



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

THE UPDATE

March 5, 2026

Catholic Sisters Week

Celebrating Traditions, Changing the World

March 8 – 14

Catholic Sisters Week is an annual celebration held March 8–14 that honors the extraordinary contributions of Catholic women religious across the United States and around the world. Observed each year during Women's History Month, the week recognizes the spiritual leadership, compassionate service, and transformative impact of sisters in education, healthcare, social justice, parish ministry, advocacy, and outreach to people who are poor and marginalized.



CATHOLIC
SISTERS WEEK

Launched in 2014, Catholic Sisters Week invites communities to celebrate, learn about, and express gratitude for the lives and vocations of Catholic sisters.

Throughout the week, congregations and organizations

host events, share stories, highlight ministries, and promote vocations, helping others better understand religious life today.

Catholic Sisters Week also coincides with International Women's Day on March 8, connecting the witness of Catholic sisters with the global celebration of women's leadership and dignity. The week serves as a joyful reminder of the faith, courage, and dedication that Catholic sisters continue to bring to the Church and the world.

To learn more about Catholic Sisters Week click [here](#) and [here](#)

This year's Catholic Sisters Week coincides with the Provincial Assembly of the Guadalupe Province. The Missionary Sisters will be joined by MSC General Superior Sr. Maria Eliane Azevedo da Silva, MSC and General Councilor Sr. Gilda Mercedes Mendoza Argueta, MSC for the discernment of new Province leadership. Please pray for the inspiration and guidance of the Holy Spirit as the Missionary Sisters gather for this important meeting.

Cabrini University CAVS Travel to Guatemala

This week, a group comprised of Cabrini College/University alumni, faculty and friends is on a mission trip in San Lucas Tolimán in Guatemala. The following are excerpts from the reflections they write at the end of each day's experiences.

Day One

On Saturday, February 28th, a wonderfully diverse group arrived safely in Guatemala: 2 mother-daughter pairs; as well as 3 or 4 recent graduates; and some who have been here several times and some who are coming for the first time.

This is the 17th year that Cabrini has visited San Lucas Tolimán in Guatemala. Why did we come here in the first place? Cabrini had just begun its unique core curriculum focused on social justice, where the College wanted all students to deeply examine injustices in society and search for the root causes and learn how to create a more just world. The College asked Catholic Relief Services (CRS) where they could take students to experience a town trying to create a more just community. CRS said to go to San Lucas.



The Cabrini University CAVS group in the town of Panajachel.

Day Two

We visited Panajachel, a charming town surrounded by mountains that we reached via a 20-minute boat trip. The town is

full of vibrant outdoor shops and street vendors selling handmade shirts and purses with handmade embroidery. We attended Mass at the church which is part of the mission coming together with locals to celebrate. The theme for the day was the common good. We discussed how we experienced the common good throughout visit. The group witnessed the empowerment of local people encouraged to grow into leadership and management positions.

Day Three

We visited a beautiful farm owned by a hardworking gentleman. We spent the morning harvesting coffee beans and made a valiant effort to fill up our buckets! Afterward, we went to the women's center to see the women at the sewing



Harvesting coffee beans takes a lot of effort and patience, making one better appreciate their morning cup of coffee!

machines either learning how to sew, strengthening their skills, or practicing what they had just learned.

We learned that we must not take our privileges for granted. Behind everything that we get to enjoy or even

consume, there is a lot of hard work and dedication. We also learned to be grateful for the things we often overlook, such as our jobs or the work we do at home. We are beyond blessed in many capacities and seeing others who do not get the same experience is eye-opening.

Day Four

We toured all the programs the mission provides for the community. First was the Women's Center focusing on the intricate details of how the original Maya family lived and



Being on the clean-up crew is part of the experience, too!

built their home. There we saw a cooking station, a sewing room and a modernized kitchen used for cooking lessons. Second, we learned about improvements in the coffee growing capabilities. Our 3rd stop was the construction program, focusing on building individual homes and constructing the new visitors' center. The 4th program is the charity program. Poverty is severe in Guatemala and in the area around the mission. For example, 79% of Guatemalans live in poverty. In San Lucas 16% live in severe poverty, defined as living on less than \$3 per day. The 5th program is the visitors' program. The program welcomed over 126 groups last year. The kitchen serves more than 2,000 meals yearly. The goal of the visitors' program is to bridge cultural gaps through listening, learning, and implementing skills. **More next edition.**

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

CHS “Welcome Wagon” Travels 400+ Miles to Personally Greet Every New Student



Crescent cheerleaders, Cabrini Eclipse Dance team members, and student ambassadors load the “Welcome Wagon” and prepare for a three-day trek throughout New Orleans.

Cabrini High School recently rolled out a special “Welcome Wagon” to greet the newest members of the Crescent family in a way they will never forget. Over the course of one spirited weekend, Cabrini cheerleaders, members of the Eclipse Dance Team, and student ambassadors

traveled more than 400 miles back and forth across the greater New Orleans area to personally welcome each incoming eighth- and ninth-grade student to the school community.

From Friday afternoon through Sunday evening, the energetic teams went door to door, pom-poms waving and cheers echoing through neighborhoods as they surprised the newest Crescents right at home. Each stop brought moments of pure joy as students stepped outside to find their future classmates and school leaders celebrating them with enthusiasm and excitement.



Incoming eighth grader Zoe James, Cabrini second-line umbrella in hand, poses with the “welcome Wagon” crew.

The reactions were unforgettable. Many students reacted with squeals of surprise, wide smiles, and even tears of happiness as they realized the visit was just for them. Families joined in the

celebration, creating videos and cheering along as Cabrini representatives shared a warm welcome and helped mark the beginning of each student's journey as a Crescent.



Incoming eighth grader Aubrey Stevens, (c.) whose mother graduated from Cabrini in 1998, waited by her door for the Crescents' arrival.

The excitement and heartfelt moments fueled the group's energy throughout the entire weekend. Even after hundreds of miles on the road and dozens upon dozens of stops across the region, the spirit never faded. The final visit on Sunday evening was met with the same enthusiasm as the first, closing the weekend as the sun set on a truly memorable welcome for Cabrini's newest students.

its broadcast, highlighting Cabrini's unique approach to building community and celebrating its newest students.

The effort was so notable that a local news outlet picked up the story and featured the Welcome Wagon in

The celebration reflects Cabrini High School's deep commitment to sisterhood, connection, and community. Before a Cabrini girl even enters the gates, Cabrini High School ensures that every member of the school community feels celebrated, supported, and proud to be part of something bigger.

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

DON'T MISS this video of the weekend's recap on Instagram, [click here](#). Smiles guaranteed!!

The Crescents' Welcome Wagon made the local news - to see that newsclip click [here](#)

One Minute Meditation

What would it mean to build a society in which every person is treated as an image of the Divine? How would this impact our relationships with our family members, our neighbors, our co-workers, the stranger lying beneath the stained and rumpled blankets and trash outside the local Starbucks? The challenge is to imagine a fundamentally different reality: a world in which we train our hearts to see the people others might render invisible. And our hardest and holiest work is

not to look away. ~ Sharon Brous, *The Amen Effect*, used with permission from *Words of Grace*

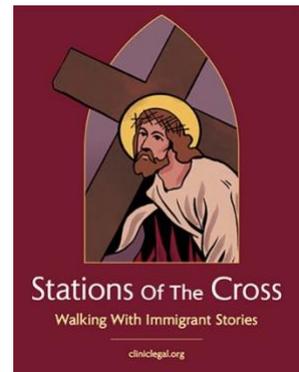


Immigration in the News

The following are links to articles/podcasts regarding immigration that have recently appeared in Catholic publications and on websites:

- [U.S. Cardinals and Pope's Ambassador Decry Mass Deportations in Minnesota](#)
- [Being a Neighbor](#)
- [Dorothea Project Urges Catholic Women to speak against immigration injustice](#)

For your Lenten reflection, an immigration-focused stations of the cross from the Catholic Legal Immigrant Network, Inc. click [here](#)



From the Guadalupe Province Vocation Team and the National Religious Vocation Conference:

SPONSORED BY THE NRVIC DELAWARE VALLEY MEMBER AREA THROUGH A GRANT FROM THE AMBASSADOR'S FUND.

Called, Chosen, and Gifted

An Intercongregational Retreat for Women and Men Exploring Religious Life

For single, Catholic women and men ages 20-45

Mother Boniface Spirituality Center
3501 Solly Ave.
Philadelphia, PA 19136

Requested Registration Fee: \$25 per person

Join with others to explore your baptismal call, personal vocation, and the diverse charisms of religious life in a prayerful, supportive setting, facilitated by an intercongregational group of vocation ministers from women's and men's religious communities in the greater Philadelphia area.

APRIL 10-11, 2026

Arrive between 5-6 P.M. Friday 4/10. Program ends 8 P.M. Saturday 4/11 with Mass, for the Vigil of the 2nd Sunday of Easter. Accommodations and meals included through Sunday morning, April 12, at no additional cost.

REGISTER BY NOON,
FRIDAY 3/27/2026



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As has been our tradition, the Cabrini Lay Missionaries (CLM) will be journeying with us through Lent by sharing reflections and meditations each week. The reflection for the Third Sunday of Lent is offered by Julia Attaway, CLM.

The Third Week of Lent

“Everyone who drinks this water will be thirsty again;
but whoever drinks the water I shall give will never thirst” John 4:13-14

Fresh out of college I lived for a year in Puerto Rico. One weekend my friend Gabriela and I arranged to go on an overnight camping trip on a tiny island off the south shore. We hired a boat which took us to a spit of land 20 minutes away and scheduled a pickup for the next day. We brought food, a 5-gallon jug of water, a tarp, sunscreen, and a spirit of adventure.

We explored the harsh landscape and set up our tarp so we had some shade. Thirsty, we poured ourselves glasses of water. It tasted strange. By now the big plastic jug we’d brought had sat in the sun for several hours. Though we’d cleaned it out to remove all traces of its previous life as a corn oil container, the blistering heat had caused the plastic to expand. Trapped particles of rancid oil now speckled the surface of the water.

But the sea beckoned. We slathered on more sunscreen and headed into the crystal water. A boat pulled into the bay and anchored nearby. We spent hours snorkeling with the boat’s owners. Eventually they invited us to eat dinner with them. Gabriela and I went back to the tarp to change clothes. We were very thirsty, but the water from the jug was hot and so foul it made us gag.



We ate spaghetti on the deck of our new friends’ boat as the sun set. As we finished dinner the wife of the couple commented, “I’m so glad the pasta doesn’t taste too salty. I cooked it in seawater.” Gabriela and I looked at each other in silent alarm. We were thirsty, really thirsty, and salt would make us thirstier. I don’t know why we didn’t admit our problem to our friends. We were young, proud, and probably thought ourselves immune to danger.

That night I tossed and turned on the sand, waking frequently. It felt as if my entire being could only think of water. Nightmares of wandering in a desert gave way to dreams about waterfalls, dreams of pumps gone dry, dreams of rain. By morning I was exhausted and scared.

Mercifully, the boat arrived on time and there was fresh water on board. Gabriela and I drank cup after cup. The memory of that thirst, a thirst beyond anything I had ever known, remains with me to this day. May we all thirst for Jesus with such intensity. ~ Julia Attaway, CLM

Lord, give me a deep and endless thirst for you.

The reflection for the Fourth Week of Lent is offered by Lorraine Campanelli, CLM.

The Fourth Week of Lent

There are certain scriptures that automatically take me to a specific place. For example, the Psalm for the fourth Sunday of Lent is Psalm 23, 'The Lord is my Shepherd.' For some reason, whenever I hear this Psalm, I think of a funeral Mass. So often it is either read or sung as the Responsorial Psalm. I often wonder why this psalm is so connected to a funeral. When you read the verses, it is all about life. The psalm speaks of refreshing my soul, being guided in right paths, fearing no evil because the Lord is with me. I am told that I am given courage, I am anointed and that goodness and kindness will be with me all the days of my life.



As we walk the journey of Lent, let us remember that even in those times of hardship, anxiety, fear and doubt, we are being guided in right paths, being anointed and thus given courage. I may walk through dark times, but I do not walk alone. This Lent, I will make a concerted effort to say during those times, 'The Lord IS my shepherd, there is nothing I shall want.' I may have to say it many times during the day, but I know I never walk alone.

Perhaps this week, we can focus on the verse, 'The Lord is my Shepherd, there is nothing I shall want.' It might be helpful to reflect on it in two ways:

- ❖ **What does it mean to me to know that the Lord is my Shepherd? In what ways do I allow the Lord to shepherd me?**
- ❖ **Then reflect on, 'Because the Lord is my shepherd, there is nothing I shall want.' What fills my heart? What brings me closer to our Lord? How is the Lord enough for me?**

I think I now understand why Psalm 23 is often used at funerals. If we live our lives knowing and believing that the Lord is our Shepherd, then we need not fear at the time of death because when you are with the Lord, there is nothing that you will want. It is comforting to know that when my life on earth ends, I will live forever with the Lord, because while on earth, the Lord was my Shepherd.

~ Lorraine Campanelli, CLM, Director

Prayer Requests

Missionary Sisters of the Sacred Heart of Jesus



Please continue your prayers for the Missionary Sisters as they gather for their Assembly next week. Pray for the blessing and guidance of the Holy Spirit to inform their discussions and discernment. Please pray, too, for their safe travel to and from the meeting.

Pray for Peace

We lift up the Middle East, now burdened by the weight of a profound struggle. We ask for a peace that finally takes root and a healing that reaches every heart.

Grant comfort to those who mourn the deceased, safety to all those in fear, and the resilience and resolve to rebuild what has been broken.

We pray that leaders recognize the fragility of humanity and cease the need for power as the way in which to seek peace.

We ask for a special mantle of protection over all those serving in the region. Guard their lives and their spirits. Keep them from harm's way and lead them safely home to their loved ones.

UPDATE PUBLICATION SCHEDULE

Due to the MSC Assembly and scheduling in the Province Communications Office during the week of March 8th, **The Update will not be published on Thursday, March 12th**. Kindly note this when planning Update submissions. Thank you.

Publication will resume on Thursday, March 19th.