



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

THE UPDATE

April 9, 2020

*Do not be afraid, I know you are looking
for Jesus who was crucified.*

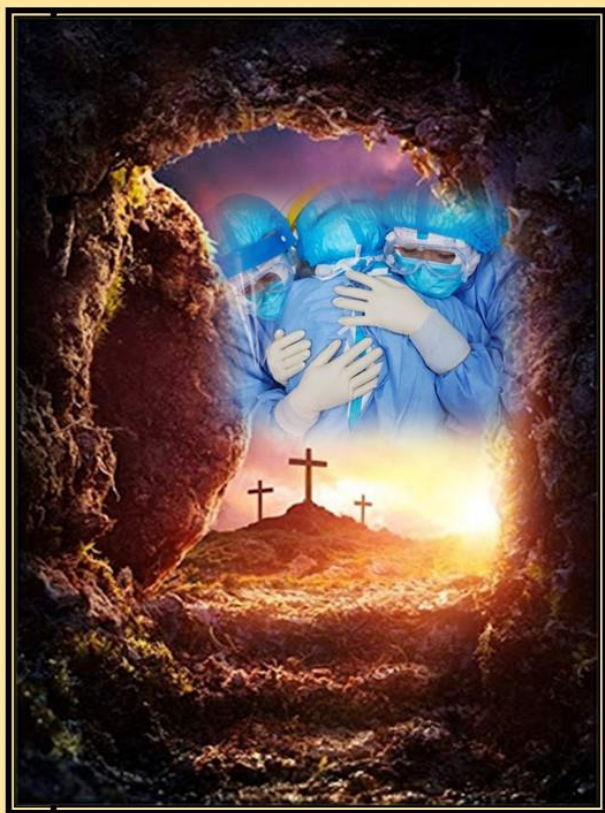


He is not here.

He has risen! Alleluia! Alleluia!

~ Matthew 28:6

A Message from Sr. Diane and the Council



Easter Blessings

As we draw near to the celebration of Jesus' triumph over death, we find ourselves yearning for that exact same triumph throughout our global community. We may feel somewhat lost and helpless in the face of this pandemic. Yet the love of Christ urges us on (2 Cor 5:14) – a love that is shown now by human beings who are able to sacrifice themselves for others as Jesus did for us.

Life itself has taken on a different meaning as we come to accept our inability to control everything and our interdependence on one another. Our neighbors are no longer only the people next store but the health workers struggling to balance family and their commitment to save lives, the service workers who clean, collect garbage, distribute mail, deliver food, the small business owners who have lost their livelihood. It goes on and on.

We do not know when and how this pandemic will all end. No statistical charts can provide concrete answers. Our only hope is to recognize that we are all children of God and each responsible for one another.

Like Mary, who stayed with the Apostles as they fearfully hunkered down in the Cenacle, let us support one another until we experience the peace that only the Risen Jesus can give.

Blessings during this Easter Season!!
Sr. Diane Olmstead and Council

Missionary Sisters of the Sacred Heart of Jesus
Guadalupe Province



May the Lord lift up your heart at Easter and always.

Happy Easter!



CABRINI MISSION FOUNDATION

CHRIST, HE IS RISEN, HE IS RISEN, INDEED, ALLELUIA!

Traditionally, Holy Week and Easter is a time of gathering families to attend liturgical services and to enjoy each other. Passover, too, is a feast for families to commemorate the exodus of the Jews from slavery in Egypt.

Although this year we are told not to gather in our usual churches and synagogues but to “stay at home”, we can still celebrate through on-line services. Let us not allow the virus to darken our faith lives. As the Gospel message of the Resurrection fills us with hope, we too, will rise from this dark tomb into light.

While we individually heed precautions to prevent the spread of the coronavirus, I want to assure you of our sisters’ prayers at this difficult time for you and your families especially during our most high holy days.

Let us not lose faith or hope in a God who loves us and accompanies us during this time. We have a God who weeps over the earth for all those suffering and dying from this virus and a God who holds all first responders in God’s arms protecting them and loving them for their generous service.

On March 31, 1889, Mother Cabrini landed on these shores of New York City to serve the poor and most vulnerable in our society. She has not abandoned us! She is with us and is accompanying us through these days. We never stop praying for and ministering to the most vulnerable of God’s people. We are providing food, health care, social services and education through in-person and on-line services.

We want you to know that we are praying for you and your families as we all need to work for the common good and health of the people throughout the world.

Happy Easter, Happy Passover! God is with us always.

Sr. Pietrina Raccuglia, MSC.

Sr. Pietrina Raccuglia, MSC
President

Taking Up the Challenge

How do you keep in touch with immigration concerns when everyone is hunkered down in their homes? You do it as best you can through technology!

For a couple immigration-focused ministries we have had the opportunity to meet via Zoom. Interesting what a joy that can be....it lets us know how we've missed our co-ministers!

One group, of IPC members (**Immigration Parish Coordinators**) met together on April 2 for a presentation on Catholic Relief Services (CRS) conducted by Beth Knobbbe, the Midwest Community Engagement Manager. Beth shared information about the situations of refugees around the world and the positive impact we can have through advocacy and support.



Beth Knobbbe



The Interfaith Community for Detained Immigrants meeting via Zoom.

On April 3, ICDI members (**Interfaith Community for Detained Immigrants**) [met with] more than 60 of its volunteers and staff on Zoom. A major concern [of theirs] is the children in the shelter programs. Suggestions were offered for virtual visits, activities and religious celebrations for these children already

traumatized by their plight, and now, isolated even more, with a slow down or cancellation of their court processes.

Transit assistance organized to help migrants traveling to their host families has been suspended. Great numbers of persons [are not] being released at this time [yet,] it is still difficult to know that those who are traveling will not receive assistance.

Unfortunately, one on one sharing, which was the main focus, is no longer an option. The opportunity to talk with detainees face to face to offer care and support cannot be done - even through technology. Letter writing (snail mail) is the only alternative.

Many other programs are being postponed, redirected or managed in creative ways. Who knew that helping people would become such a challenge? Yet, thanks be to God, there are dedicated staff members up to that challenge! ~ submitted by Sr. Cathy Fedewa, CSFN, Cabrini Retreat Center

From the Province Vocation Promotion Team...

What Communities of Sister Religious are Doing Amid COVID 19

~ Global Sisters Report Staff

The COVID-19 pandemic has upended sisters' ministries, requiring strict policies to protect the most vulnerable, forcing cancellations of congregational and regional gatherings, and changing prayer practices, fellowship, dining, and funeral services. Weeks into the crisis, the coronavirus poses another challenge: **How do sisters keep a sense of community in a time of social distancing, stay-at-home orders and quarantines?**

Leadership and communications teams are in overdrive to keep sisters informed, remind them of safeguards and offer special prayers and resources. Because people over the age of 65 are at a higher risk of severe illness from COVID-19, adhering to the protocols is paramount in the United States, where 80% of women religious are over the age of 70, and elsewhere around the world. Among younger — and often poorer — congregations in Asia and Africa, there is already concern that shuttered ministries and lost jobs will make food meager for members as well as those to whom they minister.

Many congregations and sister organizations are relying on technology such as video conferencing and livestreaming events. Some are equipping elderly sisters with iPads. Others strive to maintain the structure of their prayer life, though remaining at least 6 feet apart and “spiritual Communion” are the new realities as eucharistic celebrations are on hiatus. Letter-writing and call campaigns are underway to sisters isolated in nursing homes or living alone or in small groups far from the motherhouse.



**Want to share an
experience of the
Missionary Sisters?**

**Please Click here to
submit an example
that the
Global Sisters
Report may use in
future coverage.**

Many sisters and congregations are drawing on the stories of the challenges their foundresses and early members overcame — often in previous pandemics — to bolster their own courage during the current crisis. Please see following page regarding the invitation to share MSC stories.

"The experience of women religious facing adversity and challenges throughout our history is a model and a witness for our church and the world," said Sr. Susan Francois, a member of the Sisters of St. Joseph of Peace leadership team in the United States.

To read the full article:

<https://www.globalsistersreport.org/news/people/ministry/news/keeping-community-what-sisters-are-doing-amid-covid-19-lockdowns>

Love and Resilience: Stories from the MSCs



Now is such a time in our history that our working in unity towards our greater mission will shape our journey together. How we act, what we say, the way we treat one another, the heart with which we respond, will be recounted by generations to come.

We have been through so many challenges as an Institute over the past nearly 140 years since our courageous foundress set sail to New York for the first time in 1880. Over the years we have faced great wars, internal conflict, disease, and many other trials, and yet we have always overcome.

*Sister Barbara Staley, MSC
General Superior*

[Read the letter statement from Sister Barbara Staley, MSC General Superior.](#)

Over the next weeks, we have been asked by the MSC Generalate in Rome to invite you to submit stories of the Missionary Sisters who have touched your life, particularly, perhaps, in time of difficulty. These stories will be posted on the website of the Generalate: www.cabriniworld.org and we will also feature your stories of the MSCs and of your family experiences during the COVID crisis in The Update and on www.mothercabrini.org

Love & Resilience: Stories from Mother Cabrini Shrine

The heart of our mission is prayer and hospitality. Our daily routine of morning Mass, retreats, praying and lighting candles at the grotto, drinking water from the spring, walking the steps and interacting with our visitors came to a screeching halt with the Coronavirus restrictions. Mother Cabrini Shrine is open 365 days a year and to completely close the Shrine was surreal. Like so many around the world and in the Cabrini family, we too, are searching for ways to stay connected with each other and to keep our mission alive in new and creative ways during this time.

Feeding the Hungry

Every Thursday, Shrine staff members, Tom Francis and John McEncroe, pick up food donations from Safeway, King Soopers, Red Robin and other vendors in the Denver metro area. We often have more than the Shrine needs, so we have partnered with EChO – Evergreen Christian Outreach. EChO assists people in the community with their basic and urgent needs. Their mission, following the gospels, is to “...feed the hungry, clothe the naked, care for the sick...and love one another as He loves us.” During this coronavirus shutdown, we are thankful that our food vendors are still



John McEncroe (l.) Shrine staff member picks up donated food from Safeway staffer Skip to deliver to Evergreen Christian Outreach.

donating and that we are able to deliver it to EChO. The staff at EChO expressed their gratitude that the Shrine is still able to deliver food during a time when the need for it is greater than ever.

We send our love and prayers to you from Colorado and wish you a happy and healthy Holy Week and Easter!



More Sharing from Colorado

Dear Sisters and Laity,

From the mountains of Colorado we would like to communicate to you how the Holy Spirit community is living the “Shut Down”. This time of crisis and social distancing has given our community the opportunity to grow in connectedness, spending more time together in prayer, meals and recreation. This proves that we are able to make lemonade out of lemons if we have the will and a positive outlook that is based on love and faith.

Wednesday is our community day. We enjoy each other’s company by inventing different things to do together without jeopardizing our safety or the safety of others.

For example, this past Wednesday we had a beautiful day barbecuing hamburgers and having a picnic on our patio. The first picnic of the year and the following day, we woke up with two inches of snow which disappeared by the end of the day. This is the way things are in the “Mile High City”.



Observing Palm Sunday with Colorado pines and braided palm are from left: Sr. Martha Lopez, Sr. Alice Zanon, Sr. Lucy Panettieri and novice Sr. Tigist Loha.

But what are we doing for others? In this time of anxiety and fear for many?

We are each trying to do our part...

Sr. Alice Zanon is constantly answering requests for prayers and giving advice to the Shrine pilgrims who are devotees of the Sacred Heart and Mother Cabrini. Of course, the Shrine is closed and so she answers tons of emails from home with her gentle and comforting words that calm the body and the spirit.

Sr. Martha Lopez continues her ministry by praying and meeting with people on Zoom and WhatsApp. She is a comforting voice to many desperate undocumented families who have been laid off and can't pay their bills. Others are desperate and fearful of getting sick with no insurance to back them up. She also keeps in contact with parishioners who have contracted the Corona virus and are at home in isolation and very sick.

Sr. Tigist Loha is keeping up with her novitiate studies on the charism and spirit of the Institute in addition to having classes with Sr. Alice to improve her reading skills in English



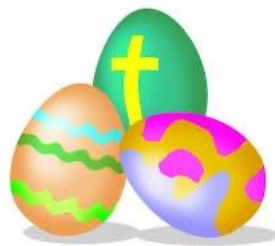
From left: Sr. Martha, Sr. Alice, Sr. Tigist and Sr. Lucy deliver a swag of pine and palms to their neighbor Irene (c.).

Sr. Lucy Panettieri has a phone line with people who live alone, need someone to keep them company even if it is for 15 to 30 minutes every few days. These are the opportunities to talk to them and to make them conscious that God is listening to their prayers.

On Palm Sunday, we celebrated at home. We put a branch of pine with palms blessed last year near our door. It is a sacramental symbol of our Catholic faith.

We are united to all of you and be assured that we pray for your intentions,

**Sr. Alice Zanon, MSC, Sr. Martha Lopez, MSC,
Sr. Tigist Loha, Novice, Sr. Lucy Panettieri, MSC**



"Not All Super Heroes Wear Capes!"

"You're appreciated!" "Thanks for being awesome!"

These are just a few of the phrases that can be seen as staff make their way down the main hallway at Cabrini of Westchester. Large poster boards have been set up with encouraging and heartfelt messages to let the staff know how grateful the administration is for their dedication and hard work during the Coronavirus pandemic.

In an effort to keep spirits up, Cabrini of Westchester's caring team have been entertaining the residents who are restricted to their rooms in order to keep them safe and planning appreciation gestures for the tireless staff.

Sheri Gottlieb, Director of Therapeutic Recreation, and her staff have [devised] creative ways to engage the residents who can no longer gather in groups. They are televising bingo to the residents' rooms. Other activities include hallway exercise and word games. And, with the help of the social workers, the staff is using Facetime and SKYPE for residents to communicate with their loved ones.



Resident Ralph Liberatore gets an exercise workout with staff member Jennifer Cabrera.

payment to be made during this crisis. Trustees have ordered individually wrapped snacks for all to enjoy. More of these gestures will take place while staff are valiantly working to keep each resident safe during this uncertain time.

Cabrini of Westchester is committed to staying vigilant and proactive to ensure the health and safety of each resident. Thank you to each member of our staff who strives daily to provide truly loving care to every single one of our patients and residents. ~submitted by Susan Herveg, Cabrini of Westchester

Daily Mass is another comfort that is broadcast from the chapel. The Pastoral Care Department, led by director Fr. Thomas Vadakemuriyil, has planned meaningful and spiritual ways to celebrate Holy Week so that residents can participate during this solemn time.

The Administration, Missionary Sisters and Trustees have expressed their gratitude. Each employee has been given a \$10 gift certificate to the Cabrini café, Girl Scout cookies were distributed to all staff with an announcement of a bonus



Girl Scout cookies bring a smile to hardworking staff members' faces.

Each week during the season of Lent, the Cabrini Lay Missionaries (CLM) have been presenting reflections for our prayer and meditation. We invite you to join with them, once again, as we celebrate Easter Sunday and the Resurrection of Our Lord.

Easter Sunday

It has been a long Lent. Our 'normal' has become a 'new normal.' We are scared of the unknown. No public Holy Week services or Masses. Churches are closed to communal worship. So often I hear, "Easter is cancelled." For me, personally, I think this is going to be the best Easter I have ever experienced. How can I be so sure? Because, in many ways, Easter has come early. Our world has been brought to its knees because of the Coronavirus. We have been forced to slow down, to stay home (if possible) and to keep at least 6 feet between ourselves and another person. We cannot attend Mass, we cannot receive Communion. Schools are closed, so many businesses have closed. After all that, how I possible say, Easter has come already?

Easter has come in a new way. People are checking on one another, letting them know they care. I have heard so many times, "Thank God for my faith, it's getting me through this." People are trying their best to help wherever they can. So many are making needed masks, shopping for their elderly neighbors, etc. etc. For me, personally, I find such a yearning to want to receive communion and to return to my parish.

It may not be a perfect world, but in these past few weeks, we have seen people doing amazing things. Maybe it's because we have slowed down and have time to see what is happening in our world. I am reminded of Psalm 46:10, "Be still and know that I am God." There is a stillness in the world and we now have more time to see our God at work.

When Jesus was with His disciples on the boat and the water began to get rough, Jesus asked them, "Do you still not have faith? Our waters are rough right now, but we have Jesus with us.

My Easter prayer for each of you is that your faith has been increased and that you experience the blessing of the Resurrection in your heart.

Happy and Blessed Easter to all!

Lorraine Campanelli, Director, Cabrini Lay Missionaries



USCCB President calls for National Moment of Prayer on Good Friday

~ by Catholic News Service

Image of the Sacred Heart

Archbishop Jose H. Gomez of Los Angeles, President of the U.S. Conference of Catholic Bishops, has invited U.S. Catholics to join him on Good Friday, April 10, to pray the Litany of the Sacred Heart at noon (EDT).

"Praying together as a nation, the archbishop asks that we seek healing for all who are unwell, wisdom for those whose work is halting the spread of coronavirus, and strength for all God's children," said a USCCB news release issued late April 2.

A livestream of the Litany of the Sacred Heart with Gomez will be available on the Archdiocese of Los Angeles' website: www.lacatholics.org and on the USCCB Facebook page: www.facebook.com/usccb. The text of the Litany of the Sacred Heart can be found in English and Spanish on the Los Angeles archdiocesan website.



Prayer Requests

Alex Avitabile

Please continue to unite in prayer for Alex Avitabile, the 99-year-old uncle of Sr. Toni Avitabile, MSC. Mr. Avitabile had been hospitalized after a fall and a bout with pneumonia and was then diagnosed with COVID-19. He has been discharged from the hospital and has been transferred to a rehab facility. Sr. Toni writes that many MSCs will remember Mr. Avitabile as one of their trusty chauffeurs before Vatican II. Five of his six children attended Sacred Hearts School. Please keep the full recovery of Mr. Avitabile in your prayers.

Coronavirus pandemic

As the Cabrinian community we continue to pray that the pandemic may soon wind down throughout the world and that life will be able to resume a more normal pace. We continue to pray for all healthcare workers, caregivers and for military personnel who are supporting the efforts of those on the front lines of combating the virus. We pray for those who are volunteering to deliver food to food pantries, shelters and to school children. We pray for mail carriers and delivery persons. We pray for those who are donating in a variety of ways to aid those less fortunate in their communities and beyond.

Deacon Uriel Durr

Please continue your prayers for Deacon Uriel Durr of Cabrini High School, New Orleans, who remains hospitalized in ICU and is doing a bit better. Pray for his full recovery.

Dr. Christina Migliore and Dr. Pratik Patel

You are asked to pray for Christina Migliore (daughter of James Migliore, Trustee of Cabrini of Westchester) and her husband, Dr. Pratik Patel, who are running the Covid Ward with their teams at Beth Israel in Newark. Pray that as they serve to heal others they, themselves, will remain safe and well.

RSA Nursing Home in Codogno, Italy

Please pray for the residents and staff of RSA nursing home as they are going through this difficult time. Our Missionary Sisters in Codogno continue to be well. Pray that their good health will continue.

St. Cabrini Nursing Home Sisters, Residents and Staff

Please continue to remember all those at St. Cabrini Nursing Home in Dobbs Ferry, NY, that they remain safe and receive the necessary support they need during these challenging times. Pray too, for the families of the residents who are unable to visit their loved ones due to Coronavirus restrictions.

In Loving Memory

Immaculate Mukui

Kindly unite in prayer for the repose of the soul of Immaculate Mukui, the cousin of MSC candidate Evarlyne Ndeti, who went home to God. Immaculate was 33 years-old and a mother of three children. She died last Friday night, and it is unknown whether or not she had the Coronavirus. She did suffer from asthma. Evarlyne asks the sisters to pray for Immaculate's three children especially her 6 month-old baby.

