

More at the Motherhouse

Celebrating the Eucharist

Sundays at 9:30 am

Weekdays at 11:30 am

Gather around the table of God's word and Eucharist with us. You will be so welcome.

Prayer for Our Times

First Tuesday of the Month, 7 to 8 pm

Join our popular monthly interfaith hour of prayer, which incorporates reflection and music led by the talented Rochester community. Visit the SSJ Facebook page each month for the discussion theme.

Eucharistic Adoration

Third Sunday of the month, 7 to 8 pm

Adoration is for anyone who wishes to spend quiet time in the presence of Jesus.

SSJ Gift Shop

Monday-Friday, 10 am to 3:30 pm

Splurge on our goldmine of spiritual treasures: books, cards, artwork, religious articles, handcrafted items, homemade candy and much more.

Tea and Books

Second Friday of the month, 1:30 to 3 pm

Tea and Books offers refreshment for the reader who likes to laugh, wonder out loud and hear the reflections of others. Books for the winter-spring season include:
Jan. – **The Pleasure of My Company** by Steve Martin
Feb. – **All the Light We Cannot See** by Anthony Doerr
Mar. – **Being Mortal** by Atul Gawande
April – **Tell the Wolves I'm Home** by Carol Rifka Blunt
May – **The Warmth of Other Suns: The Epic Story of America's Great Migration** by Isabel Wilkerson
Contact: Marianne Antczak at 585-342-8831

Come Apart for Awhile

Enjoy a few hours or an entire day of prayer, reflection and relaxation at our Motherhouse. Worship in our Chapel, have a delicious lunch or browse the library. Contact: Sister Elizabeth Snyder at 585-641-8279

Spiritual Direction

One-on-one conversations with a skilled director who accompanies us on our faith journey can greatly enrich our spiritual growth. These Sisters are professionally trained in Spiritual Direction. Please contact any of them directly to arrange your session or sessions.

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| • Sister Anne Alderman
607-243-8212 | • Sister Elaine Englert
585-732-7921 | • Sister Mary Lynch
585-641-8263 |
| • Sister Sheila Briody
585-325-1018 | • Sister Judy Greene
585-766-0434 | • Sister Jamesine Riley
585-719-8918 |
| • Sister Kathleen Clary
585-641-8192 | • Sister Mary Louise Heffernan
585-455-4375 | • Sister Mary Wehner
585-546-410 |
| • Sister Karen Dietz
585-582-6029 | | |

For more information,
visit our website
www.ssjrochester.org.



Stay connected
and follow us on:



Fresh Wind in Our Sails

Opportunities to incorporate faith into the realities of life.

Sponsored by The Sisters of Saint Joseph of Rochester

Winter - Spring 2017 Programs

Weathering the Storm

Join us for our popular conversations on topics relevant in life.

Caring for the Underserved (Two-part series)

Thursday, January 26 ~ 7 to 8:30 pm

Thursday, February 9 ~ 7 to 8:30 pm

How do we come together and better serve those in need? In the first part of this two-part series, we will discuss the vision of faith communities, and their passion for creating a better life for Rochesterians and beyond. The second session will include an interactive workshop on developing a strategic communications plan for local faith communities working to protect the underserved. Session two will build on insights from session one, but new participants are welcome. *Co-sponsored by the Greater Rochester Community of Churches*
First Session Presenter: Reverend Tim Meyer, United Church of Christ
Second Session Presenter: Members of Causeway Community Partners (formerly the Ad Council)

Lutherans & Catholics: 500 Years Later

Thursday, February 16 ~ 7 to 8:30 pm

The Reformation, begun by Martin Luther in 1517, will mark its 500th anniversary in October of 2017. Last October, Pope Francis went to Lund, Sweden to participate in the opening of a year-long celebration of this event and to sign a joint declaration for Lutherans and Catholics to work together in faith, witness and service. Let's explore what Rochester-area Lutherans and Catholics have to say about our separated history and these new times of increasing cooperation. *Co-sponsored by the Lutheran Church of the Atonement in Brighton*

Presenters: Reverend Norma E. Malfatti, Director of Evangelical Mission, Upstate New York Synod of the Evangelical Lutheran Church in America; and Dr. Joseph G. Kelly, Professor Emeritus in Religious Studies at Nazareth College

The "Right to Life" is Bigger than We Think

Monday, March 20 ~ 7 to 8:30 pm

While it's easy to associate "Right to Life" as a stand against abortion, the concept is far broader. Jesus said, "I have come that you might have life to the full" (John 10:10). Let's explore the spectrum of life issues we experience today such as, just wages, adoption, immigration, gun control and the choices we make about valuing our life and beyond. This will help us understand the wider ramifications of the human person's right to life.

Presenter: Father Ed Palumbos, Pastor of the Church of the Assumption, Fairport and the Church of the Resurrection, Fairport

Honduras: Land of Beauty, Land of Pain

Sunday, February 5 ~ 2 to 4 pm

The Northern Triangle countries of Guatemala, El Salvador, and Honduras are frequently cited for the influx of people attempting to migrate to the United States. Come hear and see a first-hand account of an exploration of the root causes of migration from Honduras through videos, photos and testimony. *Co-sponsored by the SSJ Justice & Peace Office*

Presenter: Sister Phyllis Tierney, Coordinator of the SSJ Justice and Peace Office

To register for the above programs, contact Sister Joan Sobala at jsobala@ssjrochester.org or 585-733-2555.

Weathering the Storm Cont'd

The Dos, Don'ts & Nuances of Civil Discourse

Thursday, March 30 ~ 7 to 8:30 pm

Among the real losses in the United States over the last few years is civil discourse – the ability to talk with one another, privately and publicly, about the shape and possibilities of life, politics and ideas. We'll hear expert tips on how we can come away from serious conversations with others without either party feeling defeated.

Presenter: Patrick Burke, Managing Principal of the Burke Group, author of *Outside Insights* and recently retired D&C guest columnist

Why Are the Pews Emptying?

Thursday, April 27 ~ 7 to 8:30 pm

The numbers of weekly churchgoers in the U.S. is diminishing. Let's explore what may be causing this exodus and how the community's concerns are being addressed. Plus, a popular new church experience created by some local parishes.

Presenters: Father James Lawlor, Senior Priest at Our Lady of Lourdes/ St. Anne; and Father Daniel Ruiz, Parochial Vicar at St. Benedict's, the parish which includes St. Mary's, Canandaigua and St. Bridget's, West Bloomfield

As Late Afternoon Winds Subside, We Pause in Port

A taste of art.

Enriching Worship through Harmony & Music

Thursday, February 2 ~ 4 to 5 pm

Music at Sunday liturgy is not an accident; it doesn't just happen. In this interactive lecture you will be privy to the "workings" behind selections from Beethoven, Franck, Gluck, Handel and Bach. A nice way to celebrate Candlemas Day and relax.

Presenters: Hilda Grace, SSJ Associate and cellist; and Sister Monica Weis, accomplished accompanist, author and Professor Emeritus of the Nazareth College English Department

How Spirituality & Art Mutually Enrich One Another

Tuesday, February 28 ~ 4 to 5 pm

Not all of us can claim to be artists, but we can all be appreciators of art and its impact on important aspects of our lives. Join us for conversation as well as a glimpse of the beautiful work that will be featured in the SSJ Artist's Soul Art Show, April 21-30.

Presenter: Sister Mary Louise Heffernan, artist and Spiritual Director

Delving Deeper

Probing the text together.

Preparing for Holy Week

Monday, April 3 ~ 7 to 8:30 pm

Matthew shows Jesus, intimate with God, even as he suffers. Matthew's Jesus shines with God's presence. His passion and resurrection draw us close in faith. Let us prepare for Holy Week by studying the narrative together.

Study Guide: Sister Joan Sobala

To register for the above programs, contact Sister Joan Sobala at jsobala@ssjrochester.org or 585-733-2555.

Retreats

Annual SSJ Alumnae Retreat

(For Alumnae/i of SSJ High Schools: Nazareth Academy, St. Agnes, DeSales and Mt. Carmel)

Theme: The Beauty of the Dance

Saturday, March 4 ~ 10 am to 3 pm

Thomas Merton believed that if we could let go of our own obsession with what we think is the meaning of life, we would hear God's call and participate in God's mysterious cosmic dance. Come, spend a day being aware and relishing in our dance with God.

Presenter: Sister Mary Louise Mitchell

Donation: \$35

Reservations: 585-794-9061

or bstaropoli@ssjrochester.org

Engaging Our Mind, Heart and Spirit

Saturday, May 20 ~ 9:30 am to 3 pm

The ancient concept of the *common good* has been lost in a sea of causes and conflicts, shifting priorities, indifference and fear. This ecumenical retreat will offer grist for our thinking and allow us time for personal prayer, sharing, and developing our own plan to re-energize, all for the *common good* of our community and world. *Co-sponsored by Atonement Lutheran Church in Brighton*

Presenters Will Include: Reverend Deborah Fae Swift of South Presbyterian Church Network of Ministries; and Sister Beth LeValley, of the Greater Rochester Community of Churches

Events for SSJ Associates (Guests welcome)

Taking Time for Solitude

Sunday, May 21 ~ 1:30 to 4 pm

What does solitude mean and why should we make time for it in our lives? Trappist monk Thomas Merton explains "...What solitude really means. When the ropes are cast off and the skiff is no longer tied to land, but heads out to sea without ties, without restraints." (January 31, 1965) In this hour, we'll gain insight about the 5th and 6th century Celtic monks' fondness for *peregrinatio* (pilgrimage), explore Merton's fascination with the Navigation of St. Brendan as a geographical and spiritual journey, and come to see what it means for us to be on pilgrimage.

Location: St. Mary's Southside Rectory, Elmira

Presenter: Sister Monica Weis

Life in Christ Changes Us

Saturday June 24 ~ 10 am to 3 pm

Deepening our relationship with Christ offers change for our lives. That change is already happening in us and there is more to come. Let's explore that change and learn how to open ourselves to an even more loving relationship with Jesus, the Holy One.

Location: Cobblestone Springs, Dundee

Donation: \$25

Reservations: 585-729-5526

or hardyluke4@gmail.com

***We offer and welcome retreats for organizations or parish groups. To coordinate your specifically tailored retreat, contact: Sister Joan Sobala at jsobala@ssjrochester.org or 585-733-2555.**

All *Fresh Wind* programs are at the SSJ Motherhouse unless otherwise specified.

To help us plan for adequate space, please email or call ahead for each program.

For more information about any program, contact:

Sister Joan Sobala, Fresh Wind Coordinator,
at 585-733-2555 or jsobala@ssjrochester.org.

Donations/reservations for *Fresh Wind* programs can be made payable to:

Sisters of Saint Joseph
and mailed to:

Sisters of Saint Joseph

Attention: Sister Joan Sobala

150 French Road, Rochester, NY 14618