



May 16, 2024

Life on the Border: A March for Migrants' Dignity

~ by Elia Cardenas for Global Sisters Report

Living along the border between the United States and Mexico is a unique experience, because while people have lived on both sides of the border for ages, the border has moved.



Global Sisters Report's (GRS) new series, "Welcoming the Stranger" takes a closer look at women religious working with immigrants and migrants. While GRS covers this topic often, this series will feature sisters and organizations networking to better serve those crossing borders, global migration trends and the topic of the issue of immigration in the upcoming U.S. presidential election. Pictured above is the logo for this series.

In our border town, for example, some people were born in the U.S., while others migrated from the Mexican side. For some, it was the dividing line that moved and placed them in a different country that was not even their choice.

Today, families are separated by an iron wall where there was once an invisible line. This barrier is a symbol that treats people on the other side of the border, on the Mexican side, as undesirable and as a danger to the well-being of U.S. citizens.

In 2016, Pope Francis said that building walls, was not Christian, and

three years later, in 2019, he affirmed — on the eve of a trip to Morocco — that those who build walls become prisoners of the walls they put up.

However, even though the wall is a symbol of division, the people of our border have not allowed it to become a barrier to helping the migrants who are coming to our country.

The ministry of migrant hospitality becomes meaningful by welcoming strangers and providing them with shelter and food. This allows those who are now our brothers and sisters to continue their journey in search of better opportunities for themselves and their families, or at least to get a temporary job to help those who stayed behind in their country of origin.



The Sisters of Loretto arrive at a March 21st march to defend the dignity of migrants. (Photo courtesy of Elia Cardenas)

Unfortunately, our current immigration policies, as well as political campaigns, use language that cause the country to fear migration, labeling migrants as ‘criminals’ who are invading our country. This contradicts our church’s teaching on human dignity and the value of every person.

On March 21st, our El Paso community stood in solidarity

and organized a march and vigil for human dignity. Bishops, clergy, interfaith and community leaders, as well as sisters from different congregations, joined together. The joy and peace exhibited by the sisters is a testament to their commitment to translate love into action, overcoming present challenges and bringing about change to build a more hospitable border.

Pope Francis urges us to “care for the vulnerable” and implores all nations to embrace a ["generous openness"](#) in fostering a culture of abundance and interconnectedness. The resounding message from our community, echoed through a march and vigil for dignity and human rights was, “Do not be afraid.”

To read the entire article, please click [here](#)

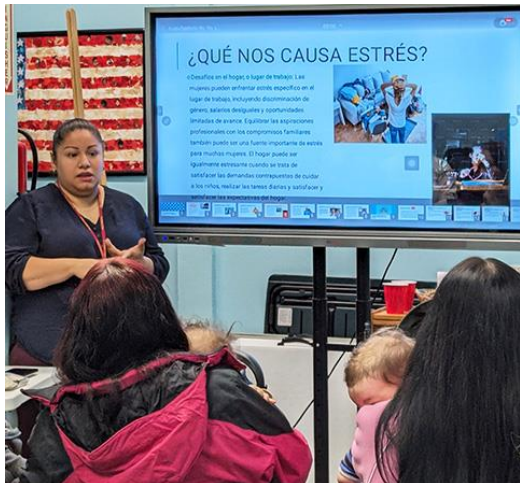
One Minute Meditation

Jesus speaks to his disciples about unity. To add emphasis, he prays these words twice. Indeed, they are at the heart of his mission and message. His radical unity with the Holy One defined his life, and his prayer indicates that he wants the same radical unity to define those who follow. Connectedness is fundamental to our reality. No matter which sphere of life we observe, from the physical to the spiritual, we are connected to others. If we are to expand our hearts to include all creation, we need to embrace our capacity for communion. Relationship is something that all life requires, even inorganic life. Our vitality depends upon the connections we establish and the communion we share.

~ Judy Cannoto, *Radical Amazement*

Mindful Breathing, Relaxing Music = Self Care

Cabrini Immigrant Services (CIS), Dobbs Ferry, NY, offered two workshops for women on self-care which were presented by Betsy Suarez, LMHC, a Licensed Mental Health Counselor.



Betsy Suarez, LMHC, a Licensed Mental Health Counselor, presents a workshop for women on self-care.

The first workshop, Autocuidado: Yo, Yo, Y Yo Tambien! (Self-care: Me, Myself and Me Too!), showed how women have a lot of expectations put on them such as balancing work and family responsibilities. This can lead to high levels of stress. Betsy also spoke about how women may face specific stresses in the workplace, including gender discrimination, unequal pay, etc. In addition, the home can also be stressful when it comes to meeting the demands of caring for children, performing daily chores, and fulfilling household expectations. She had the moms experience some ways of feeling relaxed, such as mindful breathing and listening to soft and comforting sounds.

The second workshop, Practicando el Autocuidado: Practicas de Mantenimiento Diario (Practicing Self-Care: Daily Maintenance Practices). During this presentation, the moms experienced different 'hands-on' ways of relieving stress. They listened to relaxing music, stretched their arms, used playdough to stretch their fingers, squeezed stress balls, etc. Betsy told them that these are things that they can do at home throughout the day.

She also stressed the importance of asking for help when needed and to also be sure to have regular check-ups with your doctor. Surrounding yourself with people who support you and love you is also important. (Continued on next page.)



Stretching, doing yoga, these practices are part of a healthy self-care routine.



Many of our clients from CIS as well as some of the asylum seekers from neighboring towns joined us for the workshop. Everyone left feeling refreshed and relaxed.

We are so grateful to the Mother Cabrini Health Foundation Grant, which allows us to offer such important workshops.

~ submitted by: Lorraine Campanelli, Director, CIS, Dobbs Ferry, NY

A “Healthcare Hero” at Cabrini of Westchester



Simone Faulkner-Smith, Vice-President of Human Resources and Volunteers at Cabrini of Westchester, was honored as a “Healthcare Hero” presented by the Carmelite System.

Congratulations to Simone Faulkner-Smith, Vice President of Human Resources and Volunteers at Cabrini of Westchester, as she was included as an honoree in the Schneps Media annual “Healthcare Heroes” recognition list! On May 1st, Simone was one of 50 health care professionals from New York who were recognized for serving their patients and advancing their fields at Terrace on the Park in Queens, New York. The award, presented by The Carmelite System, celebrates the contributions and commitment of the healthcare community.

Simone was recognized for her remarkable efforts in working with 1199 SEIU and Westchester Community College to create a Nursing Assistant Apprentice Program at Cabrini of Westchester. This program was designed to positively impact staffing as the nation experiences shortages in nursing staff. Due to the success of the program, four separate groups received training and took the nursing assistant exam. Out of the 48 individuals who went through the program, over half have become Cabrini employees which significantly helps to ensure that we have the staff necessary to care for our resident population. ~ submitted by Susan Herceg



We love caring for people.

Congratulations, Simone, and thank you for your dedication and commitment to the mission of Cabrini of Westchester!

“Caring is the essence of nursing.”

~ Jean Watson



We love caring for people.

Celebrating Our Nurses



Leonie Morris, LPN, has her hands blessed by Fr. Bill Arlia during Nurses' Week observed at Cabrini of Westchester.

Cabrini of Westchester was proud to recognize the hard work and dedication of the nursing staff during Nurses' Week which took place from May 6th through May 12th. The week was full of activities to honor the amazing nurses who take care of our residents each day! Special meals were provided, small tokens of gratitude were distributed, raffles were held and a "Blessing of Hands" ceremony took place.

During the blessing, a prayer of thanksgiving was shared by Fr. Ron Galt, Vice President of Mission and Pastoral Care followed by words of thanks from Bonnie Burke, Vice President

of Operations and Administrator, who said, "A thank you seems so very little when it comes to what you do for the residents. Please know that you are appreciated beyond words. Doctors cure us with medicine, whereas nurses cure us with hope, care, and compassion. You are the glue that keeps us together. Happy Nurses Week to you - you all deserve this recognition."



From left: Mark Pohar, Director of Nursing; Violata Makani, RN; Ade Edano, Assistant Director of Nursing; James Sugrue, Nurse Manager; and Dawn Donnelly, RN.

Afterward, each of the nurses that were present in the chapel received a special blessing of their hands from Fr. Ron as well as resident priest, Fr. Bill Arlia. ~ submitted by Susan Herceg, Director of PR and Development, Cabrini of Westchester

A thank you to all nurses for their compassionate care!

From the Guadalupe Province Vocations Team...

The Spring 2024 edition of the HORIZON Journal of the National Religious Vocations Conference focuses on Latino cultural patterns. In this week's Update and in ensuing week's segments, we bring you an article that spotlights the Latino culture as it pertains to vocational call.

'Must Knows' of Latino Culture

~ by Father Juan J. Molina and Deacon John Chitakure

Language

Statistics show that in 2023 just over half of Hispanics born in the United States are bilingual (56 percent), but some are not. Even though most of these bilingual Latinos speak fluent English, there may be many English expressions, phrases, or vocabulary they do not understand. Thus, it is important for vocation ministers to clearly explain all the application and formation processes and documents using simple English.



Also, for the lack of appropriate vocabulary, people like Jose and Juliana (who speak English as a second language) may struggle to find the right word to use, or unknowingly use inappropriate terms. For instance, Jose and Juliana might find it difficult to differentiate the meanings of words such as anger, frustration, annoyance, irritation, outrage, displeasure, upset, and so on. It takes a native speaker of the English language to select the right word for the type and intensity of an emotion.

Consequently, a situation that Antonio and Jennifer may describe as “frustrating,” Jose and Juliana may describe as “having caused anger.” Jose and Juliana may also have heavy accents, which can be difficult to eradicate no matter how hard they try.

Since Jose is Spanish-speaking, and Juliana Portuguese-speaking, their accents are likely to sound different. The vocation minister should be prepared to get familiar with the accents of candidates, which may take some time. One way to avoid misunderstanding caused by accents is to communicate important issues both verbally and in writing. In addition, native speakers like Jose, may have difficulty pronouncing certain English letters. Words that start with the letter ‘u’ such as urban, understand, urge, unit and so on, are likely to be problematic.

Furthermore, if candidates like Jennifer or Jose live in a discernment house, it may be important for vocation ministers to incorporate Spanish songs and prayers into the liturgy to make them feel included. Keep in mind, however, that not all Latinos speak Spanish.

Although the people of Brazil, Guyana, Suriname, and French Guiana are Latin Americans by definition, Spanish is not their first language. In addition, many U.S.-born Hispanics were not raised in Spanish-speaking homes. Although Antonio has Mexican parents, he may not be interested in singing Spanish songs. In a spirit of fairness and inclusivity, vocation ministers will want to consult with individuals about using Spanish or Portuguese in liturgies and act accordingly.

Next week: Food, Spirituality and Festivals

Prayer Requests

Antoinette

Your prayers are requested for Antoinette, who underwent successful spinal surgery yesterday. Please pray for her recovery and resolution of pain issues.

Cabrini University community

Please remember the Cabrini University community in your prayers especially this weekend. Pray for all those who will be graduating from the University this Sunday. This will be the University's final Commencement.

Please pray, too, for the Missionary Sisters, the Cabrini University administration, faculty, staff, alumni and their friends and families as they gather on campus for the Legacy event, the ceremonial closing of Cabrini

University and the formal rite of passing to Villanova University. Let us give thanks for 67 years of "the education of the heart" and for all those whose lives have been touched by the Cabrinian charism and mission.



Legacy Celebration

Sr. Lucille Souza, MSC

Your continuing prayers for Sr. Lucille, who is in Calvary Hospital, are greatly appreciated.

In Loving Memory

For the Zanin Family

Please keep the Zanin Family in your prayers at this time. This week, they lost a very dear friend of the family. They would be grateful for your prayerful accompaniment.