



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

THE UPDATE

September 26, 2019



## 105<sup>th</sup> World Day of Migrants and Refugees

***This Sunday, September 29, 2019***

A Message from His Holiness  
Pope Francis

*"It is not just about migrants."*

***This week, we conclude the excerpts from Pope Francis' message for the 105<sup>th</sup> World Day of Migrants and Refugees 2019.***

"So then you are no longer strangers and sojourners, but you are fellow citizens with the holy ones and members of the household of God." (Eph 2:19) *It is not just about migrants: it is about building the city of God and man.* In our time, which can also be called the era of migration, many innocent people fall victim to the "great deception" of limitless technological and consumerist development. As a result, they undertake a journey toward a "paradise" that inevitably betrays their expectations. "We need to see, and then to enable others to see, that migrants and refugees do not only represent a problem to be solved, but are brothers and sisters to be welcomed, respected and loved."

Dear brothers and sisters, our response to the challenges posed by contemporary migration can be summed up in four verbs: welcome, protect, promote and integrate. Yet these verbs do not apply only to migrants and refugees. If we put these four verbs into practice, we will help build the city of God and man. We will promote the integral human development of all people. We will also help the world community to come closer to the goals of sustainable development that it has set for itself and that, lacking such an approach, will prove difficult to achieve.

In a word, it is not only the cause of migrants that is at stake: it is not just about them, but about all of us, and about the present and future of the human family. Migrants, especially those who are most vulnerable, help us to read the "signs of the times". Through them, the Lord invites us to embrace fully our Christian life and to contribute, each according to his or her proper vocation, to the building up of a world that is more and more in accord with God's plan.

In expressing this prayerful hope, and through the intercession of the Virgin Mary, Our Lady of the Way, I invoke God's abundant blessings upon all the world's migrants and refugees and upon all those who accompany them on their journey. *From the Vatican, FRANCIS*

Welcome

Protect

Promote

Integrate



## World Day of Migrants and Refugees, Sunday, September 29<sup>th</sup>

This year on **Sunday, September 29<sup>th</sup>**, the Church will again celebrate the [World Day of Migrants and Refugees](#) as it has since 1914. It is always an occasion to express concern for many different vulnerable people on the move; to pray for the challenges and increase awareness about the opportunities that migration offers.



For 2019, Pope Francis has chosen the theme, “It is not just about migrants” to demonstrate our blind-spots and make sure no one remains excluded from society, whether a long-time resident or someone newly-arrived.

There is a host of materials to access for use and sharing in planning an event: [materials on this page](#)

### **Additional resources:**

Franciscans for Action

[news@franciscanaction.org](mailto:news@franciscanaction.org)

Catholic Relief Services

<https://www.youtube.com/watch?v=wjdqjNMri2Y>

Catholics Take Action for Immigrant Children:

<https://franciscanaction.org/article/catholics-take-action-immigrant-children?eType=EmailBlastContent&eld=b8ca9995-b044-4f89-9ed4-0f22cbbdca36>

Justice for Immigrants

<http://justiceforimmigrants.org>

United States Conference of Catholic Bishops

[www.usccb.org](http://www.usccb.org)

# Share the Journey: Meet Our Neighbor

Up until July, 30-year-old Ingrid had a successful career as a pharmacist in her native Nicaragua. She owned a home, where she raised her two boys, and expected to always remain in the country she so loved.

However, political strife led her to join in nonviolent marches criticizing the government, seeking, as many Nicaraguans have done, to have a say in the country where she thought her children would grow up.

But in August, that dream came crashing down as threats against her, for participating in anti-government demonstrations, began to worry her more and more until one day she decided it was time to grab the boys and leave -- for good.

"I came only with the clothes I had on," the mother of two told Catholic News Service Sept. 24, after speaking with a delegation of bishops, staff members from the U.S.

Conference of Catholic Bishops, lay ministers and others visiting the border region Sept. 23-27.

"I left my entire life in Nicaragua."

She thought she'd find some understanding and safety heading with her children toward the U.S., she explained, but she quickly found out she was wrong as she and her children felt the weight of the "Remain in Mexico" policy that tells asylum-seekers to wait in the neighboring country for their immigration court dates.



Ingrid, with one of her two sons, addresses the bishops who were visiting Ciudad Juarez.



"It's sad to arrive, to knock on the door and to have that door close without being heard," she explained to the group visiting a Catholic church in Ciudad Juarez, which offered her help. The group included Bishop Mark J. Seitz of the neighboring Diocese of El Paso, Texas, Bishop Oscar Cantu of San Jose, California, Bishop Brendan J. Cahill of Victoria, Texas, as well as Father Robert Stark, regional coordinator of the Vatican's Section on Migrant and Refugees.

"I'm sorry," El Paso's Bishop Seitz said to the migrants in Spanish. "As Christians, as good citizens, we should be ready to welcome those who need (help), but sadly, this is not the sentiment of the U.S. government at the moment."

"We see gross injustices, we see violence, we see a trampling of human dignity," Bishop Cantu said. "And so the challenge for us today is to help brothers and sisters to live in hope. For some, that hope is the American Dream ... giving to their children a better life than they have."

*~ Catholic News Service*



# Creating Communities of WELCOME

*Creating Communities of Welcome: What would You have us do?* was the theme of the conference sponsored by Sisters and Brothers of Immigrants (SBI), a Chicago archdiocesan group of men and women religious whose mission is to educate and advocate for just immigration policies.

On September 21, 2019 people came from all corners of the Archdiocese to Catholic Theological Union (CTU) to hear the presenting panel: U.S. Representative Jan Schakowsky, Theologian Carmen M. Nanko-Fernandez and Attorney Irakere Picon.



Sr. Cathy Fedewa, CSFN, (c.) of the Cabrini Retreat Center joins in the conversation with Rep. Jan Schakowsky (2<sup>nd</sup> r.).

Carmen, associate professor of Hispanic Theology and Ministry at CTU, spoke with the theme, “Enough is enough!” passionately expressing her concerns for the injustice of our immigration policies and the negative attitudes of so many Americans, including Christians, to immigrants entering and living in our country.

Irakere is Director of Legal Services for the Illinois Business Immigration Coalition (IBIC)

whose goal is to provide a strong and effective voice for Illinois businesses in the national immigration conversation by supporting comprehensive, sensible immigration reform. Giving legal status to 11.4 million undocumented immigrants would **increase their state and local tax contributions by \$2.2 billion** per year.

Rep. Schakowsky is a passionate advocate for immigration reform as well. Her recent tweet read, “My parents came to the US to build a better future. It is the honor of my life to serve my community here in Congress. I want to tell every immigrant in this country today: you are welcome here and you are a valued part of our country.”

After the panel, two young immigrants who have recently received their asylum status shared their stories. **Vita**, from Ghana, fled to Ecuador from an abusive forced marriage (at age 15). She had no choice but to come to the U.S. and ended up in adult detention. Two members from detention visitation ministry heard her story and became her sponsors. Now able to work, she is hoping to live independently, complete her education and eventually bring her son to the U.S. **Abdi**, who fled Somalia because of political persecution, told of his arduous, months-long journey through the jungles of Central America. When he arrived in the U.S. ICE placed him in adult detention for 2½ years until lawyers were finally able to have him released. He was able to connect with Viator House (for recently released youth) where he is thriving and completing his high school education in a supportive environment.



Comments from participants indicated their appreciation for the presenters which gave them an increased motivation for working on advocacy for the many immigrants struggling to find new lives. ~ submitted by Sr. Cathy Fedewa, CSFN

## From Cabrini Health: Herb garden inspires childhood memories



Cabrini Brighton patients can now cultivate and enjoy a sensory herb garden at the hospital. Resident chef Daryl Morris is on a newly formed committee focused on projects to enhance the hospital stay for patients with dementia.



Cabrini chef Daryl Morris tends to the herb garden at Cabrini Brighton. The garden provides sensory stimulation for patients with dementia.

The garden opened in May and is the committee's first completed project. It was designed to encourage patients to reflect on their childhood.

"Reminiscing is a great thing for dementia patients. The older-style herbs help them think back to their childhood and many of those memories put them in a good place. The smells can help trigger those memories as well," Mr Morris said.

He added that many dementia patients wanted to feel useful, rather than sitting in bed.

"Once the garden is a little more established, patients will have the opportunity to go out and do some weeding, watering or pruning. It will also provide a nice place for them to spend time with family, friends and other patients."

Mr Morris said the garden would serve many purposes.

"The garden is a great initiative by the hospital and we'll be able to utilise the herbs in the kitchen as well," he said.

With more than 40 years' experience in the restaurant industry, Mr Morris now demonstrates his love of cooking through the delicious and nutritious meals he prepares for patients at Cabrini Brighton.

"This is my first experience working in a hospital and I love it. To be serving appetising, nutritious food to people who need it is incredibly rewarding." ~ *submitted by Samantha Robin*

For information about Cabrini's community dementia nursing service visit:

[www.cabrini.com.au/chronicdisease](http://www.cabrini.com.au/chronicdisease)



## Tarana Burke Receives Prestigious Award at Cabrini University

On Thursday, September 19, Tarana Burke, Founder of the Me Too movement and social justice activist, received the Ivy Young Willis and Martha Willis Dale Award during a ceremony at Cabrini University. Awarded annually, the [Ivy Young Willis and Martha Willis Dale Award](#) recognizes women who have made outstanding contributions in the field of public affairs.



In October 2017, #MeToo became a viral phenomenon that quickly spread around the world. Burke emerged as a global leader in the evolving conversation around sexual violence and the need for survivor-centered solutions. Her theory of using empathy to empower survivors is changing the way the world thinks about and engages with survivors. Her belief that healing isn't a destination, but a journey has touched and inspired millions of survivors who previously lived with the pain, shame, and trauma of their assaults in isolation.

Following her presentation which was conversational in format, Ms. Burke offered kind, compassionate and supportive words to students who asked questions or offered comments. *~excerpts from Cabrini U. website*

Ms. Tarana Burke offers wise counsel as she engages in a dialogue with Cabrini University students.

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## Mother Cabrini Shrine

**IL POSTO BENEFIT DINNER — Tuesday, Oct. 8<sup>th</sup> — 6 pm**  
**2601 Larimer Street, Denver, CO**



We have a few seats available for purchase to our annual Il Posto Dinner to benefit Mother Cabrini Shrine. Please join the Missionary Sisters, Staff, donors and volunteers of the Shrine for a wonderful evening as Chef Andrea Frizzi offers multiple courses of great, Colorado-grown organic foods and fine Italian wines. It truly is a wonderful evening and a dining experience to remember! Purchase tickets below or call JoAnn at 303.526.0758 for more information.

[Purchase Tickets Here](#)

# We are – CABRINI UNIVERSITY – family!

~ A Reflection by Carol Serotta, Professor Emerita, Cabrini University

A new semester has begun! All is new and everything is possible. Look around and you see loads of bright young faces. The cafeteria is filled with the exuberance of youth! But on further inspection, a vision appears in the back of the cafeteria. Three full tables are filled with old, familiar faces! When we say old, these are the faces of many who could have been seen 3 or 4 decades ago; most could have been seen at least a quarter of a century ago. What brings these people back to Cabrini on a regular basis? I would like to think of the group as a bit like guardian angels. We are here to make sure things are going well. New ideas are in place, but we hope to see the same basic mission continuing.



A group of retirees and not-quite-retirees from Cabrini U. gather monthly for lunch in the campus dining hall.

What you see, in reality, are lots of retirees. These are people who may be thrilled to be done with grading stacks of papers, and are happily moving on to the next part of their lives. But, the reality is we miss everything that Cabrini has meant to us for so many years. To call Cabrini “home” and its faculty and staff “family” is less than satisfactory, for this analogy cannot begin to quantify the depth of what Cabrini means to us in so many ways.

Sister Christine Marie Baltas, MSC asked the question: What keeps you coming to Cabrini? Some of the responses were (a bit paraphrased):

**“The people!”** 💙 **“It’s like coming home.”** 💙 **“We feel special when we are here and together!”**

💙 **“We want to maintain the relationships we have developed and to continue to learn and grow mentally and spiritually.”**

Many of us, retired 5 to 15 years or more, keep coming back to all the things we loved about Cabrini: all the people, the wonderful student body, the feeling of making a difference and the desire to keep doing all that with the next generation of students! These monthly luncheons give us an opportunity to keep in touch with the current activities, Cabrini sports and the current administration. It gives us the opportunity to keep in touch with so many of the alums who have become life-long friends and who are part of so many wonderful memories.

We come back to see how or what we can do to help Cabrini in varied and valuable ways. We are resources for the university. We are its living history. We volunteer our expertise which makes us feel vibrant, respected and current. We come so that we can continue to see and nurture our past endeavors and have an impact on the future leaders of the world. We come to enjoy lunch, our leisure and revisit all of the legacies we have created and the countless more that we pray to create in perpetuity! ~ submitted by Carol Serotta; with thanks to Sr. Christine Marie Baltas, MSC

# Prayer Requests

## ***Marie Takes***

The Missionary Sisters and the Cabrinian community have been praying for Marie Takes, the mother of Deb Takes, Trustee Emerita and past interim president of Cabrini College. Mrs. Takes underwent heart surgery this week. Prayers are invited for her recovery.

## WORLD DAY OF MIGRANTS AND REFUGEES

Lord Jesus, you call us to welcome the members of God's family who come to our land to escape oppression, poverty, persecution, violence, and war. Like your disciples, we too are filled with fear and doubt and even suspicion.

We build barriers in our hearts and in our minds.

Lord Jesus, help us by your grace,

- To banish fear from our hearts, that we may embrace each of your children as our own brother and sister;
- To welcome migrants and refugees with joy and generosity, while responding to their needs;
- To realize that you call all people to your holy mountain to learn the ways of peace and justice;
- To share of our abundance as you spread a banquet before us;
- To give witness to your love for all people, as we celebrate the many gifts they bring.

We pray that you protect migrants on their journey, and that give them your divine protection and shield them from evil.

We ask that you open our hearts so that we may provide hospitality for those who come in search of refuge, so that we might welcome them as one of our own.

We pray this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.  
Amen.

