



March 19, 2026

Today is the Feast of St. Joseph

Saint Joseph is one of the most revered figures in Christianity, known as the faithful spouse of Mary and the earthly guardian of Jesus Christ. Although he never speaks in the Gospels, his actions reveal a man of deep faith, humility, and obedience to God's will.

Joseph was a carpenter by trade, living in the town of Nazareth. The Gospels of Matthew and Luke describe how he was betrothed to Mary when he learned she was expecting a child through the Holy Spirit. Initially troubled, Joseph planned to quietly end the betrothal to protect her from public shame. However, after receiving a message in a dream from an angel, he accepted God's plan with courage and took Mary as his wife, demonstrating extraordinary trust and righteousness.



Joseph played a vital role in safeguarding the Holy Family. He led Mary to Bethlehem for the census, where Jesus was born, and later protected them by fleeing to Egypt to escape the threat of King Herod. Eventually, he returned with his family to Nazareth, where he raised Jesus, teaching Him both his trade and the traditions of the Jewish faith.

Often called the “silent saint,” Joseph is honored for his quiet strength, integrity, and unwavering devotion. He is recognized as the patron saint of workers, fathers, families, and the universal Church. His life is a powerful example of faithful service, reminding believers that holiness is often found not in words, but in loving action, responsibility, and trust in God's guidance.

Read Pope Leo's comments on St. Joseph [here](#)

Helpful Workshops *and* a Graduation!



Community members filled the room at CIS-NYC to learn how to support and defend their immigrant neighbors. Community Organizer, Sofia Cruz, educated attendees about their rights in encounters with immigration officials.

Towards the end of February, on Sunday the 22nd, the Justice For Immigrants Program held a Bystander Training Workshop at the St. F. X. Cabrini Shrine in New York City. Neighborhood locals gathered to learn how to support and defend their immigrant neighbors by getting some basic Know Your Rights information, tips on identifying federal immigration officers, how to accurately record and report ICE presence, and much more. We are grateful to all those who came with a willingness to learn!

Graduation Day!

On Friday, March 13th, the graduation ceremony for the Cabrini Nutrition Workshop took place. Thirteen participants from various countries, including



Proud of their accomplishments, the graduates of the Cornell/Cabrini Nutrition Workshop display their diplomas.

Honduras, Venezuela, Ecuador, the Dominican Republic, and Mexico, completed nine nutrition workshops in collaboration with Cornell University's Cooperative Extension. *Story continues on following page.*

Throughout the program, participants learned to read food labels, teach their children to eat healthier, practice food safety, and take proper care when washing fruits and vegetables. Each participant received a diploma and a gift from Cabrini and Cornell as a token of appreciation for their dedication and perseverance throughout the program.



Congratulations, Graduates!

The graduation was a joyful event where everyone shared a pleasant time together and prepared healthy recipes such as fruit salad, green salad, rice, and guacamole.

The nutrition group began on January 16, 2026, with an orientation session and concluded on March 13, 2026.

*~ submitted by Sofia Cruz, JFI
Community Organizer, Cabrini Immigrant Services-
NYC*

Cabrini University CAVS Travels to Guatemala

In our March 5th edition of The Update, we brought you news of the service trip that a group of Cabrini College/University alumni, faculty and friends were on in San Lucas Tolimán in Guatemala. The following are excerpts from their reflections on their remaining days in Guatemala.

Day Five



Wash day!

The group returned to the Women’s Center which offers a variety of classes such as cooking, sewing and weaving so that the local women can learn from one another and support their families. During their visit the group learned how to wash clothes using a “pila” as many Mayan women do. All clothing is washed by hand and different soaps are used for different fabrics. If washed properly, clothing can last up to ten years.

Although kitchens have been somewhat modernized, many Mayan women still cook tortillas the way their

grandmothers instructed them - without electricity - in “la cocina de la abuela.” The process requires great arm strength!

They learned that the Maya people very much honor their culture and traditions of their ancestors. Many tasks are still done manually and require a great deal of effort. The group noted this was a humbling experience since we are so accustomed to modern conveniences.



Making tortillas the traditional way.

Their evening discussion focused on subsidiarity - the idea that social, political and organizational decisions should be handled at the most local level possible, by the people impacted the most every day.

Day Six



A Cabrini bucket brigade transported gravel to the site. Local youngsters were eager to help!

This day, the group traveled to a construction site at a family’s home which sat below a steep embankment. They had to establish a safe and efficient way to bring buckets of gravel down the hill. They were befriended by a little girl who wanted to help and who also recruited her young cousins to assist. The determination of the children touched the hearts of the group.

That afternoon, they spent time in the Charity with Dignity program. Those in the program once worked on a plantation but were relocated to a nearby town after a 2005 storm destroyed their homes.

Through the group’s visit with these community members, they came away with a deeper understanding of resilience.

Fittingly, their evening reflection focused on human dignity. They posed a question: if every person truly has inherent dignity, how would our actions and the way in which we treat others, change if we remembered their dignity every single day?

Day Seven

Learning about the colorful murals in San Lucas Toliman was a focus of the day. They heard directly from the artists about the symbolism and culture behind the artwork.



Each element of the murals holds significance which they learned directly from the artists.

Later in the day they attended a presentation on coffee beans and their preparation.



Each cup of latte is a work of art.

They even learned how to prepare a latte complete with latte art!

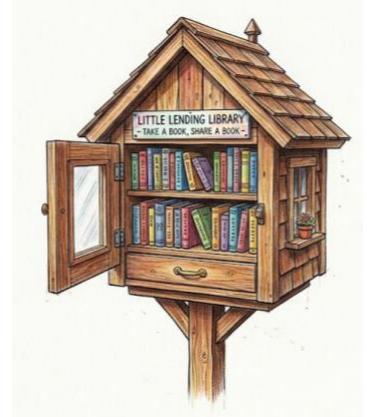
The day drew to a close with a combined Gannon University-Cabrini gospel choir which sang the grace before dinner. Following dinner, was the

farewell ceremony and a time for sharing with the students from Villanova University.

As a final element of the trip, the dedication ceremony for the lending library that the group had gifted the community took place. They were able to place over 100 books in the library. The hope is to continue the tradition of bringing books to San Lucas for years to come.

We thank you for following our journey!

~ with love from Ang, Bonnie, Charlesetta, Connie, Faith, Hollie, Janet, Jerry, Joanny, Madi, Paula and Yeredith



Cabrini High School

Celebrates Annual St. Joseph Altar



Students reenact the Holy Family seeking shelter during the Tupa-Tupa ceremony.

Cabrini High School’s annual St. Joseph Altar opened on March 18, 2026, welcoming students with the traditional “Tupa-Tupa” ceremony, a reenactment of the Holy Family seeking shelter before the birth of Jesus. Created in partnership with the Elenian Club, the oldest Italian women’s club organization in the United States, the altar reflected months of care, shared devotion among students, alumnae, and volunteers, and a strong commitment to tradition.

The opening day also included a lecture by Joann Testa, past Elenian Club president, on the Sicilian heritage of New Orleans and its enduring connection to

Cabrini High School, offering students a deeper understanding of the cultural roots that continue to shape the school’s identity.

Guests of the altar experienced a beautifully arranged display of traditional foods and symbolic elements, including intricately shaped breads, fresh flowers, candles, and images of St. Joseph and Mother Cabrini. Tables were filled with handmade baked goods, especially Italian cookies prepared by religion classes under the guidance of the Elenian Club and Cabrini alumnae. The altar invited quiet prayer and reflection while showcasing the richness of a tradition passed down through generations. A highlight each year is the guided tours of Mother Cabrini’s bedroom, the Cabrini Museum, and the shrine.



The Cabrini community now looks ahead with anticipation to next year’s altar, carrying forward a tradition rooted in deep faith, devoted Catholic practice, and the rich Italian heritage that continues to shape Cabrini High School.



Elenian Club member Joann Testa explains the significance of the various elements of the

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

As has been our tradition, the Cabrini Lay Missionaries (CLM) continue to journey with us through Lent by sharing reflections and meditations each week. The reflection for the Fifth Sunday of Lent is offered by Lorraine Campanelli, Director. CLM.

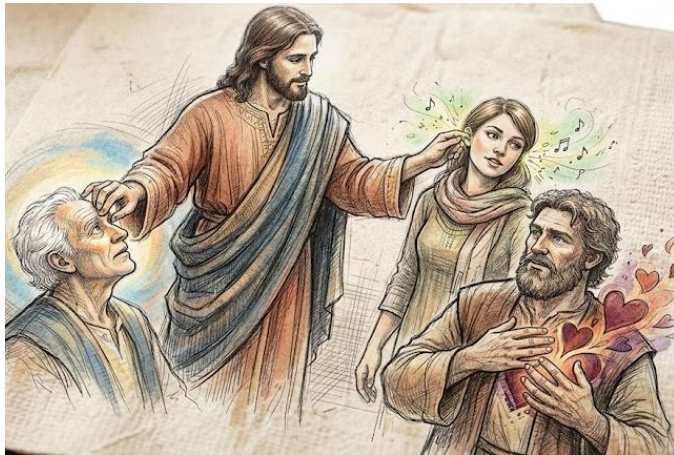
5th Sunday of Lent

This is it! The last week of Lent before the start of Holy Week. At this point, I always find myself in a panic because I don't feel that I have done enough for Lent. The 'should haves' and the 'could haves' start racing through my brain. Why didn't I do this or that? Here we are, just about ready to greet Jesus with palm branches and songs of praise. Is it too late? The one consolation is that with Jesus, it is never too late.

My focus for this week will be on a beautiful song written by Jesse Manibusan. It is titled, *Open My Eyes*. The song is a prayer that asks our Lord for help.

I pray that the Lord opens my eyes, my ears and my heart.

In doing so, my eyes will be able to see our Lord's face. But it goes beyond just the Lord. Will I be able to see God in others?



I pray the Lord opens my ears.

In doing so, I will be able to hear when God comes into my heart and speaks silently. But it goes beyond this. Will I be able to hear the Lord speak to me through others?

I pray the Lord opens my heart.

In doing so, I will be able to love the Lord with my heart, soul and mind. But it goes beyond this. Will I be able to love others as the Lord asks us to do?

When I think of Holy Week, I see how quickly humanity can change. Some of the same people who greeted Jesus with palm branches and sang, "Hosanna to the Son of David," turned and started to yell, "Crucify Him, Crucify Him."

We live at a time where there is so much hatred, misunderstandings, wars, chaos, etc. Let us allow the Lord to 'roll away the stones that cover our eyes, mouths and hearts, like he did for Lazarus (John 11:1-45) so that we can see, hear and love others.

Although dead, when Jesus had the stone moved at Lazarus' grave, he gave new life to Lazarus. Lord, remove all obstacles from my life so I can see, hear and love like You.

Prayer Requests

John Catalanotto

Your prayers are requested for John Catalanotto, the husband of Anita Catalanotto, former staff member at Cabrini University. John is experiencing some health issues and he and Anita would be grateful for our prayerful accompaniment.

Dr. Candi Sicoli

Dr. Sicoli has requested the prayers of the Missionary Sister and the Cabrini Community for the mitigation of lingering health problems.

Tommy

Prayers are requested for Tommy, the son of a Cabrini College alumna. Tommy is experiencing serious health issues at this time, and he and his family would be very grateful for the prayers of the Missionary Sisters and the Cabrinian community.

In Loving Memory

Sr. Alfonsina Gomes, MSC

It is with great sadness that we share the unexpected passing of our dear Sr. Alfonsina Gomes MSC. Sr. Alfonsina went home to the Lord on Tuesday, March 17th. Sr. Alfonsina spent many years ministering to the residents of St. Cabrini Nursing Home in Dobbs Ferry, NY. Her gentle presence will be greatly missed. Sr. Alfonsina's Mass of the Resurrection will be on Tuesday, March 24th in the Nursing Home chapel.



Please make a note:

Sr. Bridget Zanin, MSC has new contact information.

Postal address:

St. Cabrini Nursing Home Convent
115 Broadway
Dobbs Ferry, NY 10522

Email address:

bzaninMSC@gmail.com