



The
Good News Center
10475 Cosby Manor Road
Utica, New York 13502

Sharing the
Good+News

Vol. 4 No. 1

*The Good News Center
cordially invites you to the*

3rd Annual

**dance the night
away** *Fundraiser*

Featuring a Celebrity Dance Contest!

Saturday, February 14

7-11 p.m. at Hart's Hill Inn

Clifford Crandall—Martial Arts Expert

Melissa Kehler—Ascenseur Consulting

Enessa Carbone—Carbone Auto Group

Art Ellis—NYS Troopers, ret.

Jeffrey Gornick—M. Griffith Inc.

Susan Nackley Mojave—Players of Utica

Megan Koskovich—WKTV

*** Door Prizes * Celebrity Judges***

Group lesson with Gina & Luca Esposito

***Hors d'oeuvres and dessert**

***Master of Ceremonies: Rev. Joseph Salerno**

Advanced sale tickets: \$40

Reserved Tables for Group Sales of 10

To order call (315)735-6210 or visit

www.thegoodnewscenter.org

GET YOUR TICKETS NOW!

Tickets are going fast for the third annual "Dance the Night Away" fundraiser at Hart's Hill Inn on Saturday, February 14th, for an entertaining evening of dancing, food, fun and door prizes! More than 300 people attended last year—don't miss out on our community's most talked-about event!

This year's local "celebrities" have been practicing choreography with local dance Instructors, Gina and Luca Esposito and their dance partners for weeks while the "celebrity" judges are sharpening their pencils in preparation for the big event.

Master of Ceremonies, Rev. Joseph Salerno, will make this an exciting event you don't want to miss. The proceeds support the programs offered by and through The Good News Center to help strengthen marriages and families in our area. Thank you in advance for your support.

Upcoming Events ~ 2009

'Clip, Save & Post!'



3rd Annual Dance the Night Away!
Sat. Feb. 14, 2009 Get your tickets now!

Book Group—Wed. Jan. 28—Feb. 18, 11am. Annette Gape will lead a discussion on the book 'Velvet Elvis, Repainting the Christian Faith' by Rob Bell. Registration required. Offering: \$10 to cover the cost of the book.

The Third Option— An ongoing program to build healthier, happier marriages. Come as a couple or individually. Every Other Sunday, 6:30pm, at The Good News Center. Upcoming Dates: Jan. 25, Feb. 8, Feb. 22, March 8, March 22, April 5. FREE, open to all.

Body & Soul—Mon. & Thurs. 4pm-5pm, Begins Jan. 26, Running for 6 weeks. \$50 covers all 12 sessions. Take that first step to a new you in the new year—come to this innovative program combining prayer and exercise. All are welcome! Registration required.

Retrouvaille—A Lifeline for Troubled Marriages. Weekend of Feb. 20-22, designed to help those in hurting marriages rediscover the love and commitment that brought them together. Call for confidential inquiries.

Separated & Divorced Support Group— Meets Tuesday's, 7pm-8:30pm, twice monthly. Upcoming dates: (it is always advisable to call or check the website for upcoming meeting dates) Jan. 20, Feb. 3, Feb. 17, March 3, March 24 (tent.), April 7, April 21. Free, open to all.

Evening of Reflection for Men with Dc. Ed Doyle, Wed. March 11, 6pm, Prime Rib dinner, social time and presentation, \$30 per person

Women's Retreat with Tina Moreau-Jones, Fri. May 1—Sat. May 2, includes meals and overnight accommodations, \$70 per person

For more information, or to register for any event or program, call (315) 735-6210 or visit www.thegoodnewscenter.org.

A Message from the Executive Director...

On behalf of the staff and Board of Directors of The Good News Foundation, I wish you a Blessed New Year. As we begin 2009, I would like to take the opportunity to look back on 2008, a wonderful year for Good News, and thank all those who made it possible. From our volunteers, to our Board and staff, to those who present our programs and events and to all of you who support and participate in our mission and programming, I thank you for continuing to help the mission of The Good News grow. Be assured that we see daily how lives are being changed through our innovative and unique programming and how groups and individuals are touched forever by their visits with us at our beautiful Center. All of us here look forward to continuing the hard work of meeting the critical need of supporting and strengthening marriages and families and offering opportunities for spiritual renewal in our own community and beyond. We are grateful for having you with us on this journey and at this exciting time of growth for The Good News!

Michael J. Buckley

Rebuilding Following Separation or Divorce...

Feeling hurt, depressed, guilty, angry, betrayed and frustrated is normal and understandable when someone is going through or living after separation or divorce. It is helpful to acknowledge these feelings with others who are in the same situation. Led by trained facilitators, not counselors, the Separated & Divorced Support Group is designed to help you heal, rebuild and move on in your life in a healthy, learning environment with the support of peers. Resources for counseling and skills are available. Walk-ins are always welcome. Tuesdays, 7:00pm-8:30pm, at The Good News Center, upcoming dates: Jan. 20, Feb. 3, Feb. 17, March 3, March 24 (Tentative), April 7, April 21



The Mission of The Good News:
To share the love of
Jesus Christ
through hospitality, spiritual renewal
and support of parish and family life.

Scripture Reflection:

Hebrews 3: 12-13

Take care, brothers and sisters, that none of you may have an evil and unfaithful heart, so as to forsake the living God. Encourage yourselves daily while it is still "today," so that none of you may grow hardened by the deceit of sin.

Five Ways to Teach Values to Kids

In a consumer-driven society that broadcasts values that don't reflect what you believe, how can parents teach values to their kids? Here are five ideas to help:

Tell them your life stories and teach through your stories

Kids love to hear stories about your childhood. Weave in some moral dilemmas and you've got great opportunities to teach values to them. It certainly beats lecturing your kids.

Live your own life according to your values—walk the talk.

Kids learn by imitating, especially at a young age. They are very adept at seeing if what you say and what you do are matching up. Don't give them confusing signals; follow your own values every moment.

Expose them to your faith

It seems especially important today to let them know that they're not alone. Providing your kids with a community of faith will strengthen their values and provide parents some "leverage".

Pay attention to who else might be teaching values to your kids

Get to know your child's teachers, coaches, relatives, etc. Anyone who spends time with your kids may be influencing them. Know their values and beliefs as well.

Ask your kids questions that will stimulate dialogue about values

Telling them what values they should have won't always be effective, especially when your kids get older. Asking them "curious" questions will allow discussions that will eventually lead to values. "What did you think about that fight," may be more effective than, "He shouldn't have started that fight!"

Thank You to our Generous Donors: (since our last publication)

Mike & Andrea Buckley	Catherine Koscinski
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Robert & Jennifer Collins	Katherine Poupart
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Michael & Deborah Dyer	Raymond & Bernadette Schultz
Whitethunder & Tanya Gomez	Scott & Karen Simmons
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Leona Haley	Michael & Amy Wallace
Barb Jakubowski	Edward & Patricia Zawisza
Jay & Lori Johnson	
Rev. Paul Marshall &	

First Baptist Church, Georgetown

Thank you for your generosity and for your continuing prayers to support the mission and programs of The Good News Foundation.

A Marital Lifeline—



An upcoming Retrouvaille weekend is scheduled for the weekend of Feb. 20-22. This experience is for couples who are hurting in their marriage, for those who are considering separation or divorce, or for those who are separated or divorced and would like to try again. This weekend helps couples find a new way of looking at themselves and one another. Retrouvaille has helped marriages survive addiction, adultery, anger and indifference. Presented in a setting that allows couples to get away from the pressures of daily life, team leaders share their own stories of difficulties in marriage and solutions that work.

God Doesn't Change, But Times Do

Our Next Book Group Will Feature—'VELVET ELVIS: Repainting the Christian Faith'

Author Rob Bell believes that our times call us to live with passion and conviction. This book encompasses an appreciation for the mystery of faith. He cites the *Christian faith as a forgiving mystery, based in community and transformation and Christians will always be exploring and discovering what it means to live in harmony with God and each other.*

Led by facilitator Annette Gape, the book group will meet Wednesdays from 11am-12:30pm beginning Jan. 28 and continuing until Feb. 18. Annette is a wife, mother, Loyola Institute for Ministry Student and parishioner of Historic St. John's Church. She is a gifted facilitator who provides for a warm atmosphere and thoughtful discussion. All are welcome! Registration required -Call 735-6210 or visit www.thegoodnewscenter.org today! An offering of \$10 will be requested to cover the cost of your book.

'We know there's something more. We sense it, we feel it, we know it. We want an authentic spirituality.'



The
Good News Foundation of Central NY

10475 Cosby Manor Road, Utica, NY 13502
www.thegoodnewscenter.org
info@thegoodnewscenter.org
(315) 735-6210

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Inside:

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BODY & SOUL

*An innovative series designed to integrate exercise and
prayer into your life.*

Take that first step to a new you in the new year!

*Join us in comfortable surroundings where ALL are welcome to begin
the journey to a happier, healthier life...*

*Led by Tina Moreau-Jones: fitness instructor and retreat master.
Mon. & Thurs. 4pm-5pm*

6 weeks beginning Jan 26

Cost: \$50 per person covers all 12 sessions!

(Bring your own exercise mat.) OPEN TO ALL

*Registration Required: Call or visit our website to register today!
735-6210, www.thegoodnewscenter.org*

*Back by popular
demand, this series
first ran last fall and
drew rave reviews.*

*Get in on this
innovative and
spiritual way of
building a healthier,
happier lifestyle!*

*As featured in the
Utica O-D!*

