



February 8, 2024

## Today is the Annual Day of Prayer and Reflection for those who have been trafficked

*With encouragement from Pope Francis, the Pontifical Council for Justice and Peace and the International Union of Superiors General designated February 8th as an annual day of prayer and reflection against human trafficking.*

What **YOU** can do to raise awareness about human trafficking:

We are asking everyone in the Cabrini community to wear something **BLUE** (a scarf, shirt, hat, etc.) on February 8<sup>th</sup>.

Why **BLUE**?

**BLUE** is the international color of human trafficking awareness.

Be ready for someone to ask you why you are wearing **BLUE**.



### **St. Josephine Bakhita is the Patron Saint of Trafficking Victims**

Her feast day is 8 February, which we celebrate every year with a day of prayer for all those who have suffered from human trafficking. She was born in the Darfur region of Sudan in 1869 and was kidnapped by slave traders and enslaved as a child, was freed, and became a Cannossian Sister advocating for human freedom and dignity.

PLEASE join us in prayer **TODAY** in honor of all current and past victims of human trafficking. We offer the prayer below that was written by our very own Sr. Veronica Piccone, MSC.



## Prayer to End Human Trafficking

O Lord, you said you came: “to set the captives free.”

In our world, young men and women  
who are trafficked are modern day slaves.

Help these young people not to lose hope.

Give the grace for elected officials to grow in awareness of  
and to take active steps to eradicate this horror.

Teach them not to prosecute the victims of trafficking  
but to bring to justice those who perpetrate this crime.

Lord, give the grace of conversion to those  
who mistreat unfortunates for their own personal gain.

May demand decrease as people realize that prostitution is a crime  
against human dignity, forced upon these people,  
who are more victim than anything else.

May the awareness of this horrendous crime  
spread throughout the world  
and may many join the efforts to stop trafficking  
and help the victims begin anew, filled with hope.

We ask this in the name of Jesus. Amen.

PLEASE REMEMBER TO PLACE **The National Human Trafficking Hotline** phone number in your cell phone. It is a national, toll-free hotline, available to answer calls, texts, emails, and now, live chats from anywhere in the United States, 24 hours a day, 7 days a week, in more than 200 languages. The Trafficking Hotline’s mission is to connect human trafficking victims and survivors to critical support and services to get help and stay safe. The Trafficking Hotline offers round-the-clock access to a safe space to report tips, seek services, and ask for help.



Call 1-888-373-7888 | Text 233733 (Befree) | [Live Chat](#)

# Sr. Evarlyne Ndeti, MSC makes her First Profession of Vows



On February 2<sup>nd</sup> on the World Day for Consecrated Life, with many Missionary Sisters and friends in attendance, Sr. Evarlyne Ndeti, MSC made her First Profession of Vows at a beautiful Mass at the Sacred Heart Convent in New York City with Fr. James Mayzik, SJ as celebrant.

A celebratory luncheon at Sacred Heart followed the Mass.

Following her First Profession, and a visit with her family in Kenya, Sr. Evarlyne will be missioned in Eswatini, Africa. During the ceremony, when asked by



Sr. Barbara Staley, MSC, Regional Superior of the Holy Spirit Region, if she accepts her mission, Sr. Evarlyne responded with a smile that she accepts her mission “with joy”.

**Top photo left:**

Sr. Evarlyne poses with a statue of Mother Cabrini following her First Profession of vows.

**Photo above:** From left: Sr. Diane Olmstead, MSC, Provincial, Guadalupe Province; Sr. Barbara Staley, MSC, Regional Superior, Holy Spirit Region; Sr. Genet Henok, MSC and Sr. Evarlyne Ndeti, MSC attend to the signing of documents at Sr. Evarlyne’s First Profession.



Such a happy day for the Missionary Sisters who gather around Sr. Evarlyne to offer their blessings and good wishes.

## *From the Guadalupe Province Vocation Team...*

*The following are excerpts from an article written by Sr. Michele Vincent Fisher, CSFN, that appears in the Winter 2024 issue of HORIZON, the Journal of the National Religious Vocations Conference. Sr. Michele writes about striking a healthy, hopeful balance as a vocation minister; however, her words can be helpful for all of us no matter what our vocation in life. The article will appear in installments over the next few weeks.*

### Strike a Healthy, Hopeful Balance

Wherever you find yourself [at this moment in your life] I hope my thoughts about maintaining balance in the midst of – vocation – ministry will speak to you.

#### Love yourself

A foundational step toward equilibrium is a question. Ask yourself: Do I love myself enough to \_\_\_\_? Fill in the blank with what you most need, be it extra sleep, time with a friend, or a day of prayer. Showing ourselves the necessary and life-altering love and tenderness that is God's gift to us is not selfish or ego-serving. Rather, it is essential for our continued growth in wholeness which is ultimately, holiness. As earthen vessels, our potter-God wants to mold and shape us to be the Christ-bearers we are meant to be. How do we lean into this God who is holding us gently as we turn and love through the seasons of our lives?



I get the feeling that many of us have a love-hate relationship with the “B” word: balance. It’s such an easy thing to say, yet so difficult to achieve. Perhaps we are going about it the wrong way. Author Jana Kingsford suggests, “Balance isn’t something you find, it’s

something you create.” We spend a lot of time seeking solutions, as if the secrets and mysteries of healthy balance are outside of us. If we can begin by seeing ourselves as the protagonists in our own stories and in our own efforts to live happy, passionate, harmonious lives, we may rekindle a friendship with this word.



Motivational speaker and writer Danielle Orner reminds us, “Life is a balance between what we can control and what we cannot; learn to live between effort and surrender!” What wonderful wisdom. Daily, we face situations and circumstances that lie beyond our control, yet others are very much in the realm of things we can act upon. Being willing to wade through murky waters, only seeing the next right step, is a good way to approach our daily realities.



Part of the key to keep balance is knowing when we’ve lost it. If you’ve ever had the fun of watching a squirrel attempt to keep his footing while hanging upside down on your bird feeder, you know that squirrels seem to beat all odds, but every now and then they slip and take a tumble. Amazingly, they know how to gracefully stick a landing! Can you think of these little creatures when you feel like you are slipping out of balance? Remember that it’s not about falling but about how you land and get back up again.

*Next week: Strengthen your core by taking inventory*

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### One Minute Meditation

#### A Heart Full of Love

As we are about to celebrate **Valentine’s Day** next week, it seems right to consider that Jesus had a **heart** large enough to embrace everyone. Though he was sought out by some of the rich and powerful of his day, his preference was for those at the bottom of the social ladder. He showed interest in and appreciation of women in a culture in which men looked down on women. He allowed himself to be accosted in public by blind people, lepers, and those who were crippled. Thus, in religious terms, Jesus was neither an ascetic nor a hermit. Rather, he was a person in the midst of others, helping them as best as he could with the difficulties of life. He succeeded in reviving people’s faith in themselves and moving them to relate to others in the manner he did.

*~ Kathleen Fischer and Thomas Hart in Words of Grace*



*A beloved Cabrini tradition during the liturgical seasons of Advent and Lent is the sharing of the reflections of the Cabrini Lay Missionaries (CLMs). Once again, as we journey through this Lent, we are grateful to receive the contemplations of our CLMs.*

*Our reflection for Ash Wednesday is offered by Susan Pierson, PhD, CLM. Susan is an Associate Professor of Education at Cabrini University.*

## Ash Wednesday

I am writing this reflection on February 1<sup>st</sup>, a day when winter is still very much with us. Where I live the weather is cold and damp, the skies gray, and the ground frozen. I find myself yearning for longer days, filled with light and the return of flowers. I am also reminded that this year Easter will come early (March 31) and that Lent begins February 14.

For me, spring, which is right around the corner, is a time to celebrate the rebirth of the Earth. I love seeing baby sheep and goats with their mothers and rejoice as flowers pop their heads above the ground. All the blessings of Spring, sunshine, baby animals, flowers, longer and warmer days, bring joy to my heart, along with renewed energy for cleaning house and yard.



Lent, which comes from the Teutonic word for springtime, is a time for spiritual spring cleaning. It is a time to work hard on renewing our commitment to God, to do our best, through prayer, Bible reading, fasting, repentance, and service, to witness for Christ in our lives. It is a time to omit from our busy days and nights, those activities which stand between us and a close relationship with God and to focus on those which lead our whole selves, physically and spiritually closer to Christ.

I found a prayer for *After Confession* written by Mother Cabrini and share an excerpt which I have memorized and will repeat daily during this Lenten season:

**“Speak to my soul, O Lord, and command me to listen to Your voice. Enlighten my will to put Your words into practice. Pour Your grace into my heart; lift up my soul weighed down by my sins; raise my mind to heavenly things.”**

**May we walk toward Easter together in love and with renewed purpose.**

*~ Susan Jacques Pierson, CLM*



*The reflection for the First Sunday in Lent is offered by Lorraine Campanelli, Director of the Cabrini Lay Missionaries, and the Director of Cabrini Immigrant Services in Dobbs Ferry, NY.*

## First Sunday of Lent

I am a strong believer in the fact that things do not happen by chance. Rather, things happen for a reason. How ironic that this year Ash Wednesday fell on Valentine's Day. It was less than 2 months ago that Love was born on Christmas Day. Now, we are preparing for Jesus' death. From the moment that Jesus was born until the moment He died on the Cross, He witnessed love. Jesus came to this earth so that we can experience the unconditional love of God.



There was a popular song that told us about the world needing love. Some of the lyrics are, *“What the world needs now is love, sweet love. No, not just for some but for everyone.”* Maybe as we begin Lent, we can focus on love, love of God and love of one another. Wouldn't it be

great if on Easter Sunday we could sing, *“What the world has now is more love, sweet love. It isn't just for some but for everyone.”* Just think, it will be because you loved a little harder and loved a little more that our world will be filled with even more love.

*~ Lorraine Campanelli, CLM, Director*

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## February is Black History Month



**Black History Month** is an annual observance originating in the [United States](#), where it is also known as **African-American History Month**. It has received official recognition from governments in the United States and [Canada](#), and more recently has been observed in [Ireland](#) and the [United Kingdom](#). It began as a way of remembering important people and events in the history of the [African diaspora](#). It is

celebrated in February in the United States and Canada, while in Ireland and the United Kingdom it is observed in October. ~ *Wikipedia*

# Prayer Requests

## *Dr. Patricia Crespo*

Dr. Patricia Crespo is requesting prayers as she undergoes some medical treatments. Dr. Crespo is a good friend of the Missionary Sisters.

# In Loving Memory

## *Sr. Bernadette Casciano, MSC*



It is with great sadness that the Missionary Sisters share the unexpected passing of Sr. Bernadette Casciano, MSC, on Friday, February 2<sup>nd</sup> at St. Cabrini Nursing Home in Dobbs Ferry, NY. Among her many ministries, Sr. Bernadette served as Campus Minister at Cabrini College where she initiated service trips for students, and for twenty years, she was the Administrator of the Mother Cabrini Shrine in Golden, Colorado. Sr. Bernadette had a twinkle in her eye and a love for people. May she rest in God's eternal peace.

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## A Valentine Prayer

I said a Valentine prayer for you and asked the Lord above  
to fill your heart and bless your soul with the gift of precious love.

I asked him for sincere love, the kind that's meant to stay  
Just like the generous love you give to those you touch each day.

I prayed for love for family and for every cherished friend,  
And then I asked the Lord to give you His love that knows no end.

~ Author Unknown

