



## Beginning Again

'We've learned that a good marriage takes commitment and work, and we're finding the joy together that we had all but forgotten', is what one participant of **The Third Option** says. **The Third Option** is a program that teaches couples new ways to build the kind of marriage they always wanted to have. It is for couples who are struggling in their relationship and also for couples who are looking to make a good marriage even better.

- The Third Option is For You...**
- Do you fight constantly or hardly speak?
  - Do you spend more and more time away from each other?
  - Is one of you threatening to leave?
  - Do you feel trapped?
  - Do you feel angry all the time?
  - Do you long to rediscover the love you once shared?
  - Do you want to invest in your happy marriage?
  - Do you want to make your good marriage even better?

A skills based group, **The Third Option** is led by a trained facilitator and mentor couples who share their stories of struggle and how they've used the skills they've learned to make their marriage better. It is not counseling, it is a group that supports and encourages each other. While participants are welcome to share, they are not pressured to do so. A different topic is covered at each session; these include: Respect, Blame, Expectations, Power Struggle, Control Issues, Listening, Personality Differences, Childhood 'Baggage', Anger, Forgiveness, Trust. After a successful first year, **The Third Option** went on a short 'summer break'. We are pleased to announce that the program will kick off once again.

**The meetings are held every other Sunday, beginning September 14, from 6:30pm-8:30pm. The program is free and is open to all. Call or visit the website to register.**

Participants are invited to attend as a couple or individually. Learn how to break through the clutter of past baggage and misunderstandings and build a loving relationship for your spouse, for yourself, for your children.



## Body & Soul

'Fall' into better health and spiritual wholeness with an innovative series designed to integrate exercise and prayer into your life.

*Led by Tina Moreau-Jones:  
fitness instructor and retreat master.*

*Tues. & Thurs. 10am-11am  
8 weeks beginning Sept. 16, ending Nov. 6  
OPEN TO ALL!*

*Cost: \$40 per person covers all 16 sessions!  
(Bring your own exercise mat.)*

*Call or visit our website to register today!  
735-6210, [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org)*





## Upcoming Events ~ 2008

'Clip, Save & Post!'

**The Third Option**— Every Other Sunday, 6:30pm.  
Begins Sept. 14. Free and open to all. (See p.1)

**Body & Soul**—Tues. & Thurs. 10am-11am,  
Sept. 16 through Nov. 6, \$40 covers all 16 sessions.  
(See p. 1)

**Noah's Ark II Coffeehouse**—Sunday Sept. 28, 6pm,  
featuring 'Act 4 Him' drama ministry. Free and open  
to all! (See p. 4)

**Retrouvaille**—Sept. 19—21, weekend experience for  
troubled marriages. (Read more here →)

**Separated & Divorced Support Group**—Upcoming  
dates: Sept. 23, Oct. 7, Oct. 21, Nov. 4, Nov. 18, Dec. 2,  
Dec. 16. (See p. 3)

**Great Dance Dates II**— \$40 per couple covers four  
sessions, 7pm-9pm, Wednesdays: Sept. 24, Oct. 1, 8,  
15 (See p. 3)

**2nd Annual Rosary Celebration: Come Pray the  
Rosary** —Sun. Oct. 5, 2pm, Our Lady of Lourdes,  
Utica. (Read more here →)

**The Faith Club**—book group, meets Mondays: 11am,  
beginning Oct. 20. (See p. 3)

**24 Hour Retreat** —Sat. Nov.1-Sun. Nov. 2, led by  
Jim Krisher, Offering: \$95. (See p. 3)

**Mark Your Calendars: 2nd Annual Living Nativity**—  
Sun. Dec. 7, 4pm-6pm

**For more information or to register for  
any event or program, call (315) 735-6210  
or visit [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org).**

## Help for Hurting Marriages Continues at Good News

Retrouvaille is a weekend experience designed to help troubled marriages regain their health. It helps spouses uncover or re-awaken the love, trust and commitment that originally brought them together. The program is highly successful in saving floundering marriages, even bringing reconciliation to couples who have already separated and divorced.

Retrouvaille (French for rediscovery) began in Quebec, Canada, in 1977. The program soon spread to the United States and other countries. It's largely a lay-run, peer ministry. Couples who have already been through the program present it to couples currently going through it.

If you know someone who is hurting in their marriage, let them know that Retrouvaille can help. The next weekend at The Good News Center will be held on September 19-21. Confidential inquiries can be made by telephone (315)725-6210 or by visiting our website: [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org).



### 2nd Annual 'Rosary Celebration'

*Sunday, October 5, 2008 2:00pm  
at Our Lady of Lourdes Church, Utica  
The Feast of Our Lady of the Rosary  
& Respect Life Sunday*

Gather for opening prayer before praying the Rosary led by Mike Dzuria. The Divine Mercy Chaplet led by Dc. Bill Hotaling and Benediction led by Dc. Ed Doyle will follow.

Liturgical Dance will enrich the celebration.

Join us for prayer, devotion to Mary and outreach to those at Evelyn's House.

To commemorate Respect Life Sunday, a cash donation will be accepted to help support Evelyn's House (a ministry that serves young single mothers).



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:

1 Cor 2: 12-13

We have not received the spirit of the world but the Spirit who is from God, so that we may understand the things freely given us by God. And we speak about them not with words taught by human wisdom, but with words taught by the Spirit -

*Dance, like marriage, is about give and take. How to cooperate, how to not throw each other off balance, how to work together, what roles do you have and what happens when you make a mistake.*



### Great Dance Dates II

Gina & Luca Esposito will lead us each week for a dance lesson, a relationship 'refresher' and a bit of fun for the just the two of you. Wednesdays: Sept. 24, Oct. 1, Oct. 8, Oct. 15. 7pm-9pm. Offering: \$40 per couple covers all four sessions. \*Register now by calling 735-6210 or visiting our website:

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

Mike & Andrea Buckley  
Dave & Paula Carroll  
Catholic Daughters  
Virginia Chromczak  
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Jo Ginnity  
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Ralph Imundo  
Rose Macrino

Maureen Mayer  
Rev. Richard Morrisette  
David Nolan  
Bruce & Betty Petkovsek  
St. Peter's Church, Rome  
Helen Trotta  
MaryAnn Vanderpool

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

### 24 Hours

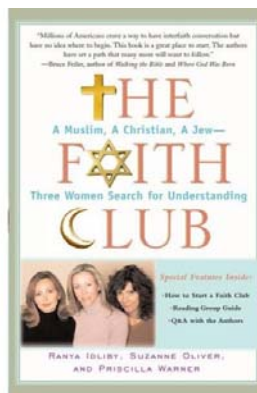
Registrations are pouring in, don't miss your chance to join us at The Good News Center for a '24 Hour Retreat' directed by Jim Krisher on Sat. Nov 1 - Sun. Nov 2. A perfect way to spend All Saints & All Souls Day! The retreat will begin with lunch on Saturday and departure will follow lunch on Sunday. Jim is founder and director of the Spiritual Renewal Center in Syracuse. A published author, Jim also serves as adjunct professor at LeMoyne College. The retreat will include meals, evening social, overnight accommodations and mass. An offering of \$95 covers all the amenities of this retreat. This falls on Daylight Savings Time – 'Fall Back' and gain a truly meaningful extra hour! Call or visit the website to register now!

### Are you or someone you know living through the chaos that follows Separation or Divorce?

The Separated & Divorced Support Group can help to rebuild and can lead to life lived fully in hope and with happiness once again. But healing is a process and it takes time to get through the feelings of separation and divorce: hurt, guilt, anger, depression, betrayal, frustration. Healing is a journey to wholeness and new life through sharing, learning and support of family, friends and community. Those living through separation and divorce need to hear that they are 'okay', 'special', 'unique', 'loved'. Led by trained facilitators, the group offers peer support. All meetings are held on *Tuesdays* from 7pm-8:30pm at The Good News Center. *Upcoming dates: Sept. 23, Oct. 7, Oct. 21, Nov. 4, Nov. 18, Dec. 2, Dec. 16.* This group is a part of the Family Life Office of the Roman Catholic Diocese of Syracuse. Call 735-6210 for more information.

### 'The world needs this book.'

(Library Journal)



Join us for The Faith Club Book Study Group Mondays at 11am at The Good News Center beginning October 20.

Led by facilitator Annette Gape. Annette is a wife,

mother, Loyola Institute for Ministry Student and parishioner of Historic St. John's Church. All are welcome! Call 735-6210 or visit [www.thegoodnewscenter.org](http://www.thegoodnewscenter.org) to register today! A small fee will be requested to cover the cost of your book.

ABOUT THE BOOK "Welcome to the Faith Club. We're three mothers from three faiths—Islam, Christianity, and Judaism—who got together to write a picture book for our children that would highlight the connections between our religions. But no sooner had we started talking about our beliefs and how to explain them to our children than our differences led to misunderstandings. Our project nearly fell apart."

Pioneering, timely, and deeply thoughtful, The Faith Club's caring message will resonate with people of all faiths.



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**September's edition of the Noah's Ark II Coffeehouse will break new ground!**  
**The Good News Center is thrilled to announce that Act 4 Him Drama Ministries will present '*Joseph: A Father's Struggle*' on Sunday Sept. 28 at 6pm.**  
**This performance is free and open to all and is FOR ALL AGES!**

About Act 4 Him...

Welcome to the Act 4 Him Drama Ministry, a husband and wife traveling ministry "Guiding lives to Christ with One-Man Biblical Dramas". Matthew and Tina Zawisza, two of God's children believe without a doubt that the Bible is a Christian's guidebook in life. They believe it is God breathed and word for word truth. BUT for many people it is "a book" that is difficult to understand. Which is why many people do not read it. Their mission therefore is to make the Bible easier for people to understand and enjoy by breathing life into it. That life of course is created by drama. Matthew and Tina are simply giving people a visual of what they have read. Studies have proved that the average person retains only 10 percent of what they are taught. When you add a visual to that same teaching they remember 40 percent. That is a 400% increase! Act 4 Him is simply trying to do this with God's Word for His children - you. Performed in complete period costume, the audience is propelled back in time to hear about events they've only read about.