



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

THE UPDATE

November 14, 2019

A Feast Day Message

November 13, 2019

Dear Sisters and those co-responsible with us in Mission,

[Yesterday] we celebrated the Feast of Mother Cabrini. In these recent days I have had various experiences which have touched my heart and soul – a gift of Jesus and Mother Cabrini on her feast:

- I listened to a webinar from an organization called “No more deaths” during which they spoke of a member of the organization who was being charged with a felony simply because he provided compassionate care to two undocumented migrants he discovered in the desert. I asked myself: What has become to the moral fabric of the USA that we would criminalize compassion?
- I listened to Sr. Yolanda, MSC who returned from a meeting in Matamoros, Mexico of those organizations who give assistance to migrants along the USA-Mexico Border. My heart was filled with hope as I heard of the generous service of so many volunteers and organizations who day by day offer care and compassion to our suffering brothers and sisters. My heart was also full of deep sadness that the immigration policies of the USA have created a humanitarian crisis for hundreds perhaps thousands of men, women and children who are stranded along the Mexican border. They are living in tents, inhumane conditions, without adequate food or health care. The tragedy is the number of children! They can't go forward and they have no money to go back home! At that moment we made a decision to try to partner with one organization who is providing much needed help.

➤ Yesterday, Sr. Antonina, Sr. Pietrina and myself joined staff and clients from CIS of NYC, together with the New York Immigration Coalition, to go to Washington, D.C. to stand in solidarity with DACA (Deferred Action for Childhood Arrivals) young adult recipients as they persevered in their struggle to gain a path to citizenship. We also met a group from Cabrini University!

For years this group of young people have lived in constant uncertainty that their status would change and they could be deported. The persistent hope and courage of those who are DACA recipients as well as those who fight for their cause was an incredible witness.



Once again, the question surfaced in me: How is it that a nation formed and built by immigrants is now so closed to immigrants?

➤ Finally, today I listened to a webinar offered by the UISG (International Union of General Superiors) which shared the challenges, vision and horizon of CLAR (Confederation of Latin American and Caribbean Religious) for consecrated religious life for the years 2018-2021. There were many themes that confirmed our Provincial Chapter outcomes. What touched my heart was the vital call to be witnesses of Communion and Hope based on our belief in Jesus and to continue to live with enthusiasm the gift of our consecrated life as missionary disciples. We are further called to weave relationships that foster communion, reconciliation, inclusivity, and compassion. Finally, we are called to renew our option for the vulnerable and excluded of our world. For those who understand Spanish, I encourage you to go to www.clar.org and look under “Horizonte Inspirador” for more resources around these themes.

As I live these various moments, I find myself called to conversion. It is not enough for me to see or to hear/listen but my heart must be “moved to compassion” and action. Going to Washington, D.C. was one small action but I and we are called daily to go out of ourselves in love. When we go out the door of our room, our heart, our minds let us be credible witnesses – missionary disciples of God’s love in the world. If we do this – we give honor to God and honor the memory of Mother Cabrini.

Happy Feast Day!

United in the Heart of our loving God!

Sr. Diane Olmstead, MSC, Provincial, Guadalupe Province

MSCs, Cabrini Immigrant Services and Cabrini University Advocate for DACA Recipients at the Supreme Court



The Missionary Sisters and representatives from Cabrini Immigrant Services and Cabrini University traveled to Washington, D.C. on Tuesday, November 12th to rally outside the Supreme Court building where the Supreme Court justices were hearing a case on DACA recipients. Pictured in the center of the photo are Sr. Antonina Avitabile, MSC and Sr. Pietrina Raccuglia, MSC.



A Feast Day Message from Sr. Barbara Staley, MSC, General Superior

For the Feast Day of our Patroness, St. Frances Xavier Cabrini, Sr. Barbara Staley sends greetings to the Missionary Sisters and all their lay collaborators in the Institute.

Please click here and scrolls down to view a video greeting from Sr. Barbara:

<https://www.cabriniworld.org/happy-mother-cabrinis-feast-message-from-msc-general-minister-sr-barbara-staley/>

Well done, new U.S. Citizens!



Cabrini Immigrant Services tutor James Sanders (l.) extends a handshake of congratulations to Muhammed Shabbir after he passed his naturalization test for citizenship.

Cabrini Immigrant Services, Dobbs Ferry, NY, is thrilled to announce that we have two new citizens! Muhammed Shabbir and Sajida Anjum Khan, both from Pakistan, have passed their naturalization tests.

Sajida worked very hard with her tutor, Barbara Fox and Muhammed worked equally hard with his tutor, James Sanders. Both tutors are very proud of their students.

Sajida and Muhammed are the proud parents of 4 children. They have a daughter in 7th grade, and sons in 6th grade, 4th grade and Kindergarten.

*~ submitted by Lorraine Campanelli, Director
Cabrini Immigrant Services, Dobbs Ferry, NY*

Congratulations, Muhammed and Sajida. We are all so proud of you!

food. matters.

cabrini day 2019 – cabrini university

The theme for the 2019 Cabrini Day celebration at Cabrini University was “food matters” highlighting food insecurity. The day was complete with an awards ceremony for students followed by a keynote address given by Atif Bostic, the Executive Director of Uplift Solutions, a national nonprofit focused on address the social determinants of health through the development of community-centric and community-informed business assets. Uplift’s direct service work focuses on access to fresh and healthy food, health care, capital and jobs; its advocacy work focuses on food justice, criminal justice and social equity.

Following the keynote address, the Missionary Sisters and MSC candidates shared their stories of religious life and discernment and offered a Feast Day blessing for all members of the campus community.

The day concluded with a Walk with Purpose and Pep Rally followed by a panel discussion focusing on “Integrating ‘Food Matters’ across the Disciplines: Implications for Systemic Change” which was led by Ray Ward, PhD and Michelle Szpara, PhD.



With the image of Mother Cabrini peering over his shoulder, keynote speaker Atif Bostic addresses the Cabrinian community on food justice.

Following the keynote address, the Missionary Sisters and MSC candidates shared briefly about their discernment and call to religious life. They concluded their reflections with a blessing for the campus community. On stage from left: MSC candidates Evarlyn Ndugne and Bianca Huertas; Sr. Grace Waters, MSC, Sr. Amarech Herego LeFamo, MSC and Sr. Christine Marie Baltas, MSC.



The Update Publication Schedule for November and December - Kindly Make a Note

The Update **will be** published on:
November 21

No Update on November 28 – Thanksgiving Day in the U.S.

December 5

December 12 – final edition for 2019

The Update will resume in January 2020.

A Beautiful Feast Day at Cabrini of Westchester



Fr. Tom Faiola, OFM, Cap., gives communion to a Cabrini of Westchester resident.

Cabrini of Westchester celebrated Mother Cabrini's Feast Day with a Mass celebrated by Fr. Thomas Faiola, OFM Cap., Pastor of Good Shepherd Parish in Inwood, New York City. Fr. Tom spoke of Mother Cabrini's tireless determination and amazing number of accomplishments. He called Mother Cabrini "a powerhouse who put God's word into action" and called us all to become "doers of the word" living a vocation of prayer. Having been a friend for many years to numerous MSCs, Fr. Tom joined the MSCs for lunch following Mass where they celebrated the Feast Day by sharing many memories and laughter.

Prior to the luncheon, the Feast Day was also commemorated by the unveiling of a hand-made quilt co-created by adult clients of Cabrini Immigrant Services and residents of St. Cabrini Nursing Home as part of the "Expressive Arts Program" (EAP). EAP was formed to combat depression and loneliness, two of the biggest problems facing adult immigrants and elderly nursing home residents. Each participant was charged with creating four squares for the quilt - one to portray each of the following: the individual's name, country of origin, something that defined them and something they enjoy. The project has enhanced the quality of life amongst the participants and, together, they have created a legacy for the future through the telling of their life stories so beautifully depicted on the quilt.

Paulette Sansone, PhD., a facilitator of the program, closed the ceremony with the announcement that the Expressive Arts Program's proposal to present at the national Expressive Arts Therapy Summit in Los Angeles, California in April of 2020 was accepted. The group will be given two hours to present their work and its outcomes. The participants in the program were elated to hear the news and that their program will receive national attention and publicity!



Facilitators of the Expressive Arts Therapy Program from left standing: Ellen Tessitore, retired art teacher; Lorraine Campanelli, Director of Cabrini Immigrant Services; Deborah Mosely, trained storyteller; and Paulette Sansone, PhD, social worker, display the quilt with two program participants Alice Lopin (l.) and Sr. Naoemi Valdes, RFM.



Sr. Ilaria Povero, MSC participated in the program and proudly displays her creative squares of the quilt depicting her nursing background, love of crafts and her Italian heritage.

As stated on the plaque that hangs next to the quilt "Together, we helped each other, supported each other and encouraged each other. What beautiful things happen when we come together with one heart." ~ submitted by Lorraine Horgan, Cabrini of Westchester

Survivor Focuses on ‘Red Flags’ of Human Trafficking

~ by Gia Myers, Catholic Philly.com

Cabrini University's ECG Anti-Human Trafficking class, the Barbara and John Jordan Center and the Cabrini Action & Advocacy Coalition (Cabrini Closet) recently organized an evening at Cabrini University with guest speaker, Tammy McDonnell, an activist, advocate and human trafficking survivor. The following are excerpts of the account of the presentation which appeared in Catholic Philly.com.



Human trafficking survivor
Tammy McDonnell address
students and community
members at Cabrini University.

Human trafficking survivor Tammy McDonnell shared her experiences on November 6 at Cabrini University and, through a panel discussion that followed, raised awareness among students and residents about the crime of trafficking — a form of modern-day slavery — its prevalence in Philadelphia-area communities and how to combat it.

Human trafficking occurs when force, fraud, or coercion is used to control another person for the purpose of engagement in commercial sex acts or soliciting labor or services against that person's will.

“Slavery is death,” said McDonnell, who is also an activist for Covenant House in Philadelphia. Human trafficking treats people as disposable, she said.

“Trafficking happens in your own backyard,” she said, adding that it is so prevalent, “you can be sitting next to a survivor, and not even know it.”

Her human trafficking story began when she sold her car for \$800 to a man that she now realizes was a “recruiter,” an intermediary who referred her to someone who could give her a job that she needed, which “was the start of everything.”

Looking back, she now realizes her trafficker was a predator who took advantage of her vulnerabilities. She felt trapped and was too afraid to break away because she needed to protect her family from the trafficker, who made threats against her mother and her children.

Then one day, she said, “this cosmic mental switch went off, and I said, ‘I’m done.’” She fled Philadelphia for New Jersey, where she was homeless and subsisted by committing petty theft crimes, such as breaking into parked cars and stealing items which she sold to purchase food and drugs.

The crisis center referred McDonnell to a women's recovery program, where she lived with Catholic nuns for 18 months. During her recovery, one of the sisters recommended McDonnell for a position as survivor advocate for Covenant House in Philadelphia. Now, her role has been expanded also to include outreach worker.



Karol Brewer (front row, 3rd l.), Chair of the Cabrini Action and Advocacy Coalition, partnered with Cabrini University ECG class professor Cindy Ross (front row. c.) in presenting a speaker and panel discussion on Human Trafficking. They are pictured with Ms. Ross' students in the ECG Anti-Human Trafficking class. Joining them is Carly Bruski (front row, r.) from the Montgomery County Anti-Human Trafficking Coalition.

"I can raise awareness because it's so necessary," McDonnell said. She advocates for laws to prevent human trafficking in the Commonwealth of Pennsylvania. "I knew nothing about the law, except how to break it." But now she attends community college, pursuing paralegal studies, and hopes eventually to attend law school. "My life is helping other people," she says.

~With thanks to Karol Brewer, Cabrini Action and Advocacy Coalition and Dr. Jerry Zurek, Professor, Cabrini University

To read the full article: <http://catholicphilly.com/2019/11/news/local-news/survivor-tells-how-to-spot-red-flags-of-human-trafficking/>

Following Ms. McDonnell's presentation a panel of advocates discussed preventing human trafficking and what individuals can do in their own communities.



A panel discussion of anti-human trafficking advocates Nov. 6 at Cabrini University included, from left: Lindsey Mossor, anti-human trafficking staff attorney at Nationalities Service Center in Philadelphia; Maggie Sweeny, program manager and forensic interviewer for Mission Kids Child Advocacy in East Norriton; Connie Marinello, detective in the investigations Division of the Upper Merion Township Police Department; and Habibah Smith, co-chair of Delaware County Anti-Human Trafficking Coalition.

NATIONAL SHRINE OF ST. FRANCES XAVIER CABRINI

Open House Chicago

On October 19th and 20th the Shrine hosted it's 3rd "Open House Chicago" (OHC) event. The Chicago Architecture Center organizes this free weekend festival that offers behind-the-scenes access to over 350 of Chicago's greatest places and spaces. Our wonderful volunteers assist with this event educating our visitors on the history and work of Mother Cabrini in Chicago. There was a total of 1002 visitors that entered our newly polished front doors and many were enthused and appreciative of the tours and information given by staff and volunteers. Visitors were quite appreciative and commented that we were one of the most informative sites they had visited.

Restoration of First Class Relic

The Mother Cabrini First Class Relic has been restored and preserved by Sara Moy, a certified conservator. On November 5th, the relic, the right humerus bone of Mother Cabrini, was returned to the newly refurbished reliquary in the Shrine altar. On Mother Cabrini's Feast Day, Wednesday, November 13, the restored relic which had long been in the altar of the chapel of the former Columbus Hospital, received a special blessing from the Most Reverend Raymond E. Goedert, DD. at the 4 p.m. Mass at the Shrine.



Photo above: Volunteers welcome visitors to the National Shrine for Open House Chicago.

Photo below: Ken, a volunteer at the National Shrine, gives a tour of the Shrine chapel sanctuary.



Photo left: Sara Moy, a certified conservator, seals the reliquary as Fr. Hack stands by.

Photo right: Sr. Bridget Zanin, MSC, Director of the Shrine, carefully places the reliquary in the Shrine altar.



Run for Your Life!

Uniting Hearts & Minds with our Migrant Sisters & Brothers

Every two seconds, one person is forcibly displaced from his/her home.

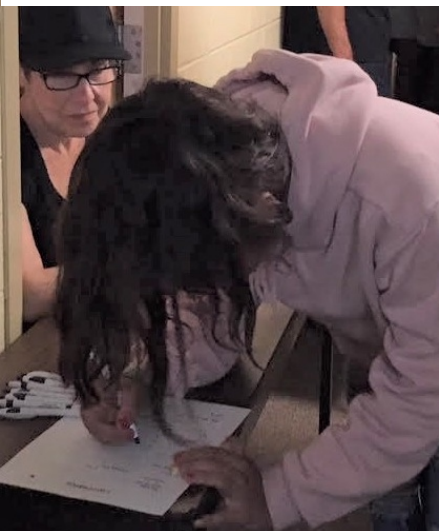
This week, we conclude our coverage on the “Run for Your Life” simulation that took place at the Cabrini Retreat Center in Des Plaines, IL. A variety of adult and youth groups from across the Archdiocese of Chicago participated in the simulation.

WAITING...that’s what refugees do... and so we have given our readers the opportunity to experience a hint of that experience by waiting – since October 10th - to read about the next step in our *refugees’* journeys. And so we continue...



Photo above: Refugees often arrive in rubber rafts not designed to withstand ocean crossings.

Photo below: Extensive paper work is often required and many times is in a language unfamiliar to those seeking refuge causing further confusion and anxiety.



Was this “voyage” a mistake???? That’s the question participants asked in the last installment of the Run for Life series. Sitting in their rafts they hear that this is part of the life of refugees.... WAITING!!! They waited to get a boat to take them across; they now wait endlessly as their passage is slow; they have much more waiting ahead of them...THEN....

Do they really see land on the horizon? They made it across those tempestuous waters. Their simple rubber raft lands precariously on the rocks and stones of the shore and they eagerly climb out on to LAND! Surely, now, they are safe and will find help to continue their journey to a safe place.

But, first, they must be processed by border guards. While sympathetic, the guards are also tired and worn out from facing desperate people day after long day. Forms need to be filled out, brief simple forms, but confusing, because they are in a different language and no one at the border knows the travelers’ language to help them. They fill out what they think might be needed and return it to the border guards who impatiently give it back because it is not correct. They try again and finally, with a little help (sometimes \$\$\$), they pass and are admitted to a refugee camp. They are now safe from smugglers, under the protection of the U.N.. (See note in text box.)

Important note: *Run for Your Life* was an experience modeled on the journeys of refugees in the Middle East and Africa, hence the reference to the U.N. When we look at migrants coming across Mexico to reach the U.S., the stories are very similar, the dangers are just as dramatic and the results are often just as devastating. The scene [across our borders](#) in Mexico is beginning to look comparable to some of those refugee camps.

It is a CAMP. There may be a tent for them, or perhaps they have to make do with whatever materials they can find to make a shelter. They think, “That’s okay, we can endure this for a short time until we can move on to a safe



Youngsters, often separated from their parents and family members are left to fend for themselves.

place.” But, remember, refugees wait! Our travelers hear that their short time could turn into months, years. The average stay in a refugee camp is 17 YEARS!

Our refugees experience that food is limited and maybe not what they like; shelter is limited and overcrowded; there are little or no jobs or schools; little medical attention. Seasons come and go...winter cold, summer monsoons...year after year. The lucky ones end up in a camp that is better organized by the U.N. For others it's a matter of SURVIVAL and WAITING. The vetting process is long, tedious and invasive. At the end of many years, they may be given an opportunity to move on, not to a place of their choosing, but to whichever country will accept them. (The U.S. just set a 2020 limit of only 18,000 of the 70 million refugees from the entire world whom we will accept, the lowest limit ever.)

~ Sr. Cathy Fedewa, CSFN, Cabrini Retreat Center

SO NOW WHAT?

What happens to the millions? Am I obligated to help in some way?

So, what have our participants in the *Run for Your Life* event (or you, our readers) gained from this experience? Has this peek into the refugee journey touched them/you at all? What will they/you do now, having discovered, what thousands of refugees go through daily? We focused on a few groups who aid refugees and ways to get involved through advocacy, action and educational opportunities:



Missionary Sisters of the Sacred Heart are now serving in Uganda among one of the largest concentration of refugees in the world (over 1.3 million). As a small gesture, some of the school students who participated, made friendship bracelets at the end of the experience that the sisters can give to the children along with notes expressing their support. Many others contributed financially.



Catholic Relief Services helps to settle refugees here in the U.S. but also assists with those still in refugee camps. Participants viewed a brief video that set the tone for the plight of refugees. Two such very brief motivational videos, “Lead the Way on Migration” and “17 Years is Too Many to Lose” are among many that are available from CRS: <https://www.youtube.com/user/CatholicRelief/videos>.



Exodus World Services (who led the program) “walk the road with refugees”. They invite others to direct service with them to: supply household items and personal welcome to refugees upon arrival in the U.S.; provide weekly companionship to help refugees acclimate to their new environment; assist in learning English and in preparing for citizenship exams. Participants are encouraged to carry on what they have experienced by helping others become more aware of and concerned for refugees, and drawing them into the circle of **education, advocacy and action**.

We are grateful to the **Cabrini Mission Foundation** for providing the resources to allow us to share this educational opportunity with over 300 participants ~ submitted by Sr. Cathy Fedewa, CSFN



Friday, November 22, 2019

Sacred Heart High School Cafeteria
34 Convent Avenue, Yonkers, NY 10703

Doors open at 6:30 pm * Games Begin at 7:00 pm

Includes Wine & Light Fare * 50/50 and other Raffles, too!

To purchase tickets, contact the Development Office at
914-693-6800 ext. 502 or
via e-mail at sherceg@cabrini-eldercare.org
or online at
www.cabrini-eldercare.org

Tickets: \$50 Per Person
\$475 Per Table
(guaranteed reserve seating for your party of 10)


kate spade
NEW YORK


MICHAEL KORS



MARC JACOBS

...and more!!

DON'T DELAY! THIS EVENT WILL SELL OUT FAST!



Cabrin Mission
FOUNDATION



Join us and celebrate ...

The Spirit of Christmas

on Thursday, December 5, 2019

6:00 pm to 10 pm

The Missionary Sisters of the Sacred Heart of Jesus
and

Cabrin Mission Foundation Board of Trustees

invite you to the

Midtown Loft and Terrace

267 Fifth Avenue

New York, NY 10016

(between 29th and 30th Streets)

Individual Tickets \$219

[Click here to reserve your ticket today!](#)

Sponsorships Available!

For more information contact Ellen 212-228-8608



On **December 21st**, Cabrini Immigrant Services of NYC will be holding our annual Christmas Celebration & Gift Distribution. At this event, immigrant families in need enjoy a fun afternoon of food, drinks and games, and the children receive gifts their families would not otherwise be able to provide. ~ submitted by Ella Nimmo

Help us ensure a merry Christmas for all of our families by making a donation at <http://bit.ly/donatecis> or by purchasing a gift from our wish list at <http://tgt.gifts/CIS2019>



Prayer Requests

Fred Coldwell

Karen Coldwell is a faculty member in the Ed Policy and Leadership Department, in the School of Education at Cabrini University. Karen's husband, Fred Coldwell, will undergo open heart surgery sometime in the near future. We ask that you keep Karen, Fred, and their family in your prayers.

Greg LaFrance

Prayers are requested for Greg LaFrance, cousin of Cabrini University staff member Rosemary Gehrlein. Greg has been diagnosed with three aggressive, non-operative brain tumors and is currently undergoing intensive chemotherapy treatments. Please pray that these treatments will be successful.

Dana Schwab and newborn daughter

Rita Lambert, a Cabrini University staff member, asks prayers for her niece, Dana Schwab, who delivered a 1 lb. 12 oz, baby girl at 4:10 a.m. today. The baby came out screaming and is in the NICU. We are requesting prayers for this sweet baby who has a long road ahead of her but there is tons of hope for the best outcome. Please unite in prayer for this tiny angel.

In Loving Memory

James Marr

Please pray for the repose of the soul of James Marr, a longtime friend of the Missionary Sisters and the publisher of the Mother Cabrini Messenger which originates in Chicago from the Mother Cabrini League. Jim was a friend to the sisters and a great benefactor to the mission of Mother Cabrini. As his sister, Corinne Svoboda remembers, his generosity to all and love of helping others will be greatly missed, yet, hopefully, richly rewarded in Heaven. Mr. Marr went home to God on October 8, 2019. Please remember him and his family in our prayers.

Pacifico Pereira

Kindly pray for the repose of the soul of Pacifico Pereira, the brother of Sr. Adelaide Pereira, MSC. Mr. Pereira went home to God on Sunday, November 10th. Please keep him and the Pereira Family in your thoughts at this difficult time.

For your information...

For your Feast Day viewing...the video documentary *Mother Cabrini and the Heart of Jesus* will be shown on EWTN tomorrow, Friday, November 15, at 8:00 pm EST. Please make a note.

