



Center of Renewal at Stella Niagara

THE SPIRITUAL RETREAT GAZETTE



A SPECIAL MESSAGE FOR ALL CHURCH COMMUNITIES!

Retreat Accommodations Available



Unite Your Church Family with a RETREAT

Call today to make your reservation - (716) 754-7376



Men's Retreat



Youth
Group Retreat



Women's
Retreat



Spring
Retreat



Don't hit snooze! The Deadlines loom!

Thursday, September 25, 2025 - 11:00 AM - 2:00 PM

* Reservation Deadline September 11th

Let's Do Lunch

Breaking Bread & Bible Study Series with Bonnie - 1st Session - Fill My Cup Lord

Did anyone ever ask you...what's in your cup? Bonnie will be asking you that question but, "spoiler alert" we mean...what's in your spiritual cup of course. We will spend some time exploring both Psalms 23:5 where the Psalmist asks for an over-flowing cup and John 4, the story of the "woman at the well". We will delve into those verses to get some cup content answers to our spiritual question... **What's in your cup?**

Presented by Bonnie Mazur

A member of our Center of Renewal Staff. Bonnie's anointed vision is to proclaim the Word of God from a sensitive reassuring Christian perspective.

Bonnie is a retired attorney and former pastor.

Only \$28.00

Includes Retreat and Lunch

COME AND ENJOY A LOVELY LUNCH IN
OUR DINING ROOM
AND TEA-TIME TO SOOTHE YOUR SOUL



Saturday, September 27, 2025 - 9:00 AM - 5:00 PM

* Reservation Deadline September 12th

Let's Be Friends

A GENTLE GUIDE TO BECOMING THE BEST FRIEND YOU CAN BE

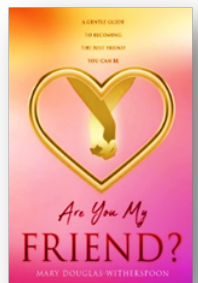
Everyone hopes to have at least one good friendship. Some think they do but after a closer look, they may find out that they don't. This retreat will guide you into a closer look at your friendships and how true friendships are a blessing from God.

PRESENTED BY: Mary Douglas-Witherspoon - Author of Are You My Friend?

Understanding that God never meant for us to journey through life alone, Mary has learned how to be intentional with those who are closest to her and wants to instill that knowledge in others. She continues to navigate through the many nuances of friendship to define how God sees them and hopefully guide others into becoming a good friend.

Cost: \$65.00 Limited Reservations

Includes: Retreat, Lunch, & Signed Copy of "Are You My Friend?"



Every 3rd Monday Afternoon - September 15, October 17 & December 15, 2025 * 1:00 -2:30 PM

Calling All



Crocheters and Knitters of all Skill Levels

You're invited to a yarn-tastic time!
Prayer Shawl Guild

Time for learning, sharing, praying, new patterns and Prayer Shawl Outreach

Cost \$15.00 per week

-Save \$5 if you register for all four weeks

Bring Your Own Yarn and Needles Or

Call for pricing on yarn and needles at extra cost (Limited supply)

Saturday, October 11, 2025 * 10:00 AM - 4:00 PM

*** Reservation Deadline September 27th**



**Don't Let Suffering
Take You Down**

Spiritual Transformation Retreat

Presented by: Sr. Marcella Kiesel, OSF

A Franciscan Sister of Penance and Christian Charity with experience in Spiritual Direction as well as teaching college.

This retreat deals with the spiritual awaking to the sufferings in our daily lives and will open new possibilities about how to deal with all areas of suffering.

Cost: \$75.00 Includes retreat, lunch and book by Louis M. Savary and Patricia H. Berne, Teilhard de Chardin Seven Stages of Suffering: A Spiritual Path for Transformation

YOUTH GROUP LEADERS NOTE

Any Youth Group that has 25 people or over can make a reservation for a private retreat for the Let's Be Friends Retreat
Call Today To Book a Date!



Saturday, October 25, 2025 * 9:00 AM - 5:00 PM

*** Reservation Deadline October 10th**

ATTENTION TEENS
THIS RETREAT IS FOR YOU
Let's Be Friends

A GENTLE GUIDE TO BECOMING
THE BEST FRIEND YOU CAN BE

Everyone hopes to have at least one good friendship. Some think they do but after a closer look, they may find out that they don't. This retreat will guide your youth into a closer look at their friendships and how true friendships are a blessing from God. *True friendships can help with bullying problems and make a big difference in this world of chaos.*

PRESENTED BY: Mary Douglas-Witherspoon

The Author of "Are You My Friend?"

Understanding that God never meant for us to journey through life alone, Mary has learned how to be intentional with those who are closest to her and wants to instill that knowledge in others. She continues to navigate through the many nuances of friendship to define how God sees them and hopefully guide others into becoming a good friend.

Cost: \$65.00 (Limited Reservations)

Includes: Retreat, Lunch, & Signed Copy of "Are You My Friend?"

Saturday, November 22, 2025 & Wednesday, December 3, 2025 * 9:00 AM - 5:00 PM

*** Reservation Deadlines November 7, 2025 & November 19, 2025**



Advent Retreat - The Three Women of Advent

Connecting the Dots to Their Life, Legacy and Lessons

Presented by:

Sr. Patricia McMahon, OSF & Sr. Theresa Schneider, OSF

Bring your preparation for Christmas by spending a day with The Three Women of Advent, who were there at the time of Jesus' birth. Meet Mary, his mother; Elizabeth, mother of John the Baptist and Mary's support and companion during her pregnancy, Anna, the prophetess who recognized who Jesus was when he was first brought to the temple.

Cost: \$40.00 - Includes: retreat and lunch - Book not included

Book can be purchased through Amazon but it is not necessary for the retreat.

Note: Fees & deposits are non-refundable, administration fees for transfers



To make a reservation
for any retreat
call 716 791-4346

