



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

THE UPDATE

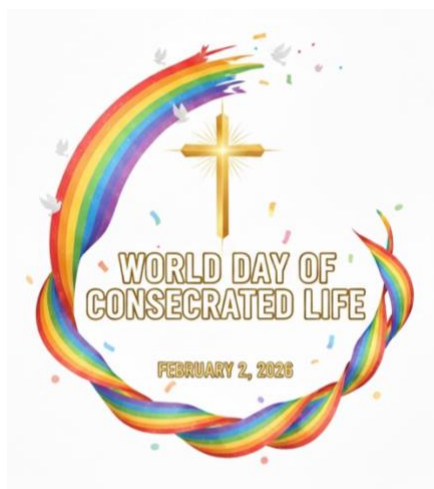
January 29, 2026

## World Day for Consecrated Life

In 1997, Pope Saint John Paul II instituted a day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on February 2nd. This Feast is also known as Candlemas Day; the day on which candles are blessed symbolizing Christ who is the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples.

**World Day for Consecrated Life will be celebrated in parishes this coming weekend.**

Please pray for all persons who have made commitments in the consecrated life and be sure to thank them, especially, our Missionary Sisters, on their special day, for their service to the people of God.



We pray for those who are consecrated to God by the vows of chastity, poverty and obedience. May they always reveal the love of Christ to those they encounter and continue to enrich our world by their dedicated lives of prayer.

May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

On this day, we pray also, for all those who are discerning their vocation in life, particularly those whom the Lord is calling to consecrated life. May they

be given the wisdom to hear God's call and the courage to respond generously.  
~ USCCB website

To access resources for the World Day of Consecrated Life, click [here](#)

## CAVS Social Justice Ambassadors Host Webinar on Refugees



The Cabrini University (CAVS) Social Justice Ambassadors, under the leadership of Dr. Jerry Zurek, former Chair of the Communications Department, welcomed former Cabrini University faculty member

Vonya Womack to speak on refugees and the power of story and community as tools of seeking justice and freedom.

Ms. Womack shared that it is more difficult to look away from a person or an issue when you hear the story, the narrative. Data can dominate a conversation, sometimes overshadowing events, however, story can be riveting, humanizing and can change perspectives. We need people to speak out against injustice, she said. Story can arc into resistance. Words matter.

When people ask, ‘what can I do?’ she said, “your heart will tell you what to do. Your past will point you in your own direction, your niche.”

The webinar ended with participants contacting their congressional representatives about the upcoming funding legislation.

---

## Immigration News

- The following are recent articles in Catholic publications regarding current immigration issues:
  - [Twin Cities pastors preach: ‘We are walking in darkness and living in fear’](#)
  - [Catholic Church's prophetic voice on immigration must rise](#)
  - [Catholic Minnesotans stand against intimidation](#)
  - [Multi-denominational clergy descend on Minneapolis](#)
  - [Q and A with on Immigration with Bishop Seitz](#)
-

# NETWORK Launches Institute to Help People Organize

If you're feeling overwhelmed by the news, you're far from alone. There are also millions of people who want to do *something*, but just don't know *what*.

NETWORK, the Catholic social justice lobby, has an answer: Get organized.



The lobbying group started by, and still largely run by, Catholic sisters is launching its [Organizing Institute](#), a four-month program designed to strengthen your ability to recruit new people into the movement against the rise of authoritarianism and unaffordability of daily living, build powerful teams and communicate an inspirational message.

The sessions are virtual and are Thursdays, every other week, from 1-2:30 p.m. Eastern, starting March 5 and ending June 25. The deadline to apply is Feb. 11, but officials advise applying as soon as possible. ~ *from Global Sisters Report*

---

## One Minute Meditation

### Don't Harden Your Heart

What we would like to do is change the world - make it a little simpler for people to feed, clothe and shelter themselves as God intended them to do. And, by fighting for better conditions, by crying out unceasingly for the rights of workers, of the poor, of the destitute we can, to a certain extent change the world; we can work for the oasis, the little cell of joy and peace in a harried world.

Dear God, please enlarge our hearts to love each other, to love our neighbor, to love our perceived enemy as well as our friend.

~ Dorothy Day, *In Peacemaking, Day by Day*

~ Words of Grace - used with permission

# MSCs, CAVS & Friends Unite to Provide Warmth in Winter

Cabrini University alumni and friends, in collaboration with the MSC Cabrini Immigration Commission, rallied before Christmas to donate winter clothing



Large boxes of new coats for high school students were delivered to the staff in the Norristown School District.

essentials – hats, gloves, scarves - for children in need in our partner school districts in Southeast Pennsylvania. These items were delivered just in the nick of time before Christmas to bring smiles and warmth.

Then, just after the new year, the Immigration Commission received an urgent request for coats for high school students in the Norristown School District. (Many of the earlier donated items were sized for elementary school children.) Our contact in Norristown shared that some high school students were coming to school without coats on the coldest days!



Again, due to the generosity of the Cabrini alumni and friends of the Missionary Sisters, last week, it was possible to purchase and deliver 30 brand new winter coats for high school students. The coats were distributed to students that very afternoon bringing much needed comfort to these young people.





## Moving Forward Together at the Start of an Exciting New Year

Whoever said January was dreary clearly hasn't spent time at Cabrini High School. This month has been filled with celebration, faith, and momentum as our community moves through one of the busiest and most meaningful seasons of the school year.

Excitement continues to build around the progress of our gym renovations with the completion of the first phase now unveiled. That renewed space made an immediate impact as our basketball team opened play in the gym with a big home victory, an



CHS soccer team is on fire as they celebrate victory after victory.

energizing moment for players, students, and Crescent fans alike.

Our soccer program has also given our community much to celebrate. The team's remarkable season has featured high-scoring offensive performances along with impressive shutout victories, reflecting strong preparation, discipline, teamwork.

and t

School spirit will be on full display this weekend as our cheer and dance teams take the national stage **together** for the first time. The teams will travel to Orlando to compete at the ESPN Wide World of Sports Complex, a venue used by collegiate programs from across the country. Their hard work, unity, and commitment have brought them to this milestone, and we are proud to see them represent Cabrini on such a prominent stage.



Cabrini students attend the March for Life in Washington, D.C.

Meanwhile, faith remains at the heart of life at Cabrini. We were blessed to celebrate a beautiful Right to Life Mass during which our Right to Life Club

members were pinned and recognized. These students have since returned from Washington, D.C., where they joined thousands of young people at the March for Life in support of the dignity of the lives of both mothers and babies. These experiences remind us that faith at Cabrini is lived daily and carried well beyond school grounds.

That same spirit has been evident throughout Catholic Schools Week. Our liturgical choir was honored to be asked to sing at the Archdiocesan Catholic Schools Week Mass at the St. Louis Cathedral, and student artwork is proudly displayed at Lakeside Mall as part of the Archdiocese of New Orleans Catholic Schools Week celebration. Together, these moments reflect a community rooted in faith, alive with talent, and moving forward with the joy of Jesus in our hearts.

*~ submitted by Anne Argus DiPaolo, '96 Director of Communications, Cabrini HS*

---

## Prayer Requests

### In Loving Memory

#### ***Kathy P. Myers***

Please pray for the repose of the soul of Kathy P. Myers, sister of Karol Brewer in the Guadalupe Province Office. Kathy passed away on Saturday after a brief illness. Please pray for Karol and her family, especially, for Kathy's twin sister, Karen, at this very sad time. They would be grateful for our prayerful accompaniment. Funeral services will be for the family only.

