



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

THE UPDATE

March 7, 2024

# CABRINI

Film to debut on March 8<sup>th</sup>  
International Women's Day



In celebration of **Women's History Month** and **International Women's Day**, the long-awaited and much-anticipated **CABRINI** movie will make its debut tomorrow in theatres across the United States.

The story of our patroness, Mother Cabrini, is being brought to life through a film directed by Alejandro Monteverde and Executive Producers. J. Eustace Wolfington and Eduardo Verástegui.

The movie tells the story of Mother Cabrini, who after witnessing disease and poverty in the slums of New York, embarks on a daring journey to persuade the hostile New York City mayor to provide housing, education and healthcare for hundreds of orphaned children.

Cabrini film producer Jonathan Sanger said he wants [people] to keep this thought in mind as they view the film:

*"The lesson of the movie is that we all need to do more. She became the [patron] saint of immigrants and we're living in a situation and a time where immigration is a huge issue worldwide. The movie is very contemporary...it's about exactly what's happening today, as much as it was a lot about what was happening at the turn of the century." ~ WKBW 7 ABC Buffalo*

To watch a trailer of the film, [click here](#)

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## International Women's Day 2024 campaign theme is: 'Inspire Inclusion'



The campaign theme for International Women's Day, March 8, 2024, is **Inspire Inclusion**.

When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.

Collectively, let's forge a more inclusive world for women.

Read more about a definition of what it means to *inspire inclusion* [here](#).



# Catholic Sisters Week

## Celebrating Traditions, Changing the World



### During the week of March 8-14

- Let's light up hope in our communities!
- Let's call attention to the new world that sisters call into being each and every day through service and ministry.
- Let's raise up the world with experiences and legacy stories of women religious.
- Let's recall memories that bring joy to alumni formed by sisters.
- Let's highlight women who are choosing a vocation to religious life today!

### Who makes Catholic Sisters Week happen?

There is a role for everyone in Catholic Sisters Week! We encourage women religious communities and congregations and those connected with them:

- associates, oblates, third orders, agrégées
- donors, benefactors, and other collaborators
- friends and family members
- parishioners, clients, students, and alumnae
- Nuns & Nones groups, spirituality seekers
- and anyone who longs to be light, build community and love fearlessly

### During this week, contact a Missionary Sister to say hello and thank you!



# STARS of Kindness

Cabrini Immigrant Services (CIS), Dobbs Ferry, NY, held a STARS (StoryTelling, Art, Reading and Socialization) Program for children in Grades K-2.

Dr. Wendy Mages, a professor at Mercy College in Dobbs Ferry, NY, was our storyteller. She told the story, The Magic of Friendship Snow by Andi Caan.



After the story was read, the children spoke about different ways of being kind to others and to themselves. Everyone felt that it was very important to be a friend, especially to



someone who doesn't have one.

They also spoke about being kind to their parents and siblings. The children drew pictures on hearts and snowflakes. They showed the different ways that they are kind



to others or how others are kind to them. The hearts and snowflakes were placed on a board that had a snowman with the words, "Snow Many Ways to Be Kind."

We had children from China, the Caribbean, Guatemala, Mexico, and Pakistan. It was so beautiful to see the children all working together and sharing their stories. They were all shining examples of being kind to one another.

*~ submitted by: Lorraine Campanelli, Director, CIS*



With the CABRINI movie making its debut tomorrow, many more people will come to know Mother Cabrini, her Missionary Sisters, and their ministries of hope.



If you know someone who might like to learn more about the Cabrinian community, please invite them to become a Weekly Update subscriber.

It's quick and easy! Just email [cabrini-news@mothercabrini.org](mailto:cabrini-news@mothercabrini.org) with their names and email addresses and we'll do the rest!



# Justice for Immigrants Advocate in Albany NY

Last week, members of [Justice for Immigrants](#) at Cabrini Immigrant Services of NYC were engaged in advocacy efforts in Albany, supporting two campaigns.

On Monday, we joined forces with the Fund Excluded Workers Coalition to rally for the Unemployment Bridge Program. This initiative aims to extend unemployment benefits to marginalized workers such as undocumented individuals, formerly incarcerated individuals, and freelancers. Our involvement included participating in a press conference, lobbying, and sharing testimonies.



On Tuesday, several of our members lobbied for the Working Families Tax Credit.



This proposed credit combines existing tax credits to ensure that families with the lowest incomes receive the most benefits. For instance, under the WFTC, a family of four could potentially receive up to \$1600 per child, in relation to just \$100 per child annually under existing tax credit benefits.

Earlier this month, we supported the launch of the WFTC calculator, a tool designed to help families estimate their potential benefits under the proposed legislation: <https://www.nyc.org/our-work/campaigns/the-ny-working-families-tax-credit/>



~ submitted by Ella Nimmo, CIS-NYC

## Cabrini University Students Complete Immersion Trip to Guatemala

Cabrini University students have returned to campus in Radnor, PA, following a week of travel and immersion experiences.

*Wow! It is our sixth day in Guatemala, bringing us closer to the end of our immersive experience, but the good fight of the Guatemalan people does not stop here. We are reminded that the voiceless have 22 great students, and staff, who will continue that fight in Washington DC for equality and respect for human dignity.*



Cabrini University students pick coffee beans and come to an appreciation of the hard work that the Guatemalan people do every day...without gloves.

*We started the day coffee picking while half of our group did construction. While coffee picking, it provided a humbling experience. We saw employees picking coffee but without gloves and our group members were very adamant to having work gloves. It reminded us of the privileges*

*we have and how easily it is to fall into those entitlement mindsets of "this is what I need". The coffee beans were attached to tree branches and without gloves it is very easy to [encounter] blisters, cuts, and dirty hands. This a job that Guatemalan people do every day, and not once did we hear any complaints from them, but here we are saying what we need.*

### **Reflection: Dignity of each Person**

*In seeking justice for people for the people of Guatemala, it is crucial to recognize and uphold the inherent dignity of every individual. Injustice not only violates basic human rights but also diminishes the value of each person. By promoting equality, fairness, and respect for all, we can work towards the common good and empower a society where every individual is valued and lives a life of purpose.*

*Until tomorrow,  
Alex Perez, A'nyah Stills, Tiara Colon*



## Students Thankful for Guatemala Experience



Women make tortillas to support their families.

*[On the final day] we all went to the Women's Center for a Living Class that taught us about the things that women have traditionally done to support their families, like grinding corn and cooking tortillas on a komal, washing clothes at a pila, and carrying basins on their heads. Today many women continue to support their families by selling hand-made tortillas (for Q1 each, about 13 cents) and washing clothes by hand (for Q20 per load, about \$2).*

*We held our final reflection under the stars on the hotel roof. Around a fire we recalled the "gems" of the day and the week, experiences that would stay with us and compel us to action. For example, the opportunity to*

*interact directly with the Mayan people serviced by 'mision' has allowed us to learn their stories and connect with them in a deeper and more meaningful way. We have all been touched by someone, so much so that some participants would like to return to Guatemala as Long-Term Volunteers, or organize future service trips with their respective employers, church, or families.*

*Others are committed to supporting the 'mision' in other ways, through advocacy work, donations, and sharing their experience with others so they too can get involved. And we read a poem about the fact that the work we do (for justice, for a better life together, for the Kingdom of God) is never done.*



The Cabrini Crew bids farewell to Guatemala.

*We all have things that we discovered on this trip, and we named things we don't want to leave behind:*

- *New friendships*
- *Greater confidence in ourselves and our callings*
- *Solidarity with the people of San Lucas Toliman*
- *Renewed energy and commitment to seek the common good*

*Much love to you all,  
The Cabrini crew in Guatemala.*

*~ with thanks to Dr. Jerry Zurek and Jeny Varughese for sharing these reflections*

## ***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 final segment will appear in the March 21<sup>st</sup> edition of The Update.*

## **Strike a Healthy, Hopeful Balance**

### **Outlook**

So much of our self-concept centers around our outlook. How I understand myself is often a reflection of how I see the world around me and vice versa. Do you sometimes see through a narrow lens, one that sees scarcity, impossibility, and diminishment? Other times can you see through a wide lens that sees abundance, possibilities, and opportunities for growth? Which is the lens that you most consistently look through? If your outlook leans toward the narrow lens, what can you do to expand your view?

### **Peace**

Striking a healthy balance in hope requires peace of mind, body, and spirit.

Remember, Jesus breathed on his disciples and said, “Peace be with you!” Who breathes peace on you? Do you breathe peace to your world? Peace isn’t simply a passive virtue that helps you maintain stability, but it is a generative gift that sustains you in difficult times and allows you to support and encourage others.



**Next edition: Expect**

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### **The Update - Publication Notice**

**Due to the Sisters’ gathering next week and scheduling in the Province Communications Office, The Update *will not* be published on Thursday, March 14<sup>th</sup>.**

**The Update will resume on Thursday, March 21<sup>st</sup>.**





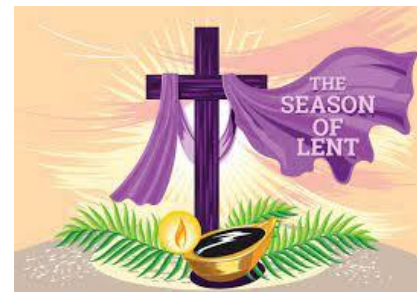
*A beloved Cabrini tradition during the liturgical seasons of Advent and Lent is the sharing of the reflections of the Cabrini Lay Missionaries (CLMs). Once again, as we journey through this Lent, we are grateful to receive the contemplations of our CLMs. Our reflection for the Fourth Week in Lent is offered by Angela Campbell, PhD, CLM. Angela is the Chief Mission Officer at Cabrini University.*

## Fourth Week in Lent

I was moved while praying and meditating on the Gospel reading during the fourth week of Lent. I pondered on the profundity of God's immeasurable love for us. A clear thought about the power of Lenten Love and Light took shape in my mind. The Lenten season invites us to experience the Father, the Son and the Holy Spirit conjoining into one love strong enough to conquer disbelief, disobedience, sin, and death.

Lent is the season for us to contemplate the endless depths of Christ's love; a love so powerful that its light transmutes darkness into itself. God has given us a redeemable pathway to eternal life. Along our Lenten journey, we are blessed to see, experience, and amplify the light of Christ in our thoughts, words, and deeds.

Jesus says, "...And this is the verdict, that the light came into the world, but the people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God" (1 Jn. 3:14-21).



Lenten Love is shining our divine light amid darkness. Our Lenten sacrifices prepare our hearts to open wider. We are more conscious of the areas of sin in our lives. Lent blesses us with an opportunity to draw closer to God and enact our faith by removing self-indulgent barriers to Christ's liberating love. We may consider our Lenten sacrifices as opportunities to shine greater light in our lives and in those around us.

Christ's profound love brings light into a world of darkness. This liberating light brings us the fruit of the spirit expressed by St. Paul in Galatians 5:22, "...love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." In this season of spiritual renewal and action, let us remember Christ's penultimate

sacrifice that secures our salvation. Let us not be conformed to this world but transformed by Christ's love. As we live our faith, let us illuminate Cabrini charism and do the work of meeting the greatest needs in us, in our homes, and among those all around us in our communities and institutions worldwide. Let us be grateful for this precious Lenten gift that enables us to feel the power of God's love for us and each other. Experience the light of Christ that fuels the Lenten love of liberation!

~by *Angela N. Campbell, Ph.D., Cabrini Lay Missionary (CLM)*  
*Chief Mission Officer, Cabrini University*



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***Due to the Missionary Sisters' gathering next week, The Update will not be published. Therefore, this week, we are also sharing the Lenten reflection for the Fifth Week in Lent which is given by Digna Merchan, CLM.***

## Fifth Week in Lent

We are celebrating the Feast of St. Joseph this week. During Lent, we are reminded of St. Joseph because of his inspiring and divine devotion to God by accepting his will. St. Joseph agreed to protect his future wife's virginity before and after he married Mary, our Blessed Mother.

As I reflect on the life of St. Joseph, I see a man who had a deep relationship with God; he was a selfless man who worked very hard to protect his family. What makes it so amazing is that St. Joseph, without questioning, cared for Jesus knowing that he was not his 'real' son. Now, imagine being asked by God to be the earthly father to his only son, how would you feel and accept that big responsibility?

My reflection brings me back to admiring St. Joseph's perfect love for our Blessed Mother and his son Jesus. St. Joseph's humility and his devotion to caring for his family are admirable and these qualities are a great example to follow.



Joseph was a role model to his son and should also serve as a role model to us. Let's take a minute to reflect on how we can follow in St. Joseph's footsteps and practice humility, dedication, perseverance, and caring for the people we serve.

**Reflection: How am I gentle with others? Am I humble of heart?**

~ by *Digna Merchan, CLM*  
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Please keep the Missionary Sisters in prayer as they gather for their meeting next week.