, they also have the opportunity to speak with a nutritionist who can offer healthy food alternatives while honoring their budgets and culture. One such example would be providing “halal” foods* - foods that comply with shari’a**. Selling locally grown produce from small entrepreneurs in the area is another way Brown ensures that the community and its people are central to the company’s business strategies and decisions.



During one point in the lecture, the question of what can students and young adults do was posed. In response, Brown and his colleague, Atif Bostic, stated young people should think untraditionally in order to prove that there are other ways to carry out plans. Taking initiative is the way to go – because without it, the chances of [lasting] success are limited.

~ submitted by Danielle Perez, Cabrini College freshman and communications intern

* Halal is any object or action that is permissible to use or engage in according to Islamic law. ** Islamic law

St. Frances X. Cabrini Shrine, NYC

Offering Cabrinian Hospitality and Sharing in God's Love

For three years, the sisters at St. Frances Cabrini Shrine NYC gave a home to their Jewish neighbors who had lost their place of worship. The young congregation from Fort Tryon Jewish Center would gather each week in Mother Cabrini High School to pray and sing while their children would play and learn in one of the classrooms. Over the years, smiles and greetings would be exchanged with shrine visitors as they crossed paths to pray.



Receiving the beautiful gift of the Hamsa from Rabbi Guy Austrian (l.) with big smiles are from left: Sr. Tommasina Lanski, Sr. John Giani, Sr. Mary Ann Hawes, Sr. Adeline Di Mare, Shrine Director Miriam King, Shrine Staffer Cherie Sprosty and Sharon Waletzko.

On Monday, April 11, Fort Tryon Jewish Center honored the Missionary Sisters of the Sacred Heart at a springtime gala to thank them for their hospitality. Rabbi Guy Austrian recalled first meeting Sr. Tommasina Lanski, MSC, who was then Shrine Director. “It was Purim, and I was dressed in a silly costume to entertain the children, when I ran into Sister Tommasina. It was an embarrassing first impression. Sister told me not to worry; “Sometimes people laugh at the way I dress, too!”

Rabbi Austrian presented the Shrine with a beautiful framed papercut image of the Hamsa, or Hand of God symbol. The artwork was created by a member of their congregation, and depicts a symbol of protection common to both Judaism and Christianity.



Gazing at the assembled guests, Sr. Tommasina said, “How did we get to this place, where a Jewish community and Catholic community gather in gratitude? This was a gift from God that united the two out of a respect for faith. As we got to know each other we had a greater respect for each other’s faith and greater love for our own. We share a love for and gratitude to the same God.”



On the Shrine grounds last September, families from the Jewish Center gathered to begin their celebration of Sukkot in the shadow of trees planted when Mother Cabrini was alive. Laughing children dashed beneath a full moon as their parents watched from the Sukkoh hut that was decorated with symbols of the harvest festival. From the darkness a voice began a song in Hebrew and was joined softly by others.

Both communities will continue to be reminder of the common ground among people who love God and their neighbors. Each fall, the Sukkoh hut will rise under the Cabrini trees to welcome all.

~ *submitted by Cherie Sprosty, St. F.X. Cabrini Shrine staff*

One Minute Meditation

Witnessing to Love

We are all called to witness and proclaim the message that "God is love," that God isn't far and insensitive to our human affairs. God is close to us, always beside us, walking with us to share our joys and sorrows, our hopes and struggles.

God loves us very much and for that reason became human, coming into the world not to condemn it, but so the world would be saved through Jesus (Jn 3:16-17).

And, this is the love of God in Jesus, this love that is so difficult to understand but that we feel when we draw close to Jesus. And he always forgives us, always awaits us, and loves us so much.

~ Pope Francis

Words of Grace

From the Province Vocation Promotion Team...

***CURIOUS about RELIGIOUS LIFE?
WONDERING if God is calling you to a vowed life of service?
ASKING what difference would this life choice make for me?***

Come and join other women and men, ages 21 - 45,
who are exploring these questions.

COME AND "SEA" DISCERNMENT WEEKEND

May 20 - 22, 2016



For I know the
PLANS
I have for you
DECLARES THE LORD
plans to
PROSPER YOU
and not to harm you
PLANS TO GIVE
you hope
AND A FUTURE.
JEREMIAH 29:11

SAINT MARY BY-THE-SEA RETREAT HOUSE
101 Lehigh Avenue
Cape May Point, New Jersey

**5:00PM Arrival on Friday
until 2:00PM on Sunday**

Offering for the weekend: \$60.00
Deposit of \$30.00 (Spaces are limited).

To register or for more information:
comeandsea2016@gmail.com
Register by May 10

ALL ARE WELCOME!

After 24 years of dedicated service, Cabrini Mission Corps will be closing in June. Please plan to join us as we give thanks for all that has been.

SAVE THE DATE
Cabrini Mission Corps



A Celebration of 24 Years of Service
#missionneverends

Saturday, June 18th, 2016
Cabrini College
11:30 a.m. Mass, followed by Luncheon

There are three things that last:
faith, hope and love,
and the greatest of these is
love.
1 Cor. 13:13

Invitation to follow.

Prayer Requests

Ro Colantuono,

Your prayers are asked for Ro, a long time St. Donato parish member and sister of Barbara Colantuono Harrison, Cabrini College Class of 1986, who will be having open-heart surgery at some point in the near future. Prayers are asked for her healing and recovery, for her family, and for the medical team addressing her health issues.

Frances Conwell

Please continue to keep Cabrini College staff member Frances Conwell in your prayers. Frances underwent surgery on Monday and is now recuperating. Pray that her recovery will be swift and uneventful.

Theresa McMahon

Prayers are requested for Theresa, the mother of Pat McMahon, a generous supporter of the St. Frances X. Cabrini Shrine in New York. Theresa is very ill with cancer and Pat would appreciate prayers for her mother.

Gisela Von Huene Slonneger

The Villa Cabrini Academy Alumnae from Burbank, CA request prayers for Gisela, Class of 1963 and her devoted husband, Steve. Gisela has suffered from painful knee and back problems for several years and was recently diagnosed with breast cancer. The cancer was discovered early, so they trust that the prognosis is good.



With Grateful Hearts

The Villa Cabrini Alumnae and Friends (VCAAF) are thankful for our Cabrinian community prayers for Nancy Marzo Costantino, Class of 1949. Nancy was diagnosed with a rare bile duct cancer last year and after surgery and proton therapy, Nancy is now cancer-free. She was able to attend a recent VCAAF meeting.

In Loving Memory

Bob Berridge

Thoughts, prayers and condolences to Dr. Adeline Bethany, Cabrini College Professor Emerita, upon the loss of her son-in-law Bob Berridge on April 4th. May he rest in God's eternal peace.

John “Jake” Durkin

The Cabrini College community mourns the sudden passing of student John “Jake” Durkin on Sunday, April 10th. Please pray for his parents, family, classmates and teammates. Mass will be offered in Jake’s memory on Sunday, April 24th 2016 at 7:00 p.m., and Friday April 29th 2016 at 12:30 p.m., in the Bruckmann Memorial Chapel of St. Joseph.

Anthony Russo

The Cabrini Community joins the College Community in extending sympathy to Cabrini College staffer Rosemary Gehrlein, on the loss of her father, Anthony G. Russo, who passed away on Saturday, April 9, 2016. Please pray for the extended Russo Family at this sad time.



Publication Notice

Due to scheduling in the Province Communications Office, next week, The Update will be published on Wednesday, April 20th, rather than Thursday, April 21st.

To ensure publication, kindly submit all news stories no later than Tuesday, April 19th at noon. Prayer requests are welcome at any time.

Cabrini-news@mothercabrini.org

Many thanks.