



February 20, 2020

NEXT WEEK, WE ENTER THE LENTEN SEASON

Considering Almsgiving, a Lenten pillar

~ by Carol Zimmerman, Catholic News Service

When it comes to the three pillars of Lent, almsgiving is a little bit like the middle child, not always getting the attention that prayer and fasting do.

The word hardly rolls off the tongue and people don't talk about it as they might discuss what they are giving up for Lent or how they might be praying more or reading spiritual books during the 40 days before Easter.

Almsgiving is defined as donating money or goods to the poor and performing other acts of charity. The Catechism of the Catholic Church describes it as a "work of justice pleasing to God." The practice of giving to help those in need runs through all the major faith traditions.



PRAYER



FASTING



ALMSGIVING

Christians might have good reason not to talk about their almsgiving practices since biblical warnings are pretty clear on keeping this practice quiet. For example, in Matthew's Gospel, Jesus has this to say: "When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others."

But out of sight in this case should not mean out of mind. So, if believers know that they should give, why isn't this discipline more of a Lenten topic of conversation?

Jesuit Father Bruce Morrill said one possibility is that... "Almsgiving is not easily recognizable," nor does it necessarily demonstrate religious devotion as prayer and fasting do with their focus on personal holiness, he said.

Since the Second Vatican Council, Fr. Morrill said, the church has made more of an effort to connect worship and prayer to moral activity, and many Catholics have made the connection that fasting is not just to be pious but should have practical measures: taking the money that would have been spent on food or drink, for example, and setting that aside to give to the poor.

This is the whole idea behind Catholic Relief Services' Rice Bowl, the small cardboard box for collecting donations to help those supported around the world by CRS. Another of the suggestions is to follow meatless recipes from around the world featured on the CRS website and placing [those savings] into the Rice Bowl.

Almsgiving can also be a donation of time, energy or talents to those in need...making an encounter with God during Lent through the face of the poor.

To access the entire article: <https://www.catholicnews.com/services/englishnews/2020/almsgiving-an-overshadowed-lenten-pillar-has-something-to-say.cfm>

From the Province Vocation Promotion Team...

A Multi-faceted Mission Experience

Sr. Tigist, a Cabrini Novice, went to Denver on January 21st to have a six month mission experience. Everyone was telling her how cold Denver would be. Coming from Ethiopia, where the climate is mild, she became a little apprehensive. On



Can you imagine experiencing a 22 inch snowfall for the first time in your life? Sr. Tigist, who hails from Ethiopia, fully embraces the snow by making snow angels. Such fun!

learning, pre-K and Kindergarten. She is a Montessori teacher in Ethiopia and loves working with the children in Notre Dame Catholic School.

She soon found out the bureaucracy she had to go through before she could volunteer: security check, finger printing, and a safety course. When she had everything completed she could start her dream of being with children again. Her first day of school she needed to take the bus to come home. What an adventure! She fought with the snow since there were no pathways on the side walk but she did it and was proud of it. Yes, she got home safely.

On the weekends she is also missioned at Mother Cabrini Shrine to meet the pilgrims and to do odds and ends. She has shown her amazement at the people that come to the Shrine to visit and to fulfill promises made to St. Frances X. Cabrini for favors received. She was sharing that one woman was cured of cancer and came to fulfill her promise not by walking on her feet but by moving forward on her knees towards the Grotto. The woman told her story to Sr. Tigist and they both cried together. What a tender and touching experience.

arriving in Denver we had some pretty good weather. But the third week we were hit by a snowstorm that accumulated at least 22 in of snow in some areas and more in Golden where the Mother Cabrini Shrine is located. She was happy to see the beautiful wonderland of white snow-capped mountains, trees, houses and beautiful white fields. What a WONDERLAND!



Sr. Tigist is missioned as a volunteer aid at the Notre Dame Early Learning Center. She helps the teachers in early



Sr. Tigist is thrilled to meet someone living in Denver who is also Ethiopian. What a special moment this must have been.



On President's Day, she was invited to have lunch with an Ethiopian family here in Denver. She was accompanied by Sr. Martha Lopez, MSC. Can you believe the happiness of meeting one of her country people and enjoying scrumptious Ethiopian food?! The Sisters are with the family enjoying themselves and sharing memories from their beloved country.

~ submitted by Sr. Lucy Panettieri, MSC, Vocation Director, Guadalupe Province

When we are far from home we can all appreciate the joy of a homecooked dinner with dishes from our native land. Here Sr. Tigist looks forward to savoring these special foods.

Cabrini University

2020 Mother Ursula Infante Memorial Lecture

On Wednesday, February 12th, John Carr, the noted Founder and Director of the Initiative on Catholic Social Thought and Public Life at Georgetown University and the former director of the Department of Justice, Peace and Human Development at the United States Conference of Catholic Bishops, offered the keynote address for the Living Justice in the American Catholic Church lecture series. ~ from the University's Wolfington Center

Mr. Carr offered fascinating insights into the role of politics and faith.



Cabrini Earns Military Friendly Designation

Cabrini University has been designated as a 2020–2021 Military Friendly® School.

Institutions earning the Military Friendly® School designation were evaluated using both public data sources and responses from a proprietary survey. More than 1,000 schools participated in the 2020-2021 survey, with 695 earning the designation.

“The Military Friendly® designation validates our efforts to make veterans feel welcome at Cabrini,” said [Charlie Spencer](#) ('00, MS'03), Cabrini's Director of International and Military Recruitment and International Student Advisor. “Through our customer-service focus, we strive to ensure that military students easily find the support and resources they need to successfully further their studies here.”

~ submitted by Molly Harty, Cabrini University

Celebrating



Sal and Angela Ciafone enjoyed the festivities while celebrating 58 years of marriage.

The Rose Room at Cabrini of Westchester was full of Valentine's Day excitement and a lot of love on February 13, 2020 where a "Sweethearts Luncheon" was celebrated with nine residents and their spouses.

Organized by Sheri Gottlieb, Director of Therapeutic Recreation and her staff, couples were amazed by the festive décor that included hanging hearts, red tablecloths and beautiful centerpieces.

The lovebirds dined on a special menu that included a choice of Beef Tenderloin, Grilled Salmon or Lemon Chicken for an entrée, followed by Triple Layer Mousse Cake for dessert, prepared by Chef John Hammer and Cabrini's kitchen staff.

Most of the couples in the room have been married at least 50 years or more! What a special way to honor the love and commitment of these wonderful couples!

~ submitted by Susan Herveg, Cabrini of Westchester

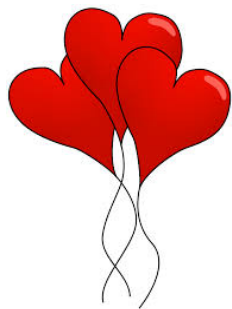


Frank and Judy Ballabio are marking 52 years of wedded bliss.



Photo left: Ralph and JoAnn Liberatore, married 55 years in April.

Photo right: Beautiful centerpieces were created to enhance the festive ambience.



Your love and commitment inspire us.

Cabrini University's Giving Campaign Warms the Feet of Those Experiencing Homelessness



Pairing with The Joy of Sox volunteers, Cabrini students and staff helped deliver over 34,000 pairs of sock on Valentine's Day to area organizations serving those experiencing homelessness. Tom Costello, Jr, the Founder of The Joy of Sox (c.) takes time for a photo with all those who served in loading the Cabrini University vans before they headed off on their deliveries. Cabrini vans were brimming with purple bags filled with socks!



Cabrini University student Rachel Wood helps load bags of socks into Cabrini vans for distribution to area shelters.

More than 34,000 pairs! of new socks are now warming the feet of people experiencing homelessness in the Philadelphia area, due in part to the Cabrini University community's generosity.

Through the Give Love, Give Socks, Give Joy campaign, 175 donors contributed nearly \$3,000 in the days leading up to February 14 to purchase new socks. On Valentine's Day—Socks for the Homeless Day in Pennsylvania—Cabrini students and staff volunteers worked with The Joy of Sox, a nonprofit based in Radnor and Phoenixville, PA, to load up University vans with the organization's signature purple bags brimming with the new socks.

Tom Costello Jr., Chief Sock Person and Founder of The Joy of Sox, has embarked on a mission to officially designate February 14 as National Socks for the Homeless Day. In addition to Pennsylvania, his resolution has passed in Delaware, New Jersey, New York, and North Dakota. He's working on California, Illinois, and Wisconsin.



Because donations tend to decrease after the holidays, according to Costello, Valentine's Day is the perfect time of year to Give Love, Give Socks, and Give Hope. This year, volunteers from Cabrini University made sock deliveries to more than 20 organizations serving those experiencing homelessness in West Chester, Philadelphia, and Chester, PA, as well as Camden and Trenton, NJ.

~ submitted by Molly Harty, Cabrini University, Marketing and Communications

From the Province Vocation Promotion Team...

LIFE AWARENESS RETREAT

Disconnect and Plug into the Voice of God

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March 20-22, 2020

Arrival: Friday 4-6 p.m.

Departure: Sunday 1 p.m.

Ages 18-45

**Mother Boniface Spirituality Center
3501 Solly Avenue
Phila., Pa. 19136**

Contact: Sr. Ivette Diaz
Idiaz@mercymidatlantic.org
or 494-562-1574

Free Will

Donation: \$75-\$150
(includes program, meals and lodging)

Please RSVP by March 11

Offered by the NRVC Delaware Valley Vocation Directors

Facing a major decision in your life? Thinking about attending graduate school; making a job change; doing post-grad volunteer service or deciding on a career path? This retreat weekend will be the perfect opportunity to find a quiet setting to reflect and to invite God into your decision-making.

Questions? Contact Nancy Costello: 610-902-1039 or email: mscvocations@mothercabrini.org

St. Frances X. Cabrini Shrine

THE JESUS PRAYER

The Prayer of the Heart

Would you like to develop a closer relationship with God this Lent?



The Jesus prayer is an ancient prayer from the time of the desert Fathers and Mothers that is also known as the prayer of the heart. It is a simple short prayer or chant to help one to "pray without ceasing" (St. Paul: 1 Thessalonians 5:17). It helps to focus one's thoughts on Jesus, to tap into the Divine Power to attain union with God. The Jesus Prayer helps us to create a space so we can respond rather than react to God and each other. As a quick and concise prayer that cries out to the Lord for grace - it is a convenient way to remind ourselves that we need God's help throughout the day.

**An hour long workshop will be given on the following dates
by Sister Dianne McKenna, M.S.C.**

ASH WEDNESDAY, FEB 26

after the 12:00 Mass and after the 5:00 pm Mass

There will be distribution of ashes at both Masses.

SUNDAY, MARCH 8

1:00–2:00 pm

SATURDAY, MARCH TBA

after the 12:00 Mass



ST. FRANCES CABRINI SHRINE

701 Fort Washington Avenue, New York, NY 10040 212-923-3536
www.cabrinishrinenyc.org | info@cabrinishrinenyc.org

Prayer Requests

Sr. Jean Canora, OSF

Your prayers are asked for Sr. Jean, a friend of Sr. Grace Waters, MSC, who recently had a nasty fall. Pray she will soon recover from her injuries.

Jack Cloran

Last week, the Sisters and the Cabrinian Community were asked to unite in prayer for 17 year-old Jack who was about to undergo surgery for the amputation of his leg. Jack came through the surgery well and is now recuperating at home. He will resume chemotherapy soon. Please continue to pray for this young man and for his parents and his younger siblings as they support him through his recovery.



Sr. Georgeanne Donovan and Gerry Donavan

Sr. Georgeanne is to be the kidney donor for her brother, Gerry, who will have a transplant operation on Tuesday, February 25th. Please pray that all will go well for both of them and that they will each recuperate without any complications. Sr. Georgeanne is a friend of Rosalind Yu, a longtime friend of Sr. Grace Waters, MSC.

Mike and Luke Krewson

Sr. Arlene Primus, MSC asks for prayers for Mike, the husband of Loretta, Sr. Arlene's niece, who needs our prayerful support and for Luke Krewson as he recuperates from a recent car accident.

Tom McGowan

Cabrini Lay Missionary Marianne McGowan requests prayers of healing for her husband, Tom, who is experiencing neck and back pain. Please pray that he will soon be relieved of the pain.

Linda Newman

Your prayers are invited for Linda Newman, a friend of Rosalind Yu. Linda has suffered a severe reaction to chemotherapy. Pray that she will overcome this setback.

Jeff Nowry

Please remember Jeff in your prayers. He will be having his third back surgery. Pray that all goes well and that his recuperation will be uneventful. Jeff is the nephew of Sr. Arlene Van Dusen, MSC.

Prayer Requests for Friends

Pat Krasnausky, CEO and President of Cabrini of Westchester, invites prayers for Mary Anne, who was recently diagnosed with lung cancer, and Margaret who fell and has multiple fractures. Both are friends who are asking for prayers.

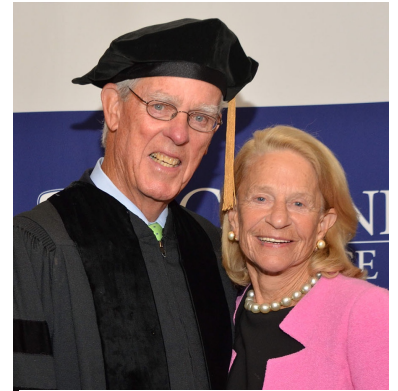
Sr. Bridget Zanin, MSC

Kindly pray for Sr. Bridget who was hospitalized last week and is now recuperating at home. Pray that she will soon be returned to full health.

In Loving Memory

Frances “Frannie” Maguire

The Missionary Sisters and the Cabrini University community are deeply saddened by the death of benefactor and friend Frances M. “Frannie” Maguire, wife of James J. Maguire (HON’13), Trustee *Emeritus*, on February 12. The Maguires are longtime generous supporters of Cabrini University. Married on Thanksgiving Day in 1957, the Maguires were blessed with nine children and 24 grandchildren. Beyond her financial generosity, Frannie was known for her friendly smile and thought-provoking artwork. We mourn the loss of this dear friend. Please pray for her husband, Jim, and their children and grandchildren at this very sad time.



Frannie Maguire with her husband, Jim, at a Cabrini University Commencement.

Ash Wednesday is February 26th

Ash Wednesday is one of the most important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer.

Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return."

