



December 9, 2021

The Feast of Our Lady of Guadalupe

Our Province Patroness

December 12, 2021

People in Mexico and in the United States celebrate the Feast of Our Lady of Guadalupe on December 12th. Mary is the Patron Saint of Mexico and Patroness of the Americas. Every year, thousands of people from all over the country make a pilgrimage to the Basilica in Mexico City. The day commemorates her apparition to Juan Diego, a 57 year-old widower, in the hills of Tepeyac in 1531. She asked him to go to the bishop and tell him that the Virgin Mary, Mother of God, sent him to ask for a church to be built atop Tepeyac hill.

The bishop told Juan to have the lady give him a sign. About the same time, Juan's uncle became seriously ill. This led poor Juan to try to avoid Our Lady. Nevertheless, the lady found Juan, and assured him that his uncle would recover and provided roses for Juan to carry to the bishop in his cape or tilma.



On December 12, when Juan Diego opened his tilma in the bishop's presence, the roses fell to the ground, and the bishop sank to his knees. On the tilma where the roses had been appeared an image of Mary exactly as she had appeared at the hill of Tepeyac.

Today, as a sign of their devotion to Mary, many pilgrims travel to this site on their knees for many miles. They do this as a sign of their devotion to Mary and to show gratitude for favors received from her.

On the Feast Day, outside of the shrine there are groups of mariachis, folk musicians and ethnic dancers who come to celebrate. Inside, priests and bishops from all over Mexico gather to celebrate Mass. In the evening, the entrance of the basilica is filled with pilgrims from different regions of Mexico. Many other fiestas or popular celebrations take place in honor of La Virgen Morena all over Mexico. Almost every household erects an altar to the Virgin Mary for the day and the faithful demonstrate their joy by lighting fireworks throughout their cities.

Mary's apparition in Mexico Saint Juan Diego aided the Catholic Church's effort to bring the Gospel to the Americas. That is why the bishops of the United States affirm: "Mary embraces God's will and freely chooses to cooperate with God's grace, thereby fulfilling a crucial role in God's plan of salvation." ~ *Excerpts of the Saint of the Day and Saint Resource*

Pilgrimages to Resume to Honor Our Lady

~ By *Alejandra Molina, Religion News Service*

To the Rev. Esequiel Sanchez, it's important for Catholics to be cautious, but not afraid, as they prepare to honor the feast of Our Lady of Guadalupe a year after COVID-19 shut down the annual pilgrimage in **Des Plaines, Illinois** - considered to be the largest gathering in the United States honoring the patron saint of Mexico.

The pandemic last December forced the cancellation of large-scale pilgrimages as the virus surged during the winter months. This year, with more people vaccinated against COVID, Catholics across the country are once again gathering to honor the Virgin of Guadalupe, who has been a source of hope for many Latinos throughout the pandemic. As the omicron coronavirus variant circulates,



Catholic leaders are urging mask wearing during these events and promoting the vaccine against the virus.

Hundreds of thousands of pilgrims are expected to arrive on foot, bike, bus, or car at the Shrine of Our Lady of Guadalupe in Des Plaines to fulfill or make “mandas” or promises, to the Virgin Mary, praying in return for health, employment and immigration issues. Many make promises to visit the Virgin at the Basilica of Our Lady of Guadalupe in Mexico City.

Pilgrims come to Our Lady of Guadalupe Shrine in Des Plaines, IL to pray and make promises.

The two-day celebration at the shrine will begin December 11 with an evening

Mass and will follow with fireworks and “Las Mañanitas,” the traditional serenade to Our Lady of Guadalupe just before midnight Mass. On Sunday, there will be a range of prayer services for immigrants and for the elderly and sick, as well as music and folkloric dance performances by choirs, groups and pilgrims from around the Midwest.

Sanchez, rector of the Shrine of Our Lady of Guadalupe, said many of the faithful have been wounded by the pandemic, losing loved ones back home in Mexico and not having the ability to travel there due to immigration status, economic hardship or pandemic concerns. Those who’ve caught the virus fear they can get reinfected and are “unsure of who to trust, who to believe,” Sanchez said.

The feast day, he said, is more than just a social gathering. “It is a true unburdening. It is a true expression of the community’s soul,” Sanchez said.

To read the complete account, please click [here](#)

To learn more about Our Lady of Guadalupe Shrine in Des Plaines, IL, please click [here](#)

Encuentros: Learning from 50 Years of Synodal Experience

~ by Hosffman Ospino for the National Catholic Reporter

Catholics in the United States have been engaged for 50 years in groundbreaking processes of synodal discernment, dialogue and decision-making. Some may ask: How is this possible? Isn't synodality a novelty, a trend distinctive of Pope Francis' pontificate? How come I have never heard of this in my parish, diocese, Catholic school, seminary or college?

If you asked any of these or similar questions, chances are that you are unaware of some of the most exciting - and yes, synodal - conversations about ecclesial life, mission and evangelization among Hispanic Catholics, who constitute nearly 45% of the Catholic population in the U.S.

Lack of awareness about the National Encuentros of Hispanic/Latino Ministry (aka Encuentros), and the processes of ecclesial discernment and collaboration at their core, remains a major gap in ministerial formation as well as in our shared understanding of what it means to be American Catholics.

If more Catholics in our country during the past half century had been educated about the Encuentros and participated in these experiences of ecclesial dialogue, forging a church that is less clerical, more collaborative and more inclusive, we would be better positioned to appreciate the 2023 synod on synodality.

Birth of the synodal model before it was called 'synodal'

Fifty years ago, during the fall of 1971, leaders working in Hispanic ministry, mostly clergy, began a series of conversations to discern ways to better serve and evangelize the growing Hispanic Catholic population nationwide.

The idea of *encuentro* was readily embraced by Hispanic leaders and many others working with Hispanic Catholics in the United States. Some of the leaders overseeing Hispanic ministry at the time were white, Euro-American priests and vowed religious who had lived in Latin America and were familiar with the vibrant ecclesial experience there.

In the United States, the term "Encuentro" points to widespread processes of consultation and the national summits resulting from them. The Encuentros have been exercises of reflection and analysis to discern how best to respond to the evangelization needs of Hispanic Catholics while affirming and embracing their presence and contributions in church and society.

For decades, Hispanic Catholics have been modeling practices of synodal consultation, thinking and dialogue that seek to imagine fresher ways of being church in the U.S. To enter this process of synodal discernment is to embrace the hope of imagining the type of Catholic experience that we want to forge for the rest of this century. This could be a perfect time for our church to listen to the not-always-predominant groups that for long have been engaged directly or indirectly, in synodal dialogue and discernment. Doing so may well be one of the first fruits of synodality in the U.S. Catholic world. To read the entire article, please click [here](#)



With the publication of this article, The Update launches an occasional feature on The Synodal Process 2021 – 2022 inaugurated by Pope Francis in October of this year.

Look for this graphic which will present articles on The Synodal Process in future Updates.

Nutrition Fit and Feeling Proud!

Cabrini Immigrant Services (CIS), Dobbs Ferry, NY, was filled with a lot of excitement as nine of our clients were preparing to complete their 8 week nutrition program. On December 6th, our participants received their Certificates of Completion from Lucy Diaz, a Nutrition Program Educator with Cornell Cooperative Extension of Westchester County. The course, 'Expanded Food and Nutrition Education Program', taught the participants about how to read and understand labels on different food and drink items and the importance of looking for the 'hidden sugars' and sodium.



Proudly displaying their Certificates of Completion are the recent graduates of the nutrition program for the clients of Cabrini Immigrant Services, Dobbs Ferry.



Lucy Diaz, (l) the nutrition educator, shares a smile with one of the program graduates.

She also offered suggestions of alternatives to certain foods such as whole milk vs. skim milk. They also learned about the effects that food has on diagnoses such as high blood pressure and diabetes. The importance of refrigeration, sanitizing food areas to prevent cross contamination was also discussed. The participants were so happy with all that they learned. In addition to reading materials they also received an insulated bag filled with many goodies such as a meat thermometer, refrigerator thermometer, hand sanitizer, etc.

Because of social distancing, we had to limit the number of attendees. We had so many people interested in attending that we will be offering the nutrition program again in January.



Congratulations to all our 'graduates' of the nutrition program. We are so proud of you.

~ submitted by Lorraine Campanelli, Director, CIS, Dobbs Ferry, NY

St. F.X. Cabrini Shrine, NYC – Centering **Hearts**



Creator of the Stars at Night:

Chants and improvisations for Advent and Christmas



with
Ruth Cunningham
Friday, December 10 at 7pm

Free, with a basket for donations. Proof of vaccination required for admission.

On this **Friday, December 10th** the Shrine welcomes back Ruth Cunningham, whose ethereal voice and harp will help us center our hearts for Advent and Christmas.

The Shrine held a *lot* of musical events this year -- by last count well over 35 -- but Ruth's concert in October honor of Our Lady was so soothing it was one of the highlights of 2021. This performance will be streamed to our Facebook page (CabriniShrineNYC) so no matter where you are you can enjoy it! ~ submitted by *Julia Attaway, Executive Director, St. F.X. Cabrini Shrine, NYC*



Timothy Cardinal Dolan's New York places a Spotlight on the St. F.X. Cabrini Shrine

This past summer during a particularly hectic week at the Shrine we had a surprise visit from Timothy Cardinal Dolan, Archbishop of New York. He arrived with a video team, spoke to

the youth here on pilgrimage, and reiterated his dedication to Mother Cabrini.

Here are the three short videos about the Shrine in the series made about Cardinal Dolan's visit:

Episode 25: Click [here](#) “We’ve made our way to the St. Frances X. Cabrini Shrine. Mother Cabrini came here and began to serve the immigrants...”

Episode 26: Click [here](#) “We’re inside the St. Frances X. Cabrini Shrine. She was always on the move.”

Episode 28: Click [here](#) “We entrust the immigrants and refugees to Mother Cabrini...”

From the Guadalupe Province Vocations Team...

Humor and play have a place in the serious business of vocational discernment. This week and next we will continue to explore the notion of:

Taking Ourselves Lightly

~ by Sr. Michele Vincent Fisher, CSFN in HORIZON Journal of the NRVC

Defuse tension, relax and focus continued...

Opportunities for informal conversation during times of play create an environment of trust and openness and often lead to the formation of deep and long-lasting relationships.

For the vocation director, seeing and experiencing someone “at play” provides valuable insights about the discerner that other assessments might overlook. Observing a discerner’s sense of humor and play opens a window into the personality.

Creative play unlocks the heart

Recreational and service experiences provide an opportunity to see how discerners interact socially and participate in community. Discerners often use these opportunities for healthy self-disclosure. I have learned more about a discerner as we weed a garden together, fly a kite, or discuss a movie than I sometime can in a more formal interview.

Discerners with self-esteem issues, depression, or other social [quirks] often decline to participate in group play or work experiences and may appear distant or isolated from the rest of the group. With encouragement, some of these discerners are able to experience increased trust and willingness to take initiative when other discerners and community members draw them into activity.

In a 2011 baccalaureate address given at the University of Pennsylvania, Father James Martin, S.J. reminded his listeners that “joy, humor, and laughter are under-appreciated values in the spiritual life and represent an essential element in one’s own relationship to God.” He goes on to state that humor is a tool for humility. When we can laugh at our own foibles and eccentricities, our ego is kept in check and we can be more open to transformation.

Humor can also speak truth to power. If we look at the Gospels with the lens of humor, we will see that Jesus used humor to ensure that his message would not go unnoticed. With a wink and a laugh, Jesus disturbed the comfortable and comforted the disturbed. Eating with sinners, washing feet, stopping a would-be stoning, calling men out of trees or telling them to walk away from their life’s labor are just a few examples of Jesus’ unique humor and perspective. It’s easier to change the world with an injection of laughter than with an infusion of force.

Joy is an important part of our relationship with God. God invites us to be friends, to be intimately known, loved and blessed. As we grow in genuine friendship with God, we fear less and trust more, and we discover the secret of adding lightheartedness to our spiritual life.

Next week: Spice it up





You're Invited!

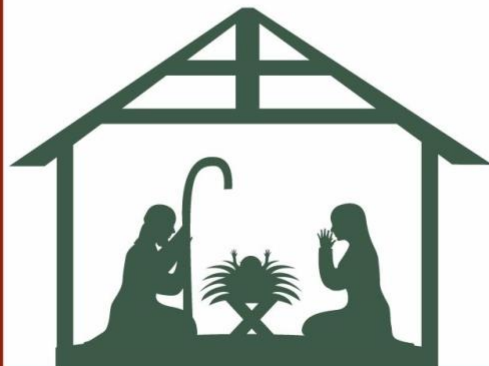
*The Missionary Sisters of the Sacred Heart of Jesus
& Cabrini Mission Foundation Board of Trustees
invite you to celebrate the Spirit of Christmas at the
Flatiron Room Thursday, December 16th*

When: December 16th, 2021
(Thursday) 6:30-9:30 p.m.

Where: The Flatiron Room
37 W 26th St, New York
(Between 5th & 6th Avenues)

Enjoy: Food, drinks, dessert, open
seating, and more!

Tickets limited to 100 guests.



Each week, during the season of Advent, one of the Cabrini Lay Missionaries (CLM) will offer a reflection. This week's reflection is by Lorraine Campenelli, Director, Cabrini Lay Missionaries.

Third Sunday in Advent

Sunday, December 12, 2021

The Feast of Our Lady of Guadalupe

All of our readings for the Third Sunday of Advent speak about joy. How fitting to celebrate the joy of Advent on the Feast Day of Our Lady of Guadalupe, our Province Feast. There will be so many celebrations on December 12th to honor Our Lady.

As we reflect on the readings for Sunday, maybe we can imagine our Lady of Guadalupe praising God as she shouts for joy because she knows our Lord at such a deep level, a level that only she can have in her heart as the Mother of Jesus.



Third Sunday of Advent

We are getting closer to the day of Christ's birth.

Hopefully our joy and excitement are growing. For this week, let us focus on joy. In the reading from Zephaniah 3:14-18A, we hear Shout for joy! Be glad and exult with all your heart! Our responsorial Psalm asks us to "Cry out with joy and gladness." In Philippians 4:4-7, we are told as brothers and sisters to 'Rejoice in the Lord always. Say it again, Rejoice.'

In the Gospel of St. Luke 3:10-18, we hear about how the people were filled with expectation and hope because they thought that John the Baptist might be the Christ. Can we feel that expectation in our hearts because we know who the true Christ is? Can we, like John, spread the Good News and proclaim that the Christ child is coming very soon?

Our Lady of Guadalupe, pray for us.

Have a joy-filled week.

One Minute Meditation

Keep Choosing Joy Daily

Joy is essential to spiritual life. Whatever we may think or say about God, when we are not joyful, our thoughts and words cannot bear fruit. Jesus reveals to us God's love so that his joy may become ours and that our joy may become complete. Joy is the experience of knowing that you are unconditionally loved and that nothing – sickness, failure, emotional distress, oppression, war or even death – can take that love away. Joy does not simply happen to us. We have to choose joy and keep choosing it every day. It is a choice based on the knowledge that we belong to God and have found God our refuge and our safety and that nothing can take God away from us.

~ Henri J.M. Nouwen

Prayer Requests

Cabrini University staff member's grandson

A staff member at Cabrini University requests prayers for her infant grandson who has health issues. Please pray for this little one that all will be well.

Sr. Mary Ann Hawes, MSC

Your prayers are requested for Sr. Mary Ann who has been hospitalized with an infection. Please pray that the Lord will bestow his gentle healing touch upon her.

Sr. Julia Toto, MSC

Prayers are requested for Sr. Julia Toto who is in hospice care and is making her journey home to God. She is at peace and very comfortable. The Sisters are with her. Please pray for her continuing serenity at this time.

Rosalind Yu requests prayers for...

- Bishop Stephen Chow, SJ, the new bishop of Hong Kong
- Ann Pearl Gary as she recovers from brain tumor surgery
- Agatha Tong, that she may have a speedy recovery from pneumonia
- Felicia and Aaliyah Tong, a mother and daughter, who have both tested positive for Covid.

In Loving Memory

Barbara Costanza Riggione

Please pray for the repose of the soul of Barbara Costanza Riggione, Cabrini (College) University Class of 1971 who passed away last Friday. Pray for her family at this sad time. May she rest in God's eternal light.

Weekly Update - Publication Notice

Due to scheduling in the Province Communications Office, next week's edition, December 16th, will be the final edition for 2021.

We will resume publication on Thursday, January 6, **2022**. Kindly send all submissions by Wednesday, January 5th at noon. Thank you.