

November 13, 2025

Daily Reflections



Center for
Spiritual
Development

SHOW ME THE WAY

By Lucy Dominguez

Today's Gospel

“My God ... if I could only extend my arms to embrace the world as a gift to you ... Show me the way and I will do everything with your help!”

ST. FRANCES XAVIER CABRINI, VIRGIN AND PATRON SAINT OF IMMIGRANTS

Reflection

St. Frances Cabrini's words show her deep desire to love everyone without holding back. Her prayer is both simple and powerful. She wanted her whole life to be a gift to God, to care for all people, and to trust fully in God's guidance.

Mother Cabrini's prayer shaped her whole life. She was born in Italy and often struggled with poor health, so many might not have expected her to become a

missionary. But her wish to help others was stronger than any challenge. She founded the Missionary Sisters of the Sacred Heart in 1880 to serve the poor and vulnerable. With this group of women, she was able to help many more people by building schools, orphanages, and hospitals for immigrants and children. When she came to the United States in 1889, she became a spiritual mother to thousands of immigrants searching for a place to belong.

Today, her words still matter as immigration raids happen across the country. Families are separated. Parents worry about being deported, and children lie awake at night, afraid their loved ones might be gone by morning. The pain and uncertainty these raids cause cannot be measured.

Mother Cabrini's prayer, "Show me the way," becomes our own as we see this suffering. She teaches us that compassion means taking action, speaking up, and being present for others. We may not be able to fix every problem or heal every hurt, but we can reach out to those who are afraid. We can see them, stand with them, and remind them that God has not forgotten them.

In moments of fear and division, Cabrini's life teaches us that love finds a way. With God's help, we too can become missionaries of the Sacred Heart, people who embody mercy, hope, and solidarity in the face of injustice.



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For Pondering

Ask yourself:

- Where is God inviting me to extend my arms in compassion today?
 - How can I stand in solidarity with immigrants and families living in fear?
 - What does it mean for me to do “everything with God’s help” in the face of suffering and injustice?
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For Prayer

Treat everyone with the same care as if you were meeting God.

MAXIM 49

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