



What to give Mom for Mother's Day?

Spring is upon us! All around us are signs of refreshment and new life—birds, trees and flowers are all reawakening after the winter time. Winter is nature's way of letting these creations rest and renew themselves so that they can 'spring' back to life each year.

How do you give yourself time for rest and renewal? Do you give yourself a chance for refreshment so that you too can 'spring' back to life?

Here's a perfect opportunity: Women's Retreat. Tina Moreau-Jones, experienced instructor and retreat presenter, will lead us in an overnight retreat experience just for women.



Using Scripture, reflection, movement and journaling, Tina will lead you through an experience that allows you to relax, refresh and re-focus on yourself and who you are called to be in this world.

Friday, May 16, begins 7pm—Saturday, May 17, departure after lunch

An ideal time for you to share with the special women in your life... invite your mother, grandmother, aunt, sister, friend to join you! And, being the weekend following Mother's Day, this retreat is the perfect gift for that special 'Mom' who constantly gives to others—here's a gift that is truly all about her. Offering for the retreat is \$65: this includes meals and overnight lodging in a semi-private room. And, May days will surely bring comfortable weather to enjoy our trails and beautiful grounds.

Register now for this opportunity for encouragement, nourishment and a mini-vacation for the soul—call (315)735-6210 or visit www.thegoodnewscenter.org.



Dinner With the Guys!

'We live in such a hurried society. People need the opportunity to relax and take a break.'

FOR MEN...



Not to be missed, Fr. Mike Carmola, a priest of the Diocese of Syracuse and Director of Christ the King Retreat Center, will be with us to offer a time for relaxation, fellowship and renewal! A wonderful storyteller and a joyful presence, Fr. Carmola will offer this evening especially for men.

Father Carmola stresses the importance of taking advantage of the opportunity for respite. "It's a paradox of today — people probably need this more than they ever needed it before," remarked Father Carmola. "Yet they find it the hardest to carve that time out..."

Men, take this time for yourselves. Bring a friend!

Ladies, 'give' this evening as a gift to the special men in your life: husband, father, son, grandfather, uncle, brother...

Wednesday April 30 at The Good News Center

The evening will begin with a Prime Rib Dinner Served at 6:30pm

Presentation by Fr. Carmola to follow

Make your reservation today! Offering: \$30 per person

Call 735-6210 or visit www.thegoodnewscenter.org

Upcoming Events ~ 2008

Evening of Reflection for Men—Wed. April 30, Begins with a Prime Rib dinner –served at 6:30pm. See page 1 for more information.

Women's Retreat—Fri. May 16—Sat. May 17, Arrive Fri. evening at 7pm, Depart Sat. after lunch. See Page 1 for more information.

A Mid-Summer Night's Dance —Sun. Aug. 10: Bring your entire family to this unique event, 5pm –9pm. See Page 3 for more information

The Third Option—Every other Sunday, 6:30-8:30 p.m.: The Third Option is designed for all married couples and can be used both as marriage enrichment or crisis intervention. This free program teaches how to have a happier, healthier marriage. Upcoming dates: 4/13, 4/27.

Noah's Ark II Coffeehouse—Join us for fellowship and great music on Sunday April 27, 6pm-8pm. As always, it is free and open to all!

May Luncheon Series—Celebration of the Spirit! See Page 4 for more information.

Family Retreat — Fri. July 25—Sat. July 26. See Page 3 for more information!

Especially for Pastors, Parish Staff, Parish Leadership - Sat. April 12. See below for more information.

Retrouvaille—Oct. 17-19, 2008 This overnight, weekend experience is for separated, divorced or married couples anxious about their relationship, bored in their marriage, or angry with their partner. Call (315)735-6210 for confidential inquiries.

Christ the King Shrine Events — Honoring the apparition of Jesus as testified to Charles Grestl; at the Shrine, Flanagan Road, Marcy. Times and dates announced soon! Call 736-3504 or visit Shrine for more information.

Separated & Divorced Support Group— Upcoming meeting dates are: 4/15, 5/6. This program is part of the Family Life Education Office, Diocese of Syracuse.

Catholic Daughters—All Catholic women are invited to attend the next meeting of the Catholic Daughters at The Good News Center on April 22 at 7pm. For more information about this organization or the meeting please call MaryEllen LaGray at #733-5564.

Rosary Walk —Wed. Aug. 6, 6pm. Come pray with us on our beautiful outdoor Rosary trail. Free and open to all. Refreshments will follow.

24 Hour Retreat —Sat. Nov.1-Sun. Nov. 2: See page 3.

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

Institute for Pastoral Growth



Fr. Lou

The Good News Center is pleased and excited to announce a partnership with the Institute for Pastoral Growth. We see this as a wonderful opportunity to affirm our mission of supporting parish life. As many of us know, and are personally experiencing, this is a critical time for Catholic parishes of our region. A time of unprecedented change and re-creation is upon us. In response to this and the challenges that are arising from this change, we have partnered together to offer a program which meets the critical and immediate needs of parish communities in transition, and of those who lead those communities. 'Skills for Ministry in Changing Communities' is a program developed specifically to teach the skills necessary for preparing people emotionally and intellectually for change. It is especially geared to pastors, parish staff, deacons, lay ministers, parish leaders, parish councils, trustees and all those involved in processes of merging or linking parishes. This program will be presented in a series of workshops held at The Good News Center. The first was held in February. The upcoming session will be on Saturday, April 12, running from 9:30am to 3:30pm and will include lunch. Under the leadership of Rev. Lou Aiello, the Institute, with faculty from Pastoral Care Education, offers this program to address topics in the areas of *Skills for Responding to a Congregation in Distress*, *Techniques for Promoting Healthy Grieving*, *Using Ritual & Sacrament for Healing*, *Facing Threat & Opportunity Together*.

The cost for the session is \$35 per person. This is an opportunity not to be missed; Register today!



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:

"Go home to your family and tell them how much the Lord has done for you, and how he has had mercy on you." So the man went away and began to tell how much Jesus had done for him. And all the people were amazed. (Mark 5: 19-20)



“24 Hour Retreat”

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. He holds his undergraduate degree in Religion from Syracuse University and his M.A. degree in Theology from Boston College. A published author, Jim also serves as adjunct professor of New Testament and Christian Spirituality at LeMoyne. We are thrilled that Jim will be joining us at the Center—Don't miss this opportunity! The retreat will include meals, evening social, overnight accommodations and mass. More information to follow. To make your reservation inquiry, call or contact us via the website.

The 'Dancing' Continues...



Thanks to all who supported and attended our fundraiser in February. It was truly a night to remember. Over \$10,000 was raised to fund our programs. Fresh off the heels of the successful 2nd Annual 'Dance the Night Away', The Good Center hosted 'Great Dance Dates'. And, we are pleased to announce that the dancing will continue...

A Mid-Summer Night's Dance will be held on Sunday Aug. 10. 5pm-9pm. Bring the entire family for this wonderful event at The Good News Center. A dance lesson with Gina & Luca Esposito, open dancing and available concessions will make this 2nd annual event a lovely evening out for you and your family. \$15 per person, children under 12 are free.

Great Dance Dates II will be held this fall! The great response from the first sessions has led to another series. 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. Make a note now to attend! Wednesdays: Sept. 24, Oct. 1, Oct. 8, Oct. 15. Offering: \$40 per couple covers all four sessions.

*Register for both of these events by calling or visiting our website!

Gas at almost \$4 a Gallon?! Here's A Family Getaway for You!

With gas prices sky high, perhaps you and your family are looking for unique ways to get-away and spend time together over the coming summer months. We've got the answer...

Mark your calendars and make plans to attend our first ever Family Retreat—**Fri. July 25 to Sat. July 26**. With the scattered schedules that we can have as families, here is an opportunity to **reconnect with your kids and for them to reconnect with you!** While the retreat will have exercises and activities focused on your family's relationships and spirituality, there will be music, games and time for relaxing by a campfire.

Offering: \$150 per family—Meals, drinks, snacks and overnight accommodations are included! Call The Good News Center at (315) 735-6210 to make your inquiry for a reservation.



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

All Who Supported the 2nd Annual Dance the Night Away Fundraiser:

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Ticket Purchases

Rose M. Casino
Robert & Jennifer Collins
Michael & Deborah Dyer
Donald & Helen Gossin
Wayne & Ann Harris
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Florence Kowal
Gail Lawton
Rose A. Macrino
Sondra J. Mansur
Rev. Richard Morissette
Karen M. Newman
Selinda Ogradnik
Helen A. Trotta
Rev. Mariusz Wirkowski

10 Things You Can Do To Have a Healthy Marriage



**Spend Time With Each Other.* Plan regularly scheduled date nights and activities. By spending time with your partner, you will better understand one another—your gifts and your differences.

(eg: *Great Dance Dates!*)

**Learn to Negotiate Conflict.* Conflict is normal. Working out problems starts with understanding the issues and how to discuss them.

**Show Respect for Each Other at All Times.* Failing to respect each other can lead to negative habits: criticisms and put-downs. Treat your partner as you would like to be treated.

**Learn About Yourself First.* Work on self-discovery. (eg: *24 Hour Retreat!*) Learning about yourself will better equip you to grow as an individual and a partner.

**Explore Intimacy.* Intimacy does not always mean sexuality. Emotional intimacy is important—create a safe space for your partner to share their feelings.

**Explore Common Interests.* Couples thrive when they share similar interests. Have something outside of your family that you both enjoy.

**Create a Spiritual Connection.* Couples grow closer when they share their faith.

**Improve Your Communication Skills.* Never assume your partner knows what you are thinking or feeling. Tell your spouse what's going on—and know when to listen.

**Forgive.* No one is perfect. Allow your partner room to make a few mistakes, because you will make a few of your own! Act quickly to apologize and fix problems.

**Look for the Best in Each Other.* Over time, your view of your partner's qualities may change. Give each other the benefit of the doubt and create a list of all the things you love about your partner. It will help you to fall in love all over again!

-from the National Healthy Marriage Resource Center



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May Luncheon Series Set: A Celebration of the Spirit!



With the success of the Lenten Luncheon Series, folks were asking for 'More, More!'. So we are pleased to offer a series in Celebration of the Spirit—a May Luncheon Series. Join us each week (Wednesday's) for a presentation beginning at 11:30am—then we will have lunch together! Offering: \$10 each week. Advanced registration is required. Call today! Pentecost is May 11—take this time to reflect on the Spirit in your life!

May 7—Maureen Denn CSJ
Chaplain Faxton-St. Luke's Healthcare



Maureen

May 14—Fr. Bob Kelly
Pastor, St. Paul's Church, Rome



Fr. Bob

May 21—MaryEllen Schopfer CSJ
Spiritual Director, Retreat Master



MaryEllen

May 28—Jennifer Collins
Program & Marketing Dir., The Good News Center