Hello, and welcome to your new newsletter! We hope you and your loved ones are well. S. Diane and Teresa continue to be fine.

We’re calling the newsletter *Lift Up Your Heart* because whether you think it means praying or simply having good posture so you can take deep breaths, lifting up your heart is a good idea. If you do it every day, it becomes a practice.

The heart with our logo in it was done by alum Kari Piazza who discovered during the pandemic that she loves to paint. She loves it so much that she started her own business selling her hand-painted trinkets and jewelry. Congrats and thanks, Kari! See her website: kariblueberry.com

We hope you’ll enjoy reading this edition. There are a few announcements so pay close attention. We still don’t know what to tell you about next year, and even if we told you, it could change. Being hopeful, we’ve included the 2022 calendar.

In typical Respite fashion, we encourage you to take care of yourself as this crazy pandemic goes on. For a start, right now, take a deep breath, roll your shoulders back and down and lift up your heart!

Greetings

In the late spring/early summer, the Women’s Respite Program hosted three small programs for alums. The groups were about a dozen women each. As you can see, masks were required. All the groups had the same craft — handpainting mugs, most with large initials. Like the grandmothers who met earlier in the year, the women enjoyed the smaller group size. Everyone got along beautifully and appreciated more time to get to know fewer women. It was good for everyone to be back at the Center of Renewal. Our alums love Stella Niagara and the peace and quiet of the campus. We know our women need the rest and the camaraderie of the Women’s Respite Program where they feel safe and cared for.

A special thank you to the staff at COR and the housekeeping staff for their extra care during this trying and long-lasting pandemic.
If you’d like some quiet time to yourself for a day and a night, the Respite Program continues to offer our alums access to the Center of Renewal (COR) for an overnight stay. We will cover the cost of a room for one night and up to four (4) meals. If you’d like to extend your stay, you can pay for a second night and additional meals. To stay at COR, you MUST bring proof of vaccination, and you will need to wear a mask. At this time, you would be able to leave the grounds and return. Two or three people can come at one time. The Program may be able to help with transportation. Even if you took up this offer in the spring or summer, you can return this fall or winter. This is NOT a Respite Program; you will have to entertain yourself. There is wifi and of course the beautiful grounds for walking. We recommend making a reservation at least two weeks in advance. You can stay during the week or on the weekend as long as COR has a room. Leave a message at the Respite office: 716/893-0931, and someone will get back to you.

“More from 2021”

“I enjoyed the opportunity to have time to myself. I needed time to unwind, reflect, rest, read and write. It was nice to bond with other moms. Everything was wonderful!”

“This was exactly what I needed. I felt safe with the COVID guidelines. I felt valued and loved.”

“Stay-for-One-Night Offer”

Feb 18, 19 & 20 — alums who started in a summer program
April 8, 9 & 10 — Ausome Moms
May 6, 7 & 8 — Women with cancer
June 3, 4 & 5 — Grandmothers raising their grandchildren
July 7, 8 & 9 — Moms with low income

Of course anything can happen between now and then, but we are hopeful, and the dates are reserved. We will be in touch with you.

2022

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If you are an alum of any Women’s Respite Program AND are fully vaccinated, you are eligible to apply for the upcoming Renewing Spirits retreat at the Center of Renewal this December.

As in the past, these spiritual programs are designed to provide you with even more quiet time than usual for reflection and prayer. There is no boutique or bingo. The pool is closed. But there is a beautiful quiet environment to get back in touch with your spirit. You may walk the grounds, chat quietly with friends, write in your journal or start a journal, listen to music, watch the river, be calm. If you’d like to apply, please fill out the form on the back cover and return it to us by Nov 20.

If your application is accepted, you will need to bring your proof of vaccination and wear a mask when not in your room. These regulations are meant for everyone’s safety.

If you can afford a small donation, bring it to the program. If not, do not worry about it.

Consult your spirit, and if it needs renewing, be good to yourself and apply.

"I pray this for all of us— that we may all know for a certainty the love that supports us, that is all around us, that is us. I pray that we may all know beauty and communion with the world, with each other, with the divine. I pray for us to know and practice love, to choose it in every moment."

Rosemerry Wahtola Trommer, poet

Ausome Moms: Ready to ReZOOM?

Starting Wednesday, October 20 @8pm, ausome mom alums are invited to join a Zoom discussion group. We’ll do this Zoom chat every third Wednesday of the month. Just a pleasant hour to check in with one another and discuss whatever is on people’s minds. If you’d like to participate, send an email to womensrespite@yahoo.com asap, and we’ll send you the Zoom number and passcode. Closer to the date, we’ll send out a reminder email to anyone who signs up.

Good News

First, the good news: We’re not cancelling Christmas!

To celebrate, we invite you to do a Christmas Craft via Zoom on Saturday, Dec 4 at 10 am. As we’ve done previously, we will supply all the materials; we will either mail them or deliver them to you.

If you’d like to participate, please call the Respite Office at 716/893-0931 by November 1. Be sure to tell us you’re calling about the Christmas craft and leave your name and phone number. We’d love it if you spoke slowly and clearly. We’ll call to confirm, and sometime in November, you’ll get the materials.

The bad news is that we’re not having a Christmas party this year. Regrettably, it still does not feel safe to bring a large group together in a small indoor space. But remember:

- You can come to COR for a free night
- You can apply for Renewing Spirits
- You can join us for a Christmas craft!

Loss

We are very sad to report the death of two of our alums this year: Barbara Bigos and Maryann Helenbrook.

Please stay in touch. Send us your new contact info.

Women’s Respite Program
1301 Ferry Ave. ▪ Niagara Falls, NY 14301
716/893-0931
womensrespite@yahoo.com
womensrespite.org
facebook.com/stellawomensrespite

Call us if you move
Application for Renewing Spirits Program — December 11 & 12, 2021

Name____________________________________  Preferred phone number____________________
Address __________________________________________  Email address _________________________
City & Zip __________________________________________  Do you need help with transportation?  □Yes  □No
Are you vaccinated for COVID-19?  □Yes  □No
Are there children younger than 16 living with you?  □Yes  □No  If yes, who will care for them while you are with us?
Name & phone # of carer ________________________________________________________________
Tell us why you would like to attend Renewing Spirits: __________________________________________
Name & phone # of person we should contact for you in case of emergency:
Tell us if you have dietary needs: _________________________________________________________
Tell us if you have mobility issues: ________________________________________________________

Return your application by Nov 20.
Mail to Women’s Respite Program
197 Argonne Drive
Buffalo, NY 14217  OR  Send a scanned copy to womensrespite@yahoo.com