



February 23, 2023

## Let's Make the Beatitudes Our Guide for Lent

~ by Antonio Remedios, National Catholic Reporter

Maybe this Lent, as we step away from the busyness to do some inner work, as we try to more closely align how we see with how Jesus sees, the Beatitudes would be a good starting point.

Jesus saw the world through a lens trained on the poor, the sorrowful, the meek, the powerless, the cast out and thrown-away, the persecuted, the insulted. He offered them hope by his word and action. We can hear his words in the Beatitudes. And with compassion, he would "cross the street," go to their side of the road and be with the poor in spirit where they live. What if we use this Lent to learn more about his approach, and about him?

**Here are a few suggestions for reviving and updating our Lenten practice this year.**

**Fast purposefully.** Fast to see through the eyes of the homeless, hungry, naked, imprisoned, thrown-away, mentally ill or addicted, bullied or othered, the people God especially loves.

- Fast from warmth: Turn down the thermostat at home and sleep without a blanket — as a way to (baby steps) step off my curb, and begin to cross the street and feel what the unhoused feel.
- Fast from sleep, for a night or two — in solidarity with those who don't or can't have a peaceful moment to close their eyes — who today must live in fear for their basic safety. Fast from the rest and safety of our normal lives, to sense the risks, the fatigue, the anxiety of not knowing where next week's rent money will come from, or if a stray bullet will enter my window tonight or when the next missile attack will happen.



- Fast from the safety and convenience of available clean water: Draw your water from an outdoor spigot, and boil it before using it, to cook, to clean, to bathe.
- Fast from adequate clothing: Go shoeless or sockless for a day — and feel the pain of nakedness in winter.
- Fast from the confidence of feeling clean: Go without a bath/shower, for a day, or two, or three ... and feel the buildup of whatever it is that our unhoused or imprisoned brothers and sisters have no choice but to endure.

**Pray expectantly.** Invite God to share the flood of feelings and insights your fasting will surely bring about.

- Notice the difference between your "normal" and the normal of those who have no option but live it perpetually.
- Bring your fasting experiences (fatigue, cold, irritability, discomfort, pain, maybe shame or guilt) as an offering to God.
- Be open to being changed. In fact, hope for it.
- Offer God your fast as a symbol of your desire to be his change agent.

**Respond generously.** Let your fasting and prayer bear fruit by responding creatively, intelligently, compassionately, immediately.

- Almsgiving doesn't have to be about money. Make it about what money represents, which is the potential power to effect change. Give your power, mine your potential, and give generously, and immediately — as immediately as you would to your lover, or to your child, or to your aging elder, or to a friend whom you love, when they come to you needing what you have to give.
- Respond with immediacy, with the instinct to drop everything, because now is the only time that matters.



The mystical experience we Catholics hunger for today is not otherworldly, but is right here. It will be the fruit of compassion, born from purposeful fasting, prayer and creative alms focused on those whom God especially loves, the people Jesus sees in the Beatitudes.

# Ukrainians Endure and Religious Ministry Continues

~ by Chris Herlinger, *Global Sisters Report*

“We lost everything”: It’s a sentiment shared by millions of Ukrainians uprooted and displaced during a year of war condemned by much of the world that has transformed the face of Europe, increased international tensions and caused ripples in the global economy.

“Life has changed not just for Ukraine, but the whole world,” said Sr. Yanuariya Isyk, a member of the [Sisters of the Order of St. Basil the Great](#) whose ministry is based in Kyiv. “We’re living a new life now. It can’t be the same as it was before the war. Life will never be the same again.”



Basil Knutarev stands in front of his apartment building in Irpin, Ukraine, that was destroyed by Russian artillery. The residents had evacuated and no one was injured in the shelling. *Photo: Gregg Brekke*

The new reality is one of displacement and confusion, loss and death. Hospitals, schools and neighborhoods have been targeted in particularly brutal acts that have outraged the world. The United Nations says more than 7,000 civilians, including more than 400 children, have died because of the war, and more than 11,700 have been injured.

Even in locales far from the front, life is always on edge, with blackouts and electrical outages – Russia has targeted the country’s power grid – and air-raid sirens interrupting the afternoon idyll.

Yet, Ukrainians also speak of a renewed unity, solidarity and hope. In a country that has become one big conflict zone, the war has galvanized religious communities to open their doors to those who have been displaced and to lead various humanitarian missions.

“We’ve had to think less of ourselves and more about everybody else,” Sr. Isyk said in an interview in the small apartment monastery she share with two other sisters in a building damaged when Russian saboteurs engaged with Ukrainian forces early in the war.

The Sisters teach school to Ukrainian children. Though her work in Christian education in Kyiv remains paramount, Isyk has coordinated deliveries of food – flour, pasta, canned fish and meat, rice, and milk and medical supplies to those in need.

“Ukraine and the Ukrainian people have experienced a long, difficult and painful year of Lent. Every Ukrainian has suffered during this year one way or another,” said Sr. Anna Andrusiv, of the Sisters of the Order of St. Basil.



Dasha Habovska and her son, Christian, now live in Fastiv, Ukraine, after the Russian invasion and bombardment of their home in Kherson. *Photo: Gregg Brekke*

There is no sign that the war will end soon. Earlier this month, people spoke of bracing for the worse, with many fearing a new Russian onslaught from the north. And even amid such uncertainty, the ministries continue.

“The thing people don’t understand is that Putin and Russia will not give us a real peace,” Sr. Andrusiv said. “If they give us two years, they will come back and kill. That will not be a real peace. We know there are good people in Russia who want peace. But, they aren’t in the majority. Ukraine is fighting a battle against tyranny in a war that has implications far beyond the borders of Ukraine, Sr. Andrusiv said. Our people are dying to protect the world.” To read the entire article, please click [here](#)

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## Ash Wednesday



**“Turn away from sin and believe in the Gospel”**

Sr. Christine Marie Baltas, MSC distributes ashes to students during the Mass on Ash Wednesday in the Bruckmann Chapel of St. Joseph on the campus of Cabrini University.

When distributing ashes, Sr. Bridget Zanin, MSC asked students to reflect upon what receiving ashes means to them and how they will keep Lent.

## A Valentine's Day Story of Love

Valentine's Day was very special at Cabrini Immigrant Services (CIS), Dobbs Ferry, NY.



Dr. Wendy Mages (r.) a professor at Mercy College in Dobbs Ferry, NY, was the guest storyteller as the Cabrini moms gathered for the Valentine's festivities.

We invited a group of our Moms to participate in a Storytelling Program. Dr. Wendy Mages, a professor at Mercy College in Dobbs Ferry, was our storyteller. She told the story

Love You Forever by Robert Munsch. The story was told in both English and Spanish. After the telling of the story, the Moms broke into small groups. Each group was led by a CIS intern. The Moms were asked to reflect on two statements: 'What I love about my children' and 'What others love about me.' There were beautiful discussions in the small groups and in the larger group.

Each Mom received a heart-shaped box of chocolates. We also shared tacos, cupcakes, etc. There was a lot of laughter, tears and love.

Everyone received a copy of the book so they could share the story with their children.

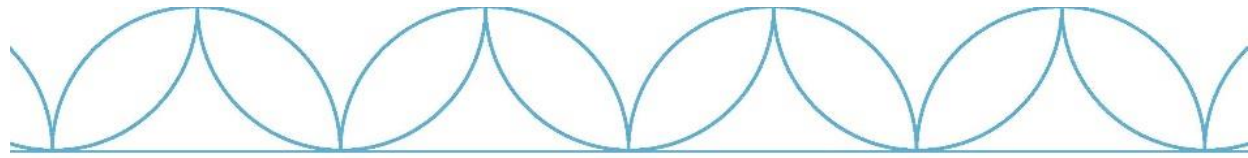
One of the Moms said, "Today, I not only feel special, I feel so loved."

What a beautiful gift to receive on such a special day.



After listening to the story, the Cabrini Moms broke into discussion groups to share their own story with others.

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



2023 MOTHER URSULA INFANTE MEMORIAL LECTURE

# MARGINS AND MISSION:

THE ROAD AHEAD IN CATHOLIC HIGHER EDUCATION



**Kerry Alys Robinson**  
Executive Partner for Global and National Initiatives, Leadership Roundtable  
Executive Director, Opus Prize Foundation.



**Rev. Dennis Holtschneider, C.M.**  
President, Association of Catholic Colleges and Universities (ACCU)



Cabrini University invites you to an evening of dialogue on the challenges and opportunities facing Catholic Higher Education in America. We are honored to welcome two thought leaders in the tensions and creativity found at the intersection of financial management and educational mission in Catholic colleges and universities today.

**MARCH 8, 2023**

**CABRINI UNIVERSITY  
WOODCREST MANSION**

Pre-reception 6:00pm

Dialogue 6:30pm



**RSVP**  
[TINYURL.COM/MARGINSANDMISSION](https://tinyurl.com/marginsandmission)

**QUESTIONS?**  
Email Ray Ward, Director of Cabrini's Wolfington Center for Civic Engagement at [rew68@cabrini.edu](mailto:rew68@cabrini.edu)





*Each week, as we journey through Lent, one of the Cabrini Lay Missionaries (CLM) will offer a reflection. For the First Sunday in Lent, the reflection is given by CLM Susan Pierson, Ph.D.*

## First Sunday in Lent

February 26, 2023

Dear Friends,

The season of Lent crept up on me this year. I have been swept up in a flurry of activity ever since the new year began. I have been busy teaching, busy implementing two National Professional Development grants, busy meeting with students...I think it is easy to get caught up in our work, however rewarding it may be, and not take the time needed for reflection and prayer.

I imagine many of you reading my reflection find yourselves swept up in activity too. So I offer an idea for you this Lent. It is something I myself will do faithfully each day.

I will start by reading and re-reading this verse from Philippians:

***Philippians 4:8, NIV: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.***

After reading, I will close my eyes and ask the Lord to help me focus on things that are pure, lovely, admirable, and praiseworthy in my life, rather than being distracted by negativity.

Then, I will pull an image from a box I created for this exercise. There are enough for every day during Lent.

Each image represents something beautiful, noble, pure and lovely in my life. As I gaze at that day's photo, I will think of the blessings it represents and the way God has been at work in my life. And I will pray to continue following a righteous path, with the help of our Lord.

These are three samples from my gratitude box:

In the first photo, you see me teaching children in Zambia. Cabrini University faculty and students will return there for one month this summer. What an incredible gift!



In the second photo, you see the Catholic church where we will worship with our partners and friends from the St. Lawrence Parish, in Lusaka, Zambia. Although those who worship in this church each week have a very different culture than we do, we are brought together in faith.

And in the third photo you will see three dear friends from Cabrini University. We were together at the Shrine for Mother Cabrini's feast day. Being able to be part of the Cabrini mission is such a blessing in my life and something I want to focus on this Lenten season.

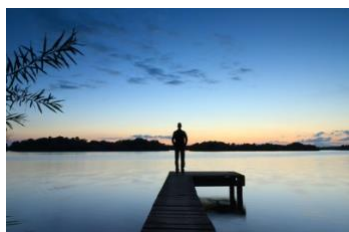
In love and gratitude,

*Susan Pierson, CLM*



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## Cabrini Health Shares a Lenten Reflection for the First Sunday in Lent



**Be merciful, O Lord, for we have sinned - Psalm 50**

Our Lenten journey begins with a heartfelt psalm urging us to seek acceptance of our whole person, to understand that we are human and not perfect, but with God's infinite mercy and love we can become the best person we can be. Lent is a time to reflect on who we are and how we connect with others, those we serve and those we work with, our everyday encounters. St. Frances Cabrini understood the importance of taking time out to connect with her spiritual side and encourages us to also do this:

***"We should, from time to time, plunge ourselves in God, submerge ourselves into the salutary waters of his grace and his amiable goodness and then go back to fly, that is to work with much energy."***

**- St. Frances Cabrini**



# Prayer Requests

## *People of Ukraine*

As we observe the one year mark of the invasion of Ukraine, let us continue our prayers for the people of this nation. Let us pray for their courage, steadfastness and hope in the face of unrelenting danger, destruction and uncertainty. Let us pray for peace in our world.

## *Prayers for Medical Tests*

Several members of the Cabrini community have asked for our prayers for favorable outcomes of upcoming medical tests. Please pray that all will be well.

