



May 25, 2023

Three Cheers for the Cabrini University Graduate!



Commencement Day at Cabrini University was cause for great celebration as Sr. Amarech Herego Lefamo, MSC received her Bachelor's degree in Educational Studies. Many MSCs traveled to campus to congratulate and wish her well upon the culmination of her hard work and academic studies.

A Message from the Sr. Amarech Lefamo, MSC

“Rejoice always, pray without ceasing, in all circumstances give thanks, for this is the will of God for you in Christ Jesus” 1. Thessalonians, (5 .16-18).

My words can't express my gratitude to God and to everyone who has helped me along this four-year journey, by offering me various forms of psychological and substantial support. Without all of you compassionate people who supported me along the way, I would not have been able to complete this endeavor. I want to start by expressing my sincere gratitude to the Guadalupe Province, and the Holy Spirit Region's sisters and laity, who worked hard to get me accepted as an international student at Cabrini University.

I would like to thank Sr. Therese Merandi, who prayed and dreamed for a very long time about the opportunity for my education as an international student; Sisters Barbara Staley and Diane Dalle Molle, who successfully made it happen for me; Sr. Christine Marie Baltas, who guided me in different levels, who accompanied me from the beginning of my school year and directed my

every step when I was a freshman; Sr. Regina Peterson, who supported me in many ways until the end of my school year and all the sisters who walked with me during my studying journey with their prayers and words of the encouragement. I am so grateful for each one of them and I offer you my humble thankful gratitude.

I continue to express my gratitude to Cabrini University for providing an exceptional environment for my growth and development in so many ways, including the opportunity to learn about Mother Cabrini's teaching philosophy, which emphasizes the importance of providing children with holistic development through an education of the heart. Being a part of Cabrini University gave me the chance to develop my academic skills with the help of the generous and kind professors, librarians, cooks, and other staff members whom I encountered on numerous occasions. I also had the chance to experience and learn from Cabrini University's welcoming environment for students of all faiths, cultures, and backgrounds.

Likewise, as an international student, there were good chances to exchange multicultural experiences. I am happy to offer my profound gratitude to everyone at Cabrini for allowing me the chance to grow intellectually, socially, and emotionally throughout the course of my four years there. On this occasion, I would also like to express my gratitude to all of my classmates who, alongside my professors, have been my companions throughout my journey and who have inspired and positively impacted me in a variety of ways from the very beginning of my school years to achieve my goal. As a result, I appreciate and thank everyone who has come into contact with me in various ways.

In addition, I am deeply thankful to my sisters who attended my graduation ceremony both in person and online. Your presence warmed my heart, and I was touched by your generosity.

Last but not least, I want to express my gratitude to my parents and families for having raised me with a sense of knowledge and of fear God. They also encouraged me to join the Missionary Sisters of the Sacred Heart of Jesus to serve God's people as a Missionary Sister because being a missionary had a big impact on my decision to enroll at Cabrini University as an international student. God is great in my life, and I rejoice always and praise Him without ceasing.

“I can do all things with Him who strengthens me.”
(*St. Francesca Xavier Cabrini*)



Interesting Happenings in May at CIS-NYC

Since April, CIS-NYC's Social Services Program has been holding a weekly nutrition workshop on Zoom in collaboration with the Cornell University Cooperative Extension for our Spanish speaking clients. On Friday May 12th, we held our first in-



Participants in the Zoom nutrition class at CIS-NYC gathered for the first time in person for an activity-packed session.

person session, which was attended by 15 people. We did yoga exercises, cooked a healthy recipe in class, and learned about ounces and what percentage of food we should include on our plate to make it a complete plate of protein and fiber. It was a wonderful opportunity to connect in person and learn about healthy habits together!

The following day, we held a celebration for Mother's Day for some of our clients, including participants of our support group for women. Twenty one families from the Social Services

Department attended the event where they shared lunch and participated in family activities. Participants talked about their mothers and families and about how Cabrini Immigrant Services of NYC has



Many of the CIS-NYC clients and their families joined in the festivities at the Mother's Day celebration.

supported them. ~ submitted by Ella Nimmo, CIS-NYC

Pentecost Sunday

This Sunday, May 28th, marks the end of the [first novena](#) and the Easter Season.

And when the days of Pentecost were drawing to a close, they were all together in one place. And suddenly there came a sound from heaven, as of a violent wind coming, and it filled the whole house where they were sitting. And there appeared to them parted tongues as of fire, which settled upon each of them. And they were all filled with the Holy Spirit and began to speak in foreign tongues, even as the Holy Spirit prompted them to speak (Acts 2, 1-4).



Pentecost (Whitsunday), with Christmas and Easter, ranks among the great feasts of Christianity. It commemorates not only the descent of the Holy Spirit upon the Apostles and Disciples, but also the fruits and effects of that event: the completion of the work of redemption, the fullness of grace for the Church and its children, and the gift of faith for all nations. ~ *Catholic Culture website*

St. Frances X. Cabrini Shrine, NYC

Free Jazz Concerts on the Lawn



May 25: **Pedro Giraudo Tango Quartet** gets you moving with the music of Argentina

In case of rain or unseasonably cold weather, these concerts will be held indoors.

The [Multicultural Music Group](#) is back with jazz from around the world. Bring a blanket, a neighbor, and a picnic and enjoy great music and a sense of community! **FREE!**

Cabrini University – Wolfington Center

CABRINI UNIVERSITY
WOLFINGTON CENTER
20TH
ANNIVERSARY
CELEBRATION
SATURDAY, JUNE 3RD



◆ CABRINI UNIVERSITY | 4:00 MASS (CHAPEL), 5:00 RECEPTION (MANSION) ◆

Celebrate 20 years of faith, service, and advocacy supported by Cabrini University's Wolfington Center!

This is a chance to come together with current and past faculty and staff, community partners, students, alumni, and friends to look back on the community built around the Wolfington Center, and to look ahead at the future of civic engagement at Cabrini.

PROGRAM

4:00pm Mass, Chapel
5:00pm Reception, Mansion

Join us in the Mansion for a short presentation and toasts by faculty, staff, and alums. Families welcome!



Scan the QR code to RSVP!



For more information and to purchase tickets: www.cis-nyc.org/celebrate

Time to Play Ball!



JOIN US!

Missionary Sisters of the Sacred Heart of Jesus
and
Cabrini Mission Foundation

invite you to the 2nd annual baseball event at
Staten Island's FerryHawks Stadium.

SPECIAL FIREWORKS DISPLAY TO BE SHOWN
AFTER THE GAME

Date: Saturday, August 5th, 2023

Time: 6:30 p.m.

Where: Staten Island University Hospital
Community Park,
75 Richmond Terrace, Staten Island, NY 10301
(Easy to get to by ferry, car, train or bus)

MORE DETAILS TO FOLLOW SOON

Prayer Requests

Special Intention

A member of the Cabrini community has requested prayers for a family in crisis...that peace, harmony and stability may be restored in their lives.

In Loving Memory

For those who died in the service of our country

As we observe Memorial Day this weekend in the USA, we offer our prayers and gratitude for those courageous men and women who fought and died protecting our freedom. We ask our Gracious Lord to bless the families of our fallen troops, and to fill their homes and



their lives with Your strength and peace. In union with people of goodwill of every nation, embolden us to answer the call to work for peace and justice, and thus, seek an end to violence and conflict around the globe.

Mary MacKinnon



We are saddened to announce the death of former Cabrini Mission Corps missionary, Mary MacKinnon, who passed away this week in Sydney, Nova Scotia at the age of 87.

During Mary's time with the Missionary Sisters (1992 – 2005) she served in various ministries in New York, New Orleans, Melbourne, Australia, the Philippines and Swaziland. Wherever she served, Mary was loved by all. May she rest in God's eternal peace.

Lynn Sarafian

Lisa Sarafian writes, "My mother-in-law Lynn Sarafian (nee Church) passed away. I believe she was a classmate of Sister Bernadette Anello, MSC at Mother Cabrini High School, NY. Lynn was also the great aunt of Kate Pearson from Cabrini University." Please pray for the repose of her soul and for her family.