



July 20, 2023

Take a Break This Summer — For Your Good and the Good of the Community

~ Colleen Gibson, SSJ, *Global Sisters Report*

Rest – the very act of sabbath-making – is part of our call as people of faith.

Summer break can mean many things: days at the beach, time to curl up with a good book, or a pause amid the daily grind to reconnect with family and friends. With activities including barbecues, service projects, annual retreats and long weekends away, the summer offers a time to shift with the seasons, find a new rhythm, or (at least) put our current pace in perspective.

For some, summer is a season of vacation, while for others, it is a busy time spent facilitating those spaces for others. Regardless of where you find yourself this summer, I think that something about the “in between” moment of the season invites our recollection.



Allowing yourself the time to take a summer snooze can be very restorative and is God-centered.

are human. To be faithful to the practice of rest both amid our service and apart from it is an act of faithful charity. We rest so that we can better love, and by resting,

Finding rest means facing the pressure to produce and the perception that productivity defines our worth. Solutions to such culturally pre-programmed restlessness are not simple, or one-size-fits-all. Part of learning to rest comes from reevaluating the – possibly – unhealthy standards we've set for ourselves.

Rest also humbles us. Our need for rest shows that we

we recognize that rest – the very act of sabbath-making – is part of our call as people of faith.

Learning to rest and applying those lessons is countercultural. Stressing about the projects that lie ahead and new ministries on the horizon, we can feel the temptation to fill our time, to be productive in the service of something other than the call to be present to the feelings of the “in between”. Resting this summer is a call to develop patterns and practices of rest in every season of our lives.

As we look toward the months ahead and the mountains of things that could or should be done, why not spend some time away with friends, family and God – (or all three!)? For in that restful space, we may be able to listen more deeply to God’s call to service, more able and willing to respond prudently, and find that rest is exactly what is needed to live the fullness of life God intends for us.

To read the entire article, please click [here](#)



Rest.

Update readers, speaking of rest...

Today’s Update is the final edition of the summer.

The Update will be on vacation next week and during the month of August and will resume publication on September 7th.

During this time, each Thursday, due to technology settings with our email provider you will receive an email with “Test” in the subject line.

No action is necessary.

Prayer requests are always welcome and will be published on Thursdays as they are received. Prayer requests can be sent to:

cabrininews@mothercabrini.org

Enjoy these summer days!

Observing Mother Cabrini's Birthday at Cabrini University



The campus community at Cabrini University observed Mother Cabrini's birthday by sharing happy memories of campus life and cherished family connections to Mother Cabrini and the Missionary Sisters.

Photo above: Campus Ministry Director Antoinette Reaves (2nd r.) offers a prayer at the conclusion of the University remembrances as in the near foreground, Sr. Bridget Zanin, MSC (I.) and Interim President Helen Drinan and her husband, David, pause to listen. The traditional ice cream and birthday cake rounded out the event.

Photo below: Members of the faculty and staff enjoy hearing the personal Cabrini University stories shared by their colleagues.



We give thanks for your life of love
and service for others.

Almost Time to Play Ball!



JOIN US!

**Missionary Sisters of the Sacred Heart of Jesus
and
Cabrini Mission Foundation**

invite you to the 2nd annual baseball event at
Staten Island's FerryHawks Stadium.

**SPECIAL FIREWORKS DISPLAY TO BE SHOWN
AFTER THE GAME**

Date: Saturday, August 5th, 2023

Time: 6:30 p.m.

Where: Staten Island University Hospital
Community Park,

75 Richmond Terrace, Staten Island, NY 10301

(Easy to get to by ferry, car, train or bus)

MORE DETAILS TO FOLLOW SOON

Prayer Requests

Earl Rogers

Your prayers are requested for Earl Rogers who is critically ill and for his sister Marilyn, who has health issues, but who is flying to San Francisco to be with her brother. Your prayerful accompaniment will be a comfort.

Giving Thanks For Summer



Father, Creator of all, thank You for summer!

Thank You for the warmth of the sun
and the increased daylight.

Thank You for the beauty I see all around me
and for the opportunity to be outside and enjoy Your creation.

Thank You for the increased time I have to be with my friends and family,
and for the more casual pace of the summer season.

Draw me closer to You this summer.

Teach me how I can pray
no matter where I am or what I am doing.

Warm my soul with the awareness of Your presence
and light my path with Your Word and Counsel.

As I enjoy Your creation, create in me
a pure heart and a hunger and a thirst for You.

- Author Unknown, Jesuit Resource of Xavier University

To our friends in the southern hemisphere, we send warmth and blessings.