

More Motherhouse Offerings

Celebrating the Eucharist

Sundays at 10:00 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.

Tea and Books

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

Offers refreshment for the reader who likes to laugh, wonder out loud and hear the reflections of others.

February: **Jefferson's Daughters: Three Sisters, White and Black, in a Young America** by Catherine Kerrison

March: **A Woman of No Importance: The Untold Story of the American Spy Who Helped Win WWII** by Sonia Purnell

April: **Virgil Wander** by Leif Enger

May: **Educated** by Tara Westover

June: **An American Marriage** by Tayari Jones

July: **Beautiful Day** by Elin Hilderbrand

Contact: Marianne Antczak at 585-342-8831

SSJ Gift Shop

Monday-Friday, 10 am—3:30 pm

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

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

Eucharistic Adoration

Third Sunday of the month

7:00 —8:00 pm

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

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: 607-243-3624
- Sister Sheila Briody: 585-325-1018
- Sister Kathleen Clary: 585-641-8192
- Sister Karen Dietz: 585-813-5072
- Sister Elaine Englert: 585-732-7921
- Sister Mary Louise Heffernan: 585-455-4375
- Sister Joan Sobala: 585-733-2555
- Sister Mary Ann Mayer; 585-281-7807

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



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

2020 Winter-Spring Programs

Weathering the Storm

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

How Are Our Children?

Thursday, February 13 ~ 7:00 pm—8:30 pm

Children touch our hearts, and rightly so. Reverend Loren McGrail spent five years as a YWCA Mission Co-Worker in Palestine. Hers is an eyewitness account of the lives of Palestinian children. Reverend McGrail's experience translates into a reflection/conversation about how we treat our children anywhere in the world, including the southern border of the USA. What are our next steps?

Presenter: Reverend Loren McGrail, ordained UCC Minister and interim pastor of Irondequoit United Church of Christ. Reverend McGrail is on the Steering Committee of the Palestine Israel Network of the United Church of Christ and a member of the Christian Witness for Palestine in Rochester.

This program is co-sponsored by the Christian Witness for Palestine in Rochester

In This Day And Age, Why Would Any Adult become Catholic?

Thursday, March 5 ~ 7:00 pm—8:30 pm

In the years after Vatican II, the Church redeveloped the ancient process of the adult catechumenate, a period of time and study when adults could probe Catholicism and prepare for entry into the Church. Each year, parishes offered the Rites of Christian Initiation of Adults for any who wished to come. In dioceses across America, hundreds came each year. During recent years, that number has diminished. Why would any adult today consider becoming Catholic? What is the attraction, despite the problems that the Church encounters today? What is the attraction even when cradle Catholics are slipping away?

Presenters: Nancy DeRycke, experienced pastoral leader (now retired)
Max McGinnis, who with his family became Catholic at Our Lady of Lourdes Parish in 2010.
Diane Herrick, coordinator of programs at Our Lady of Lourdes for potential new Catholics

The Unique Insights of the Passion According to Matthew

Monday, March 30 ~ 7:00 pm—8:30 pm

On Palm Sunday of the Lord's Passion this year, the faith community will be offered the Passion in the Gospel of Matthew. A close look at all the Gospels reveals many differences. How do these appear in Matthew's account of the Passion and how might they help us as we move into Holy Week?

Presenter: Sister Barbara Moore, RSM, retired professor of preaching at Colgate Rochester Divinity School and author of several books on preaching. See her blog on Sunday Scripture readings at barbaramoorersm.tumblr.com

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

Weathering the Storm continued

Strong Women, Precocious Daughters: What Can We Learn For Our Lives From the Way 19th Century Women's Right Leaders Raised Their Daughters?

Thursday, April 30 ~ 7:00 pm—8:30 pm

Mother's Day is coming, so here's a way of learning new lessons of mother-daughter relationships from the interactions of strong women and the daughters who grew up with them. Historian and author Suzanne Schnittman has researched these mother/daughter relationships and in her own crisp style, will share her learning and their implications for our times and for us.

Presenter: Suzanne Schnittman, PhD, historian and author of *Provocative Mothers and their Precocious Daughters: 19th Century Women's Rights Leaders*

Delving Deeper

Annual Retreat: For the Alumnae of Schools of the Sisters of Saint Joseph of Rochester

Saturday, March 28 ~ 9:00 am—3:00 pm

Welcome to alumnae of Nazareth Academy, St. Agnes High School, DeSales, Geneva, Mt. Carmel, Auburn
Theme: The Art of Finding Peace in Mind, Body and Spirit: Discovering the presence and power of God's abiding love in our daily lives – opportunities for sharing and reflection and discovering new ways of finding joy and happiness in our lives.

Retreat Guide: Sister Kathleen Clary, SSJ spiritual director and retreat director
Cost (including lunch): \$30

Send your registration fee by mail to Sister Elaine Englert, 150 French Road, Rochester, NY 14618
phone 585-641-8119 email: eenglert@ssjrochester

Mini-Retreat: A Sense of Belonging

Monday, May 18 ~ 5:00 pm—8:30 pm

Spring is a time for external freshening up: open the window, clean our winter's accumulation, enrich the soil, risk the new. But how about an interior refreshment to our sense of belonging? To whom do we belong? How long have we belonged to this other? Who is the other to whom we belong and are we the better for it? What is our sense of belonging to God? What can we learn from the way other people model belonging? Rich questions to explore!

Bring a light supper. Beverages and dessert will be provided. (A "free will" offering would be appreciated)

Retreat Guide: Sister Joan Sobala, SSJ, Coordinator of *Fresh Wind in Our Sails*

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

On the Horizon

Fresh Wind in Our Sails: A New Musical Creation

Thursday, March 12 ~ 7:00 pm

For the centennial of intentional ecumenical cooperation in Rochester, Reverend Deb Grohman, director of the Greater Rochester Community of Churches, and her partners in The Telos Trio (flute clarinet and piano) commissioned a new musical work for the occasion by the renowned Rochester musician Cary Ratcliff. He entitled the work *Fresh Wind for Our Sails*, taking his inspiration from our own *Fresh Wind* program. Since the composition requires the power of a grand piano, **Nazareth College will host the performance in the Wilmot Recital Hall.**

The *Fresh Wind for Our Sails* composition has 5 movements with evocative titles:

Fanfare for the Common Good
Let Justice Roll Down Like Waters
Elegy for Lost Ground
Fresh Wind for Our Sails
Until "Justice and Peace Embrace"

Performance by: The Telos Trio who have been hailed as "Inventive, Exquisite and Captivating." Rita George Simmons (flute), Debbie Grohman (clarinet) and Willie La Favor, (piano). All are teachers at the Hochstein School of Music and work as active performers.

Second Annual Women's Conference Day: Building Up the Church

Saturday, June 6th ~ 9:00 am—3:00 pm

Another program presented by Don't Throw in the Towel, cosponsored by *Fresh Wind in Our Sails*

Featured speaker: Dr. Susan Roll, recently retired from the Theology for Faculty at St. Paul' S University, Ottawa, author and international speaker

The schedule will include time for input by Susan, prayer, small and large group discussions. A flyer with more details will be available soon.

Cost (including lunch): \$25

***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 can be made payable to:
Sisters of Saint Joseph
Attention: Sister Joan Sobala
150 French Road
Rochester, NY 14618