



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

THE UPDATE

December 4, 2025

Mother Cabrini Shrine - From the Heart Gala

The 2025 Mother Cabrini Shrine *From the Heart Gala* filled us with deep gratitude. Because of the generosity shared that evening, the Shrine can now move forward with restoring the chapel's cherished triangular stained-glass windows—crafted in France in the 1960s and treasured by all who pray in this sacred space. This support ensures their beauty and integrity for generations to come.

We are especially grateful to our Missionary Sisters of the Sacred Heart, our gala committee, table sponsors, auction donors, attendees, and volunteers whose care and



Evocative of the Rocky Mountains and soaring above the Mother Cabrini Shrine congregation in the chapel are the magnificent triangular stained-glass windows crafted in France in the 1960s.



From left: Missionary Sisters Diane Olmstead, Provincial; Antonia Plata, Pietrina Raccuglia and Alice Zanon are pictured surrounded by a festive heart of balloons at the From the Heart Gala.

commitment shaped the entire evening. Their kindness created a spirit of warmth and community that touched everyone present.

The gathering also reminded us of the many people who carry forth the Shrine's mission throughout the year—our volunteers, musicians, clergy, retreatants, and visitors. Through their presence and service, the Shrine remains a



place of prayer,
hope, and
encounter with the
Heart of Jesus. For
all of this, we are
truly thankful.

~submitted by Molly Johnson

Raising their numbers
high in support of the
Mother Cabrini Shrine
are the enthusiastic
Gala attendees.

Featured Gala Videos

Mission Moment Video

A conversation led by gala emcee Kyle Dyer, Emmy-award-winning journalist and host of "Colorado Inside Out" on PBS12, featuring collaborators who support the Shrine's ongoing ministry. Watch: <https://www.youtube.com/watch?v=Gdn5goVs2NY>

"Holy Ground" Video

A reflective musical offering recorded by the musicians of Mother Cabrini Shrine, accompanied by imagery capturing the spirit and community of the Shrine.

Watch: <https://www.youtube.com/watch?app=desktop&v=oCRFf0K1E1E&feature=youtu.be>

Cabrini Forever Friendships



Mother Cabrini's "education of the heart" has blessed all Cabrini alumni with friendships that endure for a lifetime.

Members of the Cabrini College Class of 1973 get together regularly to share a meal, exchange updates and simply have fun and enjoy each other's company. The group met most recently in New Jersey for lunch. They always give thanks for the gift of a Cabrini education.

A Hope-filled Day

What did the 140 students from St. Elizabeth School do on their Jubilee pilgrimage to St. Frances Cabrini Shrine? Created a giant chain of hope, made their confessions, blew on a *yobel* (the ram's horn used to announce a jubilee), colored their own prayer cards, wrote postcards to refugee children, prayed on Mother



St. Elizabeth students process in for Mass.

Cabrini's bench, took the Cabrini Pledge, attended Mass, and had FUN and grew in faith! It was a whirlwind day with many graces... and hope.

*~ submitted by
Julia Attaway,
Executive
Director, St. F.X.
Cabrini Shrine*



Photo above: You just know that Mother Cabrini would chuckle to see these youngsters clearly enjoying her newly restored bench.

Photo right: Paper hearts overflowing with hopeful wishes.



Messages from Pope Leo XIV

Pope Leo XIV recently returned from a trip to Lebanon and Turkey. During his trip he cited the prophet Isaiah's call for a world at peace. "How urgent this call is for us today," he said. "How great the need for peace, unity and reconciliation around us, within us and among us."

To read Pope Leo's message for Advent, please click [here](#)

To read what Pope Leo was thinking during the conclave, please click [here](#)

Recharge, Refresh, *Re-energized!*



Betsy Suarez, a licensed mental health counselor, spoke to a group at CIS-Dobbs Ferry, NY about the importance of self-care.

Cabrini Immigrant Services – Dobbs Ferry (CIS-DF), held a workshop entitled: “Reiniciar y Recargar Energías: Por qué el Autocuidado es Importante (Reset and Recharge Your Energy: Why Self Care Matters). The workshop was presented by Betsy Suarez, a licensed mental health counselor. Betsy spoke about the importance of taking care of yourself so you can better care for others. Several ideas were shared about using different ways to help relax the

body and calm the mind. Ideas such as keeping a gratitude journal, guided meditations, a walk and calling a friend, were discussed.

Everyone in attendance received hand cream and a lip mask. Betsy showed how to massage the hands using the hand cream. Another important piece that was shared was learning to say, ‘no,’ without feeling guilty.

Everyone left feeling energized. What a perfect way to feel as we prepare for the hustle and bustle of the holiday season. ~ submitted by Lorraine Campanelli, Director CIS-DF

Something as simple as applying hand cream to dry, cracked hands during the winter months can be a quick and refreshing self-care treat. Here ladies apply some hand cream as part of the workshop.



The Update - Publication Schedule

Kindly note that next week’s Update will be the final edition for 2025.

We will look forward to bringing you more Cabrini “good news” in 2026 resuming on January 8th.

Cabrini and Brother Martin Retreat Teams Share Faith with Catholic Schools

This year, the Cabrini High School Retreat Team embraced its call to share the Gospel in a meaningful new way: by partnering with the Brother Martin High School Retreat Team to host faith-filled retreats for local Catholic elementary students. Students participated in these special retreat days designed to strengthen their understanding of faith and community.

The combined Cabrini/Brother Martin retreat teams broke into small groups and together, they guided the students through discussions, reflections, and hands-on activities centered on building a strong foundation of faith. Their shared leadership created a dynamic environment where younger students felt supported, welcomed, and inspired.



Cabrini High School New Orleans Retreat Team members collaborated with Brother Martin Retreat Team members in providing retreats for area Catholic elementary school students.

What makes this partnership especially meaningful is the deep spiritual connection between the two schools. Cabrini High School was founded by the Missionary Sisters of the Sacred Heart of Jesus, while Brother Martin was founded by the Brothers of the Sacred Heart. Both religious communities share a devotion to the love and mercy of Jesus, symbolized by His Sacred Heart. Seeing students from these two traditions work together as modern-day disciples brought this devotion to life in a beautiful and tangible way.

Cabrini extends heartfelt thanks to Campus Minister **Nicole Jouandot** for her commitment to bringing Cabrini's faith leadership to other schools, and to **Donnie Midkiff** of Brother Martin for inviting Cabrini to join in this mission. The schools are looking forward to hosting more retreats together in the spring.

~ submitted by Anne Argus DiPaola, '96, Director of Communications, Cabrini High School

Announcing: A Pilgrimage to Italy in Honor of the 80th Anniversary of Mother Cabrini's Canonization

Coming in 2026

In April 2026, Mother Cabrini Shrine in Colorado will commemorate the 80th anniversary of the canonization of St. Frances Xavier Cabrini with a special pilgrimage to Italy, inviting participants to walk in Mother Cabrini's footsteps and visit the places where her faith and mission first took root.

Pilgrims will journey to Sant'Angelo, Codogno, and other sites significant to Mother Cabrini's life, with opportunities for prayer, reflection, and a deeper encounter with her courageous spirit.

We invite you to begin praying with us as we prepare for this meaningful experience, and we invite you to join us!

Details of the pilgrimage can be found here:

<https://encountertravel.wetravel.com/trips/pilgrimage-in-the-footsteps-of-st-frances-xavier-cabrini-encounter-travel-93235641>



One Minute Meditation

Trusting Our Divine Teacher

Knowing God's will for us can be difficult, especially, when all the options seem to be basically good ones. How do we choose? The prophet Isaiah speaks of God as our Teacher. We need to trust that God will be with us in our searching and our decision-making. If we long to follow God's ways, Holy Wisdom will surely guide us and teach us what is best for us. Isaiah also implies that we need to listen. Rarely will we hear God's words as clearly as Isaiah did, but if we attune to God through prayer, try to be open, be aware of our resistances, and live life as best as we can, then I believe we can trust that we will make good decisions.

~ Joyce Rupp, *Inviting God In*/ from *Words of Grace*.
Used with permission

We journey together through the quiet season of Advent. We are delighted to share that this Advent, once again, the Cabrini Lay Missionaries (CLM) are gracing us with their reflections. The reflection for the Second Sunday in Advent is given by Marianne McGowan, CLM.

The Season of Advent



2nd Sunday in Advent

Tears streamed down my father's face as he listened to "Oh, Holy Night". He was so moved by the words of this Christmas hymn and by the angelic voice of Theresa, a family friend, as she sang and played the piano. I too, was moved by this scene. I was seven years old.

"Oh, holy night. The stars are brightly shining. It is the night of our dear Savior's birth. A thrill of hope, the weary world rejoices, for yonder breaks a new and glorious morn!"

As I reflect on these words, I find myself singing them, some phrases over and over. "A thrill of hope." "A weary world rejoices." "For yonder breaks a new and glorious morn."

And I pray. "Lord, gift me this thrill of hope. I feel darkness around me in this world. Shed the glorious light of morning upon me and my faith-filled community. Help me...help us to hope in your coming, O Lord. Amen.

~ Marianne McGowan, CLM

Feast of the Immaculate Conception

The Feast of the Immaculate Conception, celebrated on **December 8**, honors the Catholic belief that Mary, the mother of Jesus, was conceived without original sin. As one of the most important Marian feasts, it is a holy day of obligation for Catholics in many countries and is often marked by Mass, prayer, and reflection on Mary's role in salvation history. This year, Pope Leo XIV will continue the papal tradition of visiting the statue of the Blessed Virgin Mary near Rome's Spanish Steps.



Prayer Requests

Ron Clute

Your prayers are requested for Ron Clute, the husband of Claire Clute, former staff member at Cabrini University. Ron is currently hospitalized and Claire is hoping that he will soon be well enough to enter a program of rehabilitation. Claire would be so grateful for the prayers of the Missionary Sisters and the Cabrinian community.

Dr. Candi Sicoli's brother

Kindly keep the brother of Dr. Sicoli, Cabrini College Professor Emerita, in your prayers. Her brother just underwent rigorous surgery and is now recovering. Please pray that his recovery will continue to go smoothly.

With Grateful Hearts

Just prior to the Thanksgiving holiday, the Guadalupe Province Communications Office received the following greetings from Cabrinian colleague, Margaret Stewart, at Cabrini Health in Australia. The message she shared was so uplifting we wanted to share it with all our Update readers:

Dear Friends in the United States,

Ahead of your special day I send you good wishes from Australia.

At Mass today we remembered and prayed for you all. Father Tom cited the beginning of George Washington's original proclamation of 1789. I looked it up and went on to read...

...and also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech him to pardon our national and other transgressions—to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually—to render our national government a blessing to all the people, by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed—

I imagine it's a day of feasting and festival. You all remain in our prayers here. We are in solidarity with you and those you work so hard to serve.



Kind regards,
Marg