



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

THE UPDATE

March 21, 2024



Palm Sunday

Palm Sunday, March 24, is the first time we hear the Lord's Passion in the liturgical calendar. In the homily that Pope Francis delivered on Palm Sunday in 2023, Pope Francis [reminded us](#) that "Jesus, in his abandonment, asks us to open our eyes and hearts to all who find themselves abandoned."

~ *Hallow*

Holy Week

Holy Week includes both the Church's most solemn observances and joyous feasts. Unique, beautiful liturgies fill the period of time that begins on Palm Sunday and culminates with Easter Sunday.

[Holy Thursday](#) begins the Easter Triduum—the three days leading up to Jesus' Resurrection. Its formal name is Mass of the Lord's Supper, which was the first celebration of the Eucharist.

Notable at the Holy Thursday service is the washing of the feet, in which the priest washes the feet of 12 parishioners. Jesus did this to demonstrate to his disciples how they are to serve others through selfless love. Originally, only men were invited to be among the 12 to have their feet washed. [A decree from Pope Francis in 2016](#) opened up the ritual to all.

[Good Friday](#) is the only day in the entire year in which no Mass is celebrated. It's a solemn day that calls for fasting and abstinence. [Stations of the Cross](#) are a common rite of devotion on Good Friday. The main service on Good Friday features no procession. The Passion is read and the Eucharist (consecrated on Thursday) is distributed. Veneration of the Cross and solemn intercessions—a set of shared prayer intentions offered universally on this day—are other unique elements to the Good Friday service. ~ *Hallow*

CABRINI Film Sparks Outpouring of Email

In the Guadalupe Province Communications Office, a typical week will bring 30 – 40 e-messages via the info@mothercabrini.org which is the 'Contact Us' link on the homepage of the www.mothercabrini.org website. We hear from people all over the world requesting prayers; asking for Cabrini relics, holy cards; or inquiring about the ministries of the Missionary Sisters.



Since the debut of the CABRINI film, last week the Communications Office received well over 200 emails from people sharing their reactions to the film. Many people wrote of their family's lifelong devotion to Mother Cabrini and shared their own immigrant stories. Here is a sampling:

I've just watched the Cabrini movie and have read everything online; I am fascinated with this woman and her commitment to Christ. ~ A.S.

My interest and devotion to Mother Cabrini has been sparked by the movie "Cabrini". When my brother was born in 1939, at birth his leg was wrapped around his neck. The doctors said he may never walk, and if that was possible, he would always have a limp. My mother worked untiringly with his leg and prayed to Mother Cabrini. He is five years older than me. I never remember him walking with any distortion or limp. ~ J.S.

Hello! I am reaching out to find out more about Mother Cabrini. My maiden name is Cabrini, but I know next to nothing about any familial connection. In the late 70's and early 80's my mother sought to trace any relations but was not successful. Unfortunately, as so often happens, all of my relatives who may have any knowledge have passed. I am honored to share this surname whatever the case but would love to know more about Mother Cabrini's family. I do know that my ancestors came from the Lombardy region. ~ S.C.C.

Now that so many people have gotten a first glimpse of your foundress through the "Cabrini" movie, they are asking, "How can I get to know her better?" Please recommend some resources. ~ K.H.

We know that the movie Cabrini is moving the hearts of so many. ~ S.C.

Took my wife and son to see the Cabrini film. We loved it, and personally as a proud Italian American whose Great Grandfather came to NY in 1903, I cried some, too. ~ B.P.

The Communications Office has responded to everyone who has taken the time to write to thank them for their feedback and for sharing their own Cabrini stories.

Warm Greetings from Guatemala!

We would like to share some photographs of the work done during the month of February in Guatemala. Each of the photos describes the type of projects we do in both clinics. We hope you will enjoy them and find them helpful in getting to better know our missions.

Adolescents: This project is called "Jóvenes Chispudos" (it is a local expression to say that someone has a lot of capacity, creativity, and intelligence). They meet some days Sunday each month, to work with the psychology team on topics of interest.



Sr. Concepcion Vallecillo, MSC addresses a group of teenagers.



Crayons and crafts are always a big draw for the little ones!



Women in Guatemala receive training in such practical skills as sewing along with training on practical matters such as finances.

Children: These are photographs of the activities in both dispensaries (with crafts, computers, English, physical activity and stimulation playing) Modified Spark and Shekiná.

Women: The sewing diploma, where women learn to make pieces of clothing with their own style and ideally, train them on financial and social issues. ~ submitted by Andres Gonzalez, Cabrini Guatemala

Villa Nueva



Sharing Good News from Cabrini High School

Visit of Sr. Yolanda Flores, MSC

Cabrini High School had a special visitor at the end of February, Sr. Yolanda Flores MSC. While on our campus, she spoke to our religion classes and shared her journey to becoming a Missionary Sister. The students spent some time asking questions and getting to know Sr. Yolanda.

On Friday, March 1st, Sr. Yolanda joined Cabrini alumnae and community partners for Mass and our Career Day! Along with sisters from other congregations in our area, Sr. Yolanda met students in Cabrini's Sacred Heart Chapel for more in-depth conversations on her calling. Photos of Sr. Yolanda's visit can be found [HERE](#).

CABRINI VIP Movie Premiere

An exclusive VIP premiere party was held by Cabrini High School for the CABRINI movie on Thursday, March 7. Over 300 alumnae, friends, and supporters gathered to view the movie before it was released to the public. Photos from the event can be found [HERE](#).

The theater manager said that his theater had presold more tickets than any other theater in his region and that the sales were record breaking for his theater. Additionally, this theater was completely sold out for opening weekend.

The local CBS affiliate, WWL-Louisiana, ran a segment on Friday, March 8th. You may view the segment [HERE](#).

Legacy Gala

As a continuation of the celebration of Mother Cabrini, the Legacy Gala was held on Saturday, March 9th at The Cannery in New Orleans. Over 175 people were in attendance. A silent auction was held and featured 170 items up for bid, including vacation stays, restaurant certificates, jewelry, and excursions.

The highlight of the evening was the presentation of the Heart of Cabrini President's Award, which recognized six individuals for their excellence, service, and dedication to Cabrini High School. This award was given to Keith Cavanagh, Thomas Long, Jules Martin, Madeline Lipani Suer '71, Bill Trinchard, and Florence Onstad Wingerter '71.

Photos from the event can be found [HERE](#).

A Message from Sr. Yolanda Flores, MSC, Vocation Director, Guadalupe Province

From February 27 to March 1, 2024, I had the opportunity to visit Cabrini High School in New Orleans. It was a beautiful and motivating missionary experience. I was welcomed with great simplicity and human warmth by the staff and the students. The purpose of the visit and under the invitation of Principal Yvonne Hrapmann was to have an MSC Sister present to the different groups of students about the Cabrinian heritage, our presence in different missions in the world, and the invitation to make a commitment of service to God's people when the time comes in their lives.

There were many questions and many clarifications to be made. In particular, on Friday, March 1, Career Day, my task was to speak to the young women about the different vocations. I was privileged to be part of a group formed by two other religious from other congregations and a lady whose commitment is the struggle for the dignity of the unborn, single mothers and all that this entails.



Sr. Yolanda Flores, MSC engages in a dialogue with students at Cabrini High School about vocational call.

I want to emphasize how happy I was to be able to experience how the charism of Mother Cabrini is alive in the community of teachers and students. My admiration for all those who, from their lay commitment, carry out this mission of forming the new generations and as Saint Frances Xavier Cabrini used to say, "educating the heart" with values and sense for life.

I also appreciated the excellent coordination to help me see different sites and get an idea of the history of the city, its traditions and food. Different members of the staff took turns accompanying me, making me enjoy these days creating indelible memories.

Thank you, students, educational community, and our Provincial Superior for supporting me in creating connections with Cabrini High School. In my role as Director of Vocation Promotion, I have seen "an open window" to continue to bring the MSC presence to the Cabrini High School in New Orleans' educational community.

Cabrini Mission Foundation

Hosts Private Screening of Cabrini Movie



Many laughs, cheers, and tears, were shared as Missionary Sisters and friends joined Cabrini Mission Foundation for a private screening of the Cabrini movie on Thursday, March 7th at the Union Square Regal Theatre in New York City.



Moviegoers were ready with their popcorn to view the CABRINI movie at a private screening in New York City.

Attendees enjoyed artisanal pizza and salads provided by La Lanterna di Vittorio as everyone shared their anticipation for the movie. With fresh popcorn in-hand, viewers got to witness the story of Mother Cabrini on the silver screen. A sneak peak of Andrea and Virginia

Boccelli's new song, "Dare to Be" was shown at the end of the movie.

As the curtains closed on the evening's festivities, attendees left with hearts full of inspiration and gratitude, eager to share the transformative experience of the Cabrini movie with others. With the movie now released to the public, the opportunity to follow in her footsteps awaits all who are moved.

We are grateful to everyone who volunteered, donated, and made the night a special event.

The Cabrini movie is out now! Click the link here to find theatres and movie times near you:

<https://www.angel.com/movies/cabrini>

~ submitted by Caitlin Della Rocca, Cabrini Mission Foundation



Photo above: Cabrini Mission Foundation trustee David DeCerbo, Esq. (l.) and his family enjoyed the film.

Photo below: Moviegoers are excited as they await the preview.



Exciting Dining Enhancements at Cabrini of Westchester

After almost a full year of construction, final approval of the renovations to all 7 unit kitchen pantries and dining rooms at Cabrini of Westchester was granted by a Dobbs Ferry engineer, resulting in a blessing ceremony and reception on February 12th. “It’s a much more personal experience,” said Sr. Damien Ciminera, MSC, when speaking about the renovated kitchens. “Everything is clean and the food is served much more efficiently and warmer.”



From left: Patricia Krasnausky, President and CEO, Robert Green, Food Services Worker, Enrique Vargas, Director of Food Services, Bonita Burke, Vice President of Operations and Administrator, and Fr. Ron Galt, Vice President of Pastoral Care and Mission gather around the new kitchen pantry on one of the resident units. Look how everything is gleaming!

In 2010, Cabrini of Westchester completed a major modernization project that expanded and renovated the Home to add space and details required to provide enhanced privacy, dignity and respect for each patient and resident. Keeping this person-centered care philosophy in mind, country kitchens were

included on every unit to serve home cooked meals in a restaurant style manner. Over the years, the kitchens were maintained, but it became clear that updates and replacements were needed.

In order to make these updates, all kitchens and dining rooms were closed to keep the residents safe and the Food Service Department worked tirelessly providing meals with traditional tray delivery service. “The new look of the kitchens is pleasing to the eye and the new equipment, including a steam table, refrigerator, and dish washer is so much more efficient. The staff is able to serve the residents in the dining room faster and provide them with delicious hot food,” said Enrique Vargas, Director of Food Services. “We are excited to start offering new items on the menu such as orange chicken, chicken parmesan sandwiches, garlic butter salmon filets and, during

breakfast, Belgian waffles with turkey sausages. There are many more exciting menu updates that will be on-going.”



Fr. Ron Galt blesses the new kitchen pantry with Holy Water and prayers. Everything is in place ready to provide residents with a most pleasant dining experience.

New dining tables, chairs, wall coverings, lighting and artwork are included in the dining room refurbishing.

During the blessing ceremony, Fr. Ron Galt, Vice President of Pastoral Care and Mission led scripture readings and prayers as he sprinkled the kitchens with Holy Water.

Vice President of Operations and Administrator said, “Thank you for all of your patience and support during the construction. We hope these updates make your dining experience much more enjoyable and we look forward to serving you in these enhanced surroundings.”

~submitted by Susan Herceg, Director of Development and Public Relations, Cabrini of Westchester

When addressing the residents, Bonnie Burke,

A promotional graphic for a PBS television series. It features a red and white striped background. At the top, the text reads "DO YOU BELIEVE IN SAINTS?" in blue, followed by "Find out why these women were the first U.S. saints" in white. Below this, it says "watch the 2-part series" in orange. The central text identifies the subjects as "American Women Saints: ELIZABETH ANN SETON & FRANCES XAVIER CABRINI" in black, with "by Marylou & Jerome Bongiorno" in smaller text below. On either side of the central text are circular portraits of the two women in religious habits. At the bottom, it states "Premieres March 2024 on Public Television Stations, nationwide (check local listings)" and includes logos for NETA Program Service, KTJU, and PBS.

Premieres March 23, 2024 for Women’s History Month on PBS stations across the U.S. Check Local Listings [Cabrini trailer: 1 min](#) [Trailer link](#)

Elizabeth Ann Seton trailer: 1:27 min [Trailer link](#)

Credit: [Bongiorno productions](#)

Presenting the Facts on Domestic Violence

Cabrini Immigrant Services (CIS), Dobbs Ferry, NY, held a workshop on Domestic Abuse and Violence. Statistics in the United States show that nearly 20 people per minute are physically abused by an intimate partner. In one year, there are more than 10 million women and men abused. We know how important it is to educate people to be aware of the signs of abuse and hopefully help to prevent some people from being abused.



Digna Merchan, MSW, presented the workshop.

Digna Merchan, MSW, a former social work intern at St. Cabrini Nursing Home and CIS in Dobbs Ferry, presented the workshop. She spoke about what domestic violence is, the different types of violence, the causes, the mental and physical effects on the person, etc. Rocio Soria Morales, a social work intern at CIS, spoke about the impact of domestic violence on children. She presented how witnessing domestic violence affects the child both physically and emotionally. It also has a great impact on their future.

In addition, everyone received a folder filled with information about places that assist domestic violence victims, hotlines to call, places that will assist with legal services, etc. ~ submitted by Lorraine Campanelli, Director, CIS



Rocio Soria Morales, a social work intern at CIS (r.) joined Digna Merchan, MSW, in presenting the well-attended workshop at Cabrini Immigrant Services-Dobbs Ferry, NY.

From the Guadalupe Province Vocation Team...

The following is the concluding segment 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.

Strike a Healthy, Hopeful Balance

As you look at your life, are you checking your expectations? Are they realistic? Too high? Too low? Here are two challenges to consider. First, expect that no matter what comes your way, there will always be an open door or window—maybe even just a crawl space—for possibilities to bear fruit and bring joy. Second, expect that there will be chaos; that’s what the universe was born from! Let these two expectations permeate your mindset and learn to live within the necessary tension, suspending judgment long enough to really listen to your life speaking.

Expectation also has to do with how you think about your ministry. When ministry seems overwhelming and all-consuming or unfulfilling and lifeless, it’s good to remember that you are more than your ministry. As Pope Francis proclaims: “I am a mission on this earth; that is the reason why I am here in this world.” Opportunities to be mission abound in the most ordinary experiences of our daily lives. There is never a moment when we are not in mission. Claiming this reality for ourselves gives us permission to see everything we’re about as sacred mission, as a bush afire. If you are struggling to see successes in your ministry and are beginning to lose hope, wake up to the mission that you are by simply being a child of God.



In *Evangelii Gaudium* (Joy of the Gospel) Pope Francis reminds us: “We have to regard ourselves as sealed, even branded, by this mission of bringing light, blessing, enlivening, raising up, healing, and freeing.” These words are full of hope and can restore us to healthy balance. Remember, no matter what your ministry, you are

always in mission. Go, be mission: in prayer, in community, in relationships, in service, and in caring for yourself. ■



As we observe Palm Sunday and Holy Week, we are grateful to continue the contemplations of our CLMs. This week's reflection is by Lorraine Campanelli, CLM Director.

Palm Sunday

The Passion of Our Lord

Here we are at the start of Holy Week. I think this is the week where we see the best and the worst of humanity. Jesus arrives on a donkey as people are waving palms and singing, “Hosanna to the Son of David.” They got it! They knew that this was Jesus, the one who came to bring new life, life to the fullest. Can you hear the roaring of the crowds and the palms swaying back and forth? This is our King! They knew in their hearts that the Savior of the world arrived. But then, what happened? How quickly the hosanna’s turned to ‘crucify Him.’ What didn’t we get? How did we go from being convinced that this was the Son of God to wanting to kill him? Humanity is not perfect, it sins. The most amazing words that Jesus says is, “Father, forgive them for they know not what they are doing.” Imagine being with a group of people that have condemned you to death and you pray for them, and you beg God to forgive them. To me, that is the lesson of the Cross.

~ Lorraine Campanelli,
CLM Director



Prayer Requests

John Catalanotto

Your prayers are requested for John Catalanotto, the husband of Anita Catalanotto, a staff member at Cabrini University. John is undergoing a new treatment therapy at this time. Please pray that all will be successful.