



December 12, 2024

The Feast of Our Lady of Guadalupe

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In 1531, Mary, the Mother of God, appeared as a young woman to an indigenous peasant named Juan Diego. She asked him to build a church, but that seemed impossible to him. Mary continued to appear to him and on December 12, she instructed him to gather roses from a hillside and present them to the bishop as a sign.

Juan Diego gathered the roses in an old *tilma* (a simple indigenous cloak). When he later unfolded the cloak for the bishop, a stunning image miraculously appeared on the *tilma*. It was an image of Mary, known today as Our Lady of Guadalupe, Queen of Mexico, and Patroness of the Americas.

The *tilma* has been examined several times by scientists and all manner of miracles have been discovered. But the story of Our Lady of Guadalupe doesn't just show the incredible power of God. Mary also teaches us that she is truly our mother.



Before Mary returned to heaven, she gave Juan Diego an incredibly encouraging message of love. And today, on the feast of Our Lady of Guadalupe, she has the same message for you:

*“Let not your heart be disturbed.
Do not fear that sickness,
nor any other sickness or anguish.
Am I not here, who is your Mother?
Are you not under my protection?”*

*Am I not your health?
Are you not happily within my fold?
What else do you wish?
Do not grieve nor be disturbed by anything!”*

Read these words slowly. Read them more than once. And bring whatever is concerning you to Mary. She is your mother, and she cares for you with tender love and powerful protection! ~ *Dynamic Catholic, Today's Saint*

Our Lady of Guadalupe is the Patroness of our Guadalupe Province of the Missionary Sisters.

To learn more about Our Lady of Guadalupe click [here](#) and [here](#) and [here](#)

Exciting News from the St. F.X. Cabrini Shrine



St. Frances Cabrini Shrine is honored to be named a sacred pilgrimage site for the 2025 Jubilee of Hope by the Archdiocese of New York. The bishop of each diocese is permitted to designate local pilgrimage sites so that the faithful who are unable to travel to Rome during the Jubilee can still receive a plenary indulgence by going on pilgrimage locally. ~ *submitted by Julia Attaway, Executive Director, St. F.X. Cabrini Shrine, NYC*



Blessings upon those adults recently confirmed at the St. F.X. Cabrini Shrine in NYC.

Fifty-six adults from the Archdiocese of New York gathered with family, friends, and their sponsors to receive the Sacrament of Confirmation at St. Frances

Cabrini Shrine on the evening of December 4. What joy! Bishop Edmund Whalen presided. ~ *submitted by Julia Attaway, Executive Director, St. F.X. Cabrini Shrine, NYC*

Beloved Traditions of the Advent Season

On Wednesday, December 3rd, the residents and staff of Cabrini of Westchester gathered for a brief prayer service to bless the outdoor nativity scene. The prayer service took place in the lobby with resident priest, Fr. Michael Banks, OFM, Cap., sharing the readings and blessing the Baby Jesus.



Fr. Michael Banks, OFM, Cap., blesses the Baby Jesus during the prayer services at Cabrini of Westchester.

Afterwards, Fr. Ron Galt, Vice President of Pastoral Care and Mission, and Sr. Isalia Carvahlo, MSC, carried the infant Jesus' statue outside to the beautiful crèche where Fr. Ron



Fr. Ron Galt blesses the nativity scene at Cabrini of Westchester.

sprinkled the entire scene with holy water. Before the Baby Jesus was brought outside to the manger, Fr. Banks shared, “As we pause to bless this Christmas Manger scene, we are reminded that the practice of erecting such mangers was begun by St. Francis of Assisi as a means to send forth the message of Christmas. When we look upon these figures, the Christmas gospel comes alive and we are moved to rejoice in the



mystery of the Incarnation of the son of God.”

~ submitted by Susan Herceg, Director of Development and Public Relations, Cabrini of Westchester

More Exciting Jubilee News!

The Mother Cabrini Shrine in Golden, Colorado has been chosen as a Jubilee Pilgrimage Site by the Archdiocese of Denver. *~ submitted by Jo Ann Seaman, Executive Director*



Leadership is *Alive* at Cabrini High School!

At Cabrini High School in New Orleans, leadership isn't just taught—it's lived. Inspired by Mother Cabrini's legacy of faith-driven resilience, vision, and initiative, students are emboldened to discover the burgeoning leader within themselves. In recent weeks, they've embraced this call to lead through initiatives in medicine, the arts, and foreign language.



The Medical Professionals Club

This spirit has been on full display this fall with the Medical Professionals Club, affiliated with HOSA-Future Health Professionals. Dedicated to exploring healthcare careers, the club partnered

with Ochsner Health System to host "Ochsner Lunch and Learn" events. These sessions offer students an opportunity to hear directly from healthcare professionals and gain valuable insights into the field. The most recent session featured Regina Coats Galloway, a Cabrini alumna (Class of 1990) and Manager of Clinical Pathology at Ochsner. Regina shared her professional journey, managing a team of 140 laboratory professionals, and inspired students to envision themselves as future healthcare leaders.



The cast of *Arsenic and Old Lace*.

Leadership also took center stage in the theater department, where seniors Molly Walker and Sydney Bairnsfather directed and produced *Arsenic and Old Lace*. From set

design to sound and staging, the production was a student-led effort that exemplified collaboration and creativity. Longtime faculty and Cabrini alumnae Mary Argus (Class of 1986) and Caroline Argus Harris (Class of 1987) provided mentorship, continuing their 30-year tradition of guiding students in the arts while fostering a pre-professional program that has garnered praise from industry professionals throughout the city.

Cabrini also came to life during Hispanic Heritage Week, spearheaded by the students from the Spanish Honor Society and advanced Spanish classes. From morning prayers and pledges in Spanish to cultural facts, art, and culinary delights, the week highlighted the vibrancy of Hispanic traditions. Senior Anamaria Andrade's painting of Our Lady of



Senior Anamaria Andrade with her painting of Our Lady of Guadalupe.

Guadalupe graced the school's lobby, showcasing cultural pride and exemplifying the proactive spirit of a Cabrini High student, who longtime Spanish teacher and vice-principal Vivian Coutin describes as "*chicas of substance.*"

At Cabrini High School, students don't just follow Mother Cabrini's legacy—they build on it, bringing their unique vision and energy to roles that prepare them to make a difference in the world. ~ submitted by Anne DiPaolo, Director of Communications, Cabrini High School

Important News Items

The Bishops of the United States have launched an appeal for President Joe Biden to commute the sentences of the men on federal death row before the end of his term.... Read all: <https://www.vaticannews.va/en/church/news/2024-12/usccb-appeal-pope-president-biden-commute-federal-death-row.html>

The Pope meets with the organization, ResQ, which saves and offers support to thousands of migrants traveling across the Mediterranean. ... Read all: <https://www.vaticannews.va/en/pope/news/2024-12/pope-francis-audience-migrants-welcome.html>

A new film to be aware of: SEPARATED. To watch the trailer, click [here](#)

~ news items - with thanks to Sr. Pietrina Raccuglia, MSC

As we journey through this Advent season, we are pleased to share the reflections of our Cabrini Lay Missionaries. The reflection for the Third Sunday in Advent is by Julia Attaway.

Third Sunday of Advent: Rejoice!

Sunday's readings remind us that God who loves us is in charge, and that we wait for his coming with tremendous joy, not fear.



But what are we to make of the call to “rejoice in the Lord *always*” (Philippians 4:4)? How can you and I “rejoice and exult with all your heart” (Zephaniah 3:14) in the midst of grief, loneliness, confusion, suffering, or grave illness? This seems to be a stretch, if not downright impossible at times.

One part of the answer is given in the reading from Zephaniah, which focuses on *why* we are to rejoice: because the king of Israel, the Lord himself, is in our midst. Whatever we are going through, we are never in it alone.

The answer to *how* to rejoice in hard times lies in the prefix *re*. When we are weighed down and do not sense joy, we are called to return to the joy we knew in other periods of our lives. We are to remember it, reclaim it, hold it tight. We are asked to reaffirm what we know to be true, professing and restating our trust in Jesus again and again and again. For though our moods and circumstances change “Jesus is the same yesterday and today and forever” (Hebrews 13:8). That is certainly good news, and we can rejoice in it. ~ submitted by Julia Attaway, CLM

The Update

Holiday Publication Schedule

Next week, The Update will be published on **TUESDAY, December 17th**.

This will be the **Christmas** issue and the final edition for 2024.

The Update will resume publication on Thursday, January 9th.



In Loving Memory

Missionary Sisters of the Sacred Heart of Jesus, Cabrini Lay Missionaries and Lay Collaborators in the Guadalupe Province

On this Feast Day of Our Lady of Guadalupe, we ask her blessing upon all those in the Guadalupe Province who carry forth the mission and charism of St. Frances Xavier Cabrini with love, faith, and dedication.

Nina Campagna Hamlyn

Please pray for the repose of the soul of Nina Campagna Hamlyn, a 1962 graduate of Cabrini College. Nina is the mother of Hillary Hoch Chybinski, '90 and grandmother of Ryan Chybinski, '23. Please pray for this family as they grieve their loss. May she rest in God's eternal peace.

Bridget Opara

Your prayers are invited for Bridget Opara, the mother of Charles Opara of Nigeria, a friend of the Missionary Sisters. May she rest in God's light.



Advent...Spend some quiet time with the Lord.