

More Motherhouse Offerings

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

7:00—8:00 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

7:00 pm—8:00 pm

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

SSJ Gift Shop

Monday-Friday, 10 am—3:30 pm

Splurge on our goldmine of spiritual treasures: books, cards, artwork, religious articles, crafted items, home-made candy and much more.

Tea and Books

Second Friday of the month, 1:30 pm—3:00 pm

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:

Feb – **Everything I Never Told You** by Celeste Ng

March – **Little Fires Everywhere** by Celeste Ng

April – **The Bonesetter's Daughter** by Amy Tan

May – **Frankenstein** by Mary Wollstonecraft Shelley

June- **There There** by Tommy Orange

July – **Still Life** by Louise Penny

Contact: Marianne Antczak at 585-342-8831

Come Apart for Awhile

Enjoy some time 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

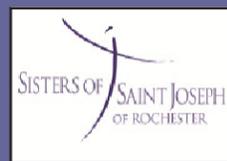
One-on-one conversations with a skilled director who accompanies us on our faith journey can greatly enrich our spiritual growth. These Sisters are professionally trained in Spiritual Direction. Please contact any of them directly to arrange your session or sessions.

- Sister Anne Alderman: 607-243-8212
- Sister Sheila Briody: 585-325-1018
- Sister Kathleen Clary: 585-641-8192
- Sister Karen Dietz: 585-641-8153
- Sister Elaine Englert: 585-732-7921
- Sister Mary Louise Heffernan: 585-455-4375
- Sister Joan Sobala: 585-733-2555
- Sister Mary Wehner: 585-546-2410

Don't Forget to Read the Weekly Fresh Wind Blog

Each Sunday Sister Joan Sobala starts your week off with new installment of her Weekly Fresh Wind Blog:
<https://ssjfreshwind.blogspot.com/>

For more
information, visit our
website



Stay connected
and follow us on:



Fresh Wind in Our Sails

Established 2013

Opportunities to incorporate faith into the realities of life.
Sponsored by The Sisters of Saint Joseph of Rochester
2019 Winter-Spring Programs

Weathering the Storm

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

Who Is My Neighbor? (Part I)

Welcoming the Stranger: A Story of Success for Creating Community

Thursday, February 7 ~ 7:00 pm—8:30 pm

Come and hear about the success of a collaborative ministry of three local congregations and the Catholic Family Center and how the same kind of activity can be applied to your church or group. The Ministry brought together refugees from around the world who have settled in the Rochester area. While the mission of this ministry was to be a welcoming and healing presence for documented refugees, you too can "welcome the strangers" in your midst.

Presenters: Avis Hooper, Deacon, Atonement Lutheran Church

Sacred Music Through the Ages

Thursday, February 28 ~ 4:00 pm—5:00 pm

An hour of contemplative classical piano and cello to nourish your spirit and assist your quiet prayer before Lent begins on March 6. This is a requested repeat program from 2018.

Presenters: Monica Weis SSJ (piano) and Hilda Grace SSJ Associate (cello)

Who is My Neighbor? (Part II)

The Remarkable School of the Holy Childhood and how its Graduates continue to become good citizens of Rochester

Thursday, March 14 ~ 7:00 pm—8:30 pm

In 1946, Sister of Saint Joseph St. Mark McMahon realized that a whole population of children was being left out of the educational system because of intellectual and developmental disabilities. The Sisters began the School of the Holy Childhood. Today Holy Childhood is a non-denominational, non-profit agency with program from school age children through adults. Their spirit and their work in the community is a blessing even for people who don't know it.

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

Weathering the Storm (continued)

The Passion According to Luke

Thursday, March 28 ~ 7:00 pm—8:30 pm

Luke's stories of Jesus' passion share themes of today's news. We will reflect on believers in crisis, powerful women, courtroom drama, and the possibility of forgiveness. Scriptures and selected art and literary resources will be provided.

Presenter: Susan Schantz SSJ, Educator and Pastoral Minister

Merton, Music and "the More"

Thursday, April 4 ~ 7:00 pm—8:30 pm

A one-hour mini-retreat based on the life of Thomas Merton (1915-1968) that focuses on five different periods of his life and invites attendees to reflect on their own personal development while expanding their knowledge of Merton. There will be time for quiet as well as group sharing.

Presenter: Monica Weis SSJ (Merton Scholar) and Hilda Grace (cello).

Delving Deeper

Probing the text together.

What's Unique About the Spirituality of the Sisters of Saint Joseph?

Sunday, May 5 ~ 2:00 pm—3:30 pm

Every religious congregation in the history of our church arise from a vision and a desire of the women called to be one with the Lord. The Sisters of Saint Joseph have a rich history that dates back to 1650 in France. We continue to treasure today the spirit and gifts(charism) of the Sisters from all of our history. What are some of the characteristics of the spirituality of the Sisters of Saint Joseph?

This program is offered for the Associates of the Sisters of Saint Joseph here in Rochester and is open to the public.

Discussion Guide: Sister Joan Sobala

A Retreat Day at Cobblestone Springs

Aspects of Our Spiritual Journey Through Life: Pace, Crossings and Dreams

Tuesday, May 14 ~ 10:00 am—3:00 pm

Location: Cobblestone Springs in Dundee, NY

Donation: \$24, includes materials (Please bring your lunch. Beverages will be provided.)

We know that spiritual growth is a lifelong process. Sometimes we pay attention to it. Sometimes we don't. This retreat offers us time to look at how we have grown and what it takes for us to keep growing. We'll dip into the works of some of the spiritual masters of our time and history to help us interpret the meaning of our pace, crossings and dreams as we move through life.

Facilitator: Sister Joan Sobala
Cobblestones Retreat – 607-243-8212 or cobspr@frontier.com

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

Special Events

Exploring Orthodox Christianity

Saturday, May 4 ~ 1:00 pm—6:00 pm

Donation: \$25.00 (for stipends and donations for churches)

Most Western Christians have had little opportunity to learn about the rich tradition of Eastern Christianity. This afternoon will allow participants to experience that richness. We will begin with an Introduction to the Orthodox Tradition given by Dr. Joseph Kelly. Following this lecture, we will travel by car pool to three Orthodox Churches here in Rochester. We will complete the afternoon by celebrating Great Vespers at St. John the Baptist Orthodox Church.

Facilitator: Dr. Joseph Kelly

Location: Beginning at the Sisters of Saint Joseph Motherhouse, Followed by visits to three Orthodox Churches in Rochester

(Details will be available through an E-blast at the beginning of April, please email Sister Joan Sobala to be added to E-blast list)

Conference Day: Don't Throw in the Towel: Signs of Hope for Women in the Church

Saturday, June 1 ~ 10:00 am—3:00 pm (doors open at 9:15 am)

Donation: \$25.00 including lunch (scholarships available, please contact Sister Joan Sobala for details)

As part of her work for Future Church, Deb Rose-Milovic was in Rome during October 2018 to monitor the proceedings of the Bishops' Synod on Youth. The Synod's final document, issued on October 27, started with how better to serve youth, then moved into examining how the church itself might welcome a more diverse and youthful leadership.

The document asserts that "An area of particular importance is that of women's presence in ecclesial bodies at all levels, including in roles of responsibility, and of women's participation in ecclesial decision-making processes..." From an international perspective, Deb Rose-Milovic will share how she sees this as a new moment. What work needs to be done to actualize such changes?

Her presentation will be a valuable part of the day, but we will also include a celebration of local Catholic women and an opportunity to raise up ideas about what local women and men can develop and support the inclusion of women as envisioned by the Synod.

Facilitator: Deb Rose Milovic, Executive Director of Future Church

(Additional details will be available through an E-blast at the beginning of February, please email Sister Joan Sobala to be added to E-blast list)

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

To help us plan for adequate space, please contact Sister Joan Sobala,
Fresh Wind Coordinator, ahead of each program.

Donations for Fresh Wind programs (unless otherwise noted)

can be made payable to:
Sisters of Saint Joseph
Attention: Sister Joan Sobala
150 French Road