



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

THE UPDATE

September 29, 2022

## U.S. Synod Report: Common Hopes, Lingering Pain

~ by Dennis Sadowski, Catholic News Service

WASHINGTON (CNS) – Catholics across the country continue to feel wounded by the clergy abuse crisis, seek a more welcoming church in which their “lived reality” is prioritized over rules and regulations, and desire lifelong spiritual, pastoral and catechetical formation as disciples according to a report synthesizing the 10-month synodal process in diocese.

Participants in the process also expressed concern that the U.S. Catholic Church is deeply divided and that a lack of unity exists among the bishops; spoke of a desire to “accompany with authenticity” LGBTQ+ individuals and their families, and voiced hope that lay people’s gifts would be more widely utilized in a spirit of collaboration throughout the church, the report said.



Released September 19 by the U.S. Conference of Catholic Bishops, the report summarized the concerns, hopes, pains and desires voiced by an estimated 700,000 participants who joined

thousands of listening sessions and other events during the diocesan phase in the lead-up to the Synod of Bishops on synodality in October 2023.

There are roughly 66.8 million Catholics in the U.S. according to the report, meaning more than 1% of Catholics participated in the listening sessions.

The Synod’s theme is “For a Synodal Church: Communion, Participation, and Mission.”

The report is the synthesis of 290 documents received by the USCCB from various contributors. The report said the documents “represent over 22,000 reports from individual parishes and other groups.”

The report is divided into four themes: “Enduring Wounds,” “Enhancing Communion and Participation,” “Ongoing Formation for Mission” and “Engaging Discernment.” Each section summarized common observations raised in the listening sessions.

The synthesis report included the observation that “nearly all synodal consultations shared a deep appreciation for the powerful impact of women religious who have consistently led the way in carrying out the mission of the church.”

Participants in listening sessions expressed a “desire for stronger leadership, discernment, and decision-making roles for women – both lay and religious in their parishes and communities.” To read the entire article, please click [here](#)

---

## Welcome, Support, Accompany All Migrants

~ by Carol Glatz, *Catholic News Service*

Vatican City – Marking the World Day of Migrants and Refugees, Pope Francis called on everyone to work together to build a more inclusive and fraternal future.

Migrants are to be welcomed, accompanied, supported and integrated, he said on September 25.



Pope Francis speaks on September 25 at the close of the National Eucharistic Congress. (CNS photo/Vatican media)

“Let us renew our commitment to building the future in accordance with God’s plan: a future in which every person may find his or her place and be respected; in which migrants, refugees, displaced persons and the victims of human trafficking may live in peace and with dignity,” he said.

“It is also thanks to those brothers and sisters that communities can grow on a social, economic, cultural and spiritual level; and the sharing of diverse traditions enriches the people of God,” he said. “Let us all work together to build a more inclusive and fraternal future.” To read the entire account, please click [here](#)

---

## Sr. Regina Palamara, MSC – Rockin’ KTLA-TV

*Sr. Regina Palamara, MSC, a California native, and a former resident of Roosevelt Island, NY, was featured recently on the local television station in the Burbank/Los Angeles area as the station was celebrating its 75<sup>th</sup> anniversary on the air. The following account appears on the station’s website. Be sure to click on the link to watch her interview.*



Sr. Regina Palamara, MSC gives a thumbs up during her television visit with her former student, Cher Calvin, now an anchor on KTLA TV. The two have remained friends throughout the years.

KTLA 5 evening anchor Cher Calvin may not have grown up in Los Angeles, but her connection to Southern Californian predates KTLA.

Meet Sr. Regina.

She was Cher’s Catholic Youth Organization teacher on Roosevelt Island in New York City, and the pair have kept in touch for years.

Sister Regina grew up steps away from KTLA. Actually, she lived in the area before KTLA even got its start.



“It was a very quiet time because it was during the war,” she explained. “I remember walking down Sunset Boulevard. There was a long white building, and it was called 52 Lanes. It was very busy during the war on weekends because the soldiers and sailors from Camp Pendleton would come up.”



At the age of 10, she remembers her mother getting notified of a new project being constructed in the area – Highway 101.

“What did we know about highways? Nobody had cars in those days!” she exclaimed.

Growing up, she saw people working on TVs and saw a group of men in a classroom setting learning about television before the technology was revealed.

Once it was rolled out, she remembers watching the “attractive” and “endearing” anchors.

“KTLA was the station to watch in those days. It was the local news, you could relate to it,” she said. “They say ‘L.A.’s Very Own,’ whoever made that phrase knew what they were talking about.”

It was a full-circle moment for Sister Regina when she saw Cher appear on the news station she grew up watching. She called it “a blessing.”



Sr. Regina's mother and siblings growing up in California. Sr. Regina is pictured with twin sister, Loretta.



However, she does offer Cher some pointers when it comes to her wardrobe. She texts her fashion advice while she's on the air. The rules: no big sleeves and no gray.

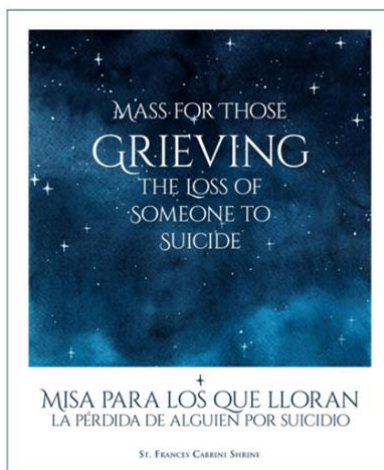
“Gray is not your color,” she revealed to the anchor.

“That is a really big blessing in my life that I get to have you text me, being on TV, at a station that was a block from where you grew up,” Cher said to Sister Regina.

She still can't believe it herself.

“That little kid in my classroom grew up, and we're friends, still!” Sister Regina said with pride. To watch Sr. Regina's interview with TV anchor Cher Calvin, please click [here](#)

# Peace and Healing



On Thursday, September 22 a special Mass to bring comfort and hope to those who have lost someone to suicide was held at St. Frances Cabrini Shrine. It was an evening of peace and healing. ~ submitted by Julia Attaway, Executive Director, St. F.X. Cabrini Shrine

---

## Cabrini Day in Colorado

In March of 2022, the Colorado Legislature passed Frances Xavier Cabrini House Bill 20-1031 into law, establishing Frances Xavier Cabrini Day as a Colorado State holiday. The first paid state holiday in the nation that recognizes a woman, Cabrini Day will be observed in Colorado annually on the first Monday in October.



Mother Cabrini dedicated her life to helping the poor, the sick, the immigrants and those less fortunate. Her story is rich with determination, grit and an unshakable faith in the Sacred Heart of Jesus. This day is about her story and we are eager for people to learn of it and be inspired by her life and all she accomplished.

At the Mother Cabrini Shrine in Golden, we will celebrate Cabrini Day on Monday, October 3, 2022 with a 12 pm Mass in the chapel. Other planned activities at the Shrine include a scavenger hunt, a preview of a soon to be released movie about Mother Cabrini herself and the opportunity to walk the Shrine grounds and learn more about our saint. ~from the Mother Cabrini Shrine website

For more information about Cabrini Day or to take the Cabrini Day Pledge, please visit: [www.cabriniday.com](http://www.cabriniday.com)



## Mother Cabrini Shrine Gala featuring: A Very Special Guest and a Movie Sneak Peek

The 21st Annual Mother Cabrini Shrine Gala was not only a celebration of Mother Cabrini herself, but of the people who continue to support and make the Shrine what it is today. Over the last two years, friends and donors have come together to raise nearly \$5 million



From left: Missionary Sisters Antonia Plata, Isalia Carvalho, Diane Olmstead, Provincial, and Alice Zanon took part in the Gala festivities.

for the Heart of Jesus Capital Campaign to expand and renovate the Shrine's gift shop and chapel so that visitors can have the best experience

possible for decades to come. The gala was a continuation of the campaign efforts as well as a celebration of gratitude.

In addition to the celebration of gratitude, the highlight of the gala was a sneak preview of the upcoming movie about the life of Mother Cabrini with producer, Eustace Wolfington. Guests were not only captivated by the powerful movie clips, but also by Mr. Wolfington himself as he shared his movie-making journey as well as his passionate devotion to St. Frances Xavier Cabrini. [To view Gala 2022 video please click here](#)



Honored guest, Mr. Eustace Wolfington, who is the force behind the creation of the Cabrini movie, addresses the Gala attendees.

~ Joann Seaman



# SAVE THE DATE



## Education of the Heart Thursday, October 13, 2022

Metropolitan Club New York  
One East 60th Street, New York, NY 10022

### 2022 Honorees

Catherine Bullock, Yvonne Hrapmann,  
Helena & Francis Ottaviano (posthumously),  
Eustace Wolfington and Joel Zazyczny

## Prayer Requests

### ***Mary Anders' mother***

Please offer prayers of healing for the mother of Mary Anders, a former employee of Cabrini University, who was recently diagnosed with cancer. Mary and her mother would be most grateful.

### ***Sr. Christine Marie Baltas, MSC's cousin's son***

Sr. Christine Marie asks your prayers for her cousin's little boy, Michael, who is struggling with learning disabilities.



### ***Prayers for safety from Hurricane Ian***

We unite in prayer for all those in the path of Hurricane Ian. Pray that all residents and visitors will be safe as they recover from the storm.

## In Loving Memory

### ***Timothy Woestman***

Your prayers are asked for the repose of the soul of Timothy "Tim" Woestman, beloved husband of Catherine "Cassie" Bradley Woestman, Cabrini (College) University Class of 1967. Tim passed away on September 23<sup>rd</sup>. Tim received the Cabrini College Honorary Alumnus Award in 1990. His funeral services were held today at the Church of the Holy Apostles in Wynnewood, PA. Please hold Cassie, their daughters Melissa and Kate, and granddaughters Piper and Cordelia, in your prayers at this sad time.

