



February 5, 2026

International Day of Prayer and Awareness against Human Trafficking

Sunday, February 8

Remember events like the **Super Bowl** offer a great opportunity to raise awareness on human trafficking and on **February 8**, that opportunity will once again arise as **Super Bowl LX takes place in Santa Clara, California**. Yet, as we inch near this large sporting event, it is important to remember that it isn't the only occasion that requires us to direct our attention to the victims of human trafficking – just one of the more well-known.

Talk to your friends, neighbors and family members during Super Bowl parties to raise awareness about human trafficking. Make sure they know that human trafficking is taking place during this event.

Inform them of the following:

A few ways that we can help victims and raise awareness are as follows:

- **Learn the signs.** How can we “say something” if we don't know what we're looking for? Shared Hope International offers excellent resources that explain these signs. Their resource section also includes an [“On the Road Warning Signs”](#) document that explains in detail what to look for while traveling. Some of these signs include the suspected victim having someone watch over their every move, having branding on them, being afraid, not speaking freely, showing signs of injuries, not having access to their ID, etc.
- **Be bold.** If you see something, say something. Never take matters into your own hands. There are trained individuals ready to act in these situations, but by noticing these signs and calling the proper personnel, you are giving help to those in need.
- **TO REPORT A TIP OR CONNECT WITH ANTI-TRAFFICKING SERVICES IN YOUR AREA, CONTACT:** National Center for Missing & Exploited Children 1-800-843-5678 If you have information about a missing child or suspected child sexual exploitation, call to report it or visit their website. cybertipline.com

- **IN AN EMERGENCY: Dial 911**
- **National Human Trafficking Hotline 1-888-373-7888 - A national, toll-free hotline, available from anywhere in the country, 24 hours a day, 7 days a week, every day of the year.**

The most important thing we can do for those trapped in this lifestyle is **to pray**. Those who have experienced this life are carrying more trauma than many of us can imagine, and their recovery needs afterward are extensive. Oftentimes, even if rescued, the weight of this trauma can be challenging for these victims to process. Pray specifically that these victims are found and that someone shows them the love of Jesus. ~ submitted by Karol Brewer, Guadalupe Province Formation Office

St. Josephine Bakhita

Known as the patron saint of human trafficking victims, St. Josephine Bakhita's journey from slavery to sainthood inspires Catholics and many others worldwide. Born in Sudan, sold into slavery, and later becoming a Canossian sister, her legacy reminds us of God's power to bring good out of *any* suffering.

(2 Cor. 12:8-10; Rom. 8:28).

From the Homily of Pope St. John Paul II on Josephine Bakhita:

Sunday October 1, 2000

*Abducted and sold into slavery at the tender age of seven, she suffered much at the hands of cruel masters. But she came to understand the profound truth that **God, and not man, is the true Master of every human being, of every human life.** This experience became a source of great wisdom for this humble daughter of Africa.*

In today's world, countless women continue to be victimized, even in developed modern societies. In St Josephine Bakhita we find a shining advocate of genuine emancipation. The history of her life inspires not passive acceptance but the firm resolve to work effectively to free girls and women from oppression and violence, and to return them to their dignity in the full exercise of their rights.



You can read the [homily of Pope St. John Paul II](#) for her beatification in 1992 (use Google Translate from Italian to English).

Prayer to End Human Trafficking

Eternal God,
Source of justice, mercy, and unending love,
we come before You with heavy hearts,
grieving for the countless lives stolen,
their dignity stripped away,
and the hope dimmed by the darkness of human trafficking.
Lord, You see every hidden place,
every locked room,
every shadow where exploitation thrives.
You know the names, the faces, the stories
of each person trapped in fear and oppression.
We lift them to You now—
those who are missing,
those who are silenced,
those who are crying out in the quiet of their souls.
Break the chains, O God.
Shatter the systems of greed, corruption, and violence
that allow this evil to persist.
Expose the traffickers,
disrupt their networks,
and bring them swiftly to justice.
Pour out courage upon survivors—
that they may find safety, healing, and restoration.
Surround them with people who will protect,
listen, and walk with them toward freedom.
Heal the wounds that no one else can see—
the deep scars of fear, shame, and betrayal.
Strengthen those on the front lines—
rescue workers, law enforcement, advocates, and counselors.
Give them wisdom, endurance, and compassion
to persevere in this fight.
Let their work be fruitful,
and let their hearts be guarded from despair.
Lord, stir our own hearts to action.
Do not let us turn away in comfort or indifference.
Teach us to speak for the voiceless,
to notice the signs of exploitation,
and to use our resources, influence, and prayers
to bring light into the darkest places.
Amen.



UNITE FOR FREEDOM.

End Human Trafficking

Cabrini Women's Mental Health Model: Successful and Reproducible

It took three hours for Pat to find the courage to get out of her son's car on Hopetoun Street and make it through the doors of our Women's Mental Health Centre late last year.

Crippled with anxiety, her mind racing, and severely sleep deprived, the mum-of-four couldn't see how we could be of help until one of our psychiatrists sat her down and convinced her that this – Australia's first women-only mental health hospital – was exactly where she needed to be.

"I eventually made it through the doors," Pat said. "I was very ill, and even though there was nothing appealing to me about the thought of staying in a mental health hospital, I realised it was the right thing to do. I had to hold onto something, so I thought if they're going to send me to a facility, at least I knew that being in a women's-only place I would be safe."



Women's Mental Health Centre founder, Professor Jayashri Kulkarni (r.) and Cabrini Chief of Mental Health Sharon Sherwood.

"The whole program is built on dealing with and helping people through trauma in a women-only setting... and the biological aspects that are different for women – the hormone-related issues," Centre founder Professor Jayashri Kulkarni said.

"The idea of women's mental health needing a separate understanding and attention paid to safety and privacy is catching on."

In January, research published in the journal *Australasian Psychiatry* found that the specialised, trauma-focused, holistic model of care that Cabrini developed for women's mental health is not only effective but it can feasibly be reproduced.

"We've had a number of other centres from around the world visit our hospital to learn from us and use our model as a template.

"The whole program is built on dealing with and helping people through trauma in a women-only setting... and the biological aspects that are different for women – the hormone-related issues," Centre founder Professor Jayashri Kulkarni said.

Cabrini Chief of Mental Health, Sharon Sherwood, said the published data collected from the hospital's first three years testifies to the Program's success.

“Our guiding principle is that women experiencing significant mental illness will have a better response to treatment and better outcomes when they receive treatment in a safe, women-only facility, and that treatments and programs are targeted to meet the needs of women and tailored for their specific illness, with true recognition of violence and trauma in all its forms, and with consideration of the biological factors that affect women’s mental health,” Sharon said.

“That 95 per cent of the almost 1000 patients who we surveyed said they felt safe in our hospital’s care, and that 93 per cent of those surveyed said the quality of care was excellent and they would refer someone who needed psychiatric care, shows that this model really does work.”

For Pat, who has experienced multiple traumas throughout her life, her 14-day stay was challenging but life-changing and she’s now “feeling much better at being able to deal with the world”.



“I don't have the words for what it did, so I'll just call it an absolute miracle,” Pat said. “From where I was to where I am now, it’s given me back my life in every respect.

“My daughter convinced me to come here by saying that this place would give us a bit of hope that I could be well again, but I think we've got a bit more than that. My son Josh said we didn't just get our mum back; we got a better version of our mum.”

~ submitted by Margaret Stewart, Group Director, Identity and Mission, Cabrini Health, AUS

Immigration in the News

The following are links to news stories on immigration that have appeared in Catholic publications and websites:

- [I am a Minnesota Catholic Mom](#)
- [Faith Leaders are Stepping Up in Minnesota](#)



Blood Pressure: *Learning to Watch for the Signs*

Cabrini Immigrant Services – Dobbs Ferry (CIS-DF), held a workshop entitled: “Hipertensión: ¿Qué la causa? ¿Cómo se trata?” (Hypertension: What causes it/How to treat it). Amy Della Rocca, a Psychiatric Nurse Practitioner, and Sarah Townley, a Family Nurse Practitioner, presented the workshop.



Nurse Practitioner Sarah Townley checks the blood pressure of one of the workshop participants.

The workshop began with an explanation of what high blood pressure is and how it affects the body. They highlighted the serious health risks associated with hypertension, including stroke, kidney disease, and loss of vision.

Amy and Sarah spoke about ways to reduce stress, which affects blood pressure. Everyone participated in a meditation that

showed one way of helping to calm yourself. Additional stress-reduction ideas were practicing yoga, engaging in regular physical activity, and speaking with someone you trust.

The workshop concluded with everyone having her blood pressure checked. In addition, participants received information about local resources that are available to them. Our presentors also offered their availability to our clients. ~ submitted by Lorraine Campanelli, Director, CIS-DF



Photo above: Amy Della Rocca, a Psychiatric Nurse Practitioner, co-presented the workshop on the importance of blood pressure checks. **Photo left:** Nurse Practitioners Sarah (l.) and Amy respond to questions.



CIS-NYC Advocating in Multiple Dimensions

At Cabrini Immigrant Services of NYC, our staff, through the program Justice for Immigrants (JFI), has participated in a number of mobilizations in the city and in our state's capital to show our support for protecting immigrant rights!



We joined the New York Immigration Coalition's Annual Member Congress in Albany, lobbying our assembly members for the New York for All Act, which would prohibit state and local collusion with federal immigration enforcement; as well as

the Access to Representation Act, which would establish a right to universal representation, meaning anyone at risk of deportation who cannot afford a lawyer will be provided one; and finally, demanding that the budget for immigration legal services be increased to at least \$175 million.

We also paid our respects at the vigil for Alex Pretti, who was murdered by ICE officers in Minnesota, as well as attended the ICE Out of NYC rally on the designated nationwide shutdown against ICE.



Photo left and above: In legislative offices in Albany and on the streets of New York, representatives of CIS-NYC and JFI have been tireless in their advocacy for immigrants.

At our office on Friday, January 30th, our Social Services team hosted a Nutrition Workshop for clients, where they learned how to incorporate more vegetables and fruits into their meals. The participants also completed ten minutes of exercise and prepared a healthy recipe—a salad. We hope to continue our work serving the immigrant community whether it be in our office, in the state capital, or in the streets!

Photo below: Nutrition workshop participants.



~ submitted by Sofia Cruz, JFI Community Organizer, CIS-NYC

Prayer Requests

Antoinette and Richard

Your prayers are requested for Antoinette and Richard, a married couple of many years, who is each experiencing health challenges at this time. Pray for their healing and comfort.

Victims of Human Trafficking

As we observe the International Day of Prayer and Awareness of Human Trafficking, let us hold in prayers all those whose lives have been ravaged and scarred by this heinous crime. Pray that each person may heal in body, mind and spirit.

In Loving Memory

Rejane Prigol

Please pray for the repose of the soul of Rejane Prigol, the niece of Sr. Bridget Zanin, MSC, who went home to her father in heaven this past weekend. Her passing was unexpected. Please pray for her mother and the entire family at this very sad time. Sr. Bridget's family would be so grateful for our prayers.

