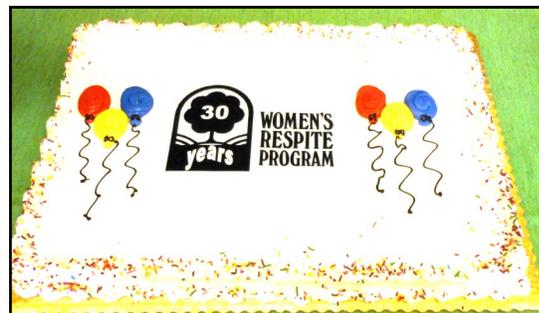




Fall  
2018

# MAKING MEMORIES

We had a great party on August 18 to celebrate 30 years. Good food, good cake, good friends, and great music thanks to DJ Ces Owens. It was fun to see everyone so relaxed and having a good time.



We asked people to write in our "Book of Women's Respite Program Memories." We share some of their memories here.

# Voices

## from the Women's Respite Program

Volume 22

Issue 2

Stella Niagara, NY



*My memory is meeting many wonderful women who are in the same boat as I am and staying in touch with them as new friends.*



*The Respite Program gives me a feeling of hope and gives me strength to get through rough times.*

*Respite is near and dear to my heart...may the dream of giving women respite, peace and healing continue for many years.*

*The Women's Respite Program provides women in need with an opportunity for rest and renewal in a safe, comfortable and healing environment.*

*We serve women with annual programs for mothers with low income, grandmothers who are raising their grandchildren, women raising children on the autism spectrum, and women with cancer.*

*The women are referred by various WNY agencies.*

*The Women's Respite Program is sponsored by the Sisters of St. Francis, Stella Niagara.*

*See back cover for 2019 dates.*



*This program has made such a difference in my life and for that I am grateful!*

*I will always cherish the closeness and affection of the women I spent that weekend with.*

*My memory was the overall feeling of not being alone and finding a new "family."*

# Attention Ausome Moms:

If you have attended one of our weekends for mothers raising a child on the autism spectrum, and would like to have a one-day respite on Saturday, **November 17, 2018**, please call the Respite Program office at **716/893-0931** to make a reservation. There are plenty of spaces left. We'll start at 11 am and go to 7 pm with lunch and dinner included. Asking for \$15 donation, but don't let that stand in the way of having a day to yourself. Call us soon.

# Don't save the date.

Thanks to the success of our 30th Anniversary fundraising mailer, it will NOT be necessary to have a spaghetti dinner this year. We hope to have a special fundraiser for 2019, so stay tuned.

You're always welcome to make a contribution with the enclosed envelope. Thank you for your continuing support.



Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

*Denis Waitley*



to our  
donors  
and  
friends!

For thirty years, you have sustained the Women's Respite Program with your financial support, your prayers, your time, and your talents. On behalf of all the women the program has served over the years, we express deep and continual gratitude. You are awesome.

## 2019 PROGRAM SCHEDULE

February 1–3 Spiritual Retreat — all alums can apply

March 15–17 Women with cancer

April 12–14 Moms with children on the autism spectrum

June 7–9 Grandmothers raising their grandchildren

August 1–3 Moms with low income — alums from the summer can apply. We will give priority to new applicants.

Restoring Hope ■ Refreshing Bodies ■ Renewing Spirits

Women's Respite Program  
1301 Ferry Ave.  
Niagara Falls, NY 14301





## SOME CHANGES IN 2019 PROGRAMS

The first program in 2019, February 1 to 3, will be a spiritual weekend open to all alums to apply. We will mail out application forms right after Christmas. The expectation for the weekend, like previous spiritual events, is to have a quieter than usual experience with time for reflection and thinking, praying and meditating. The emphasis will be on the individual's spiritual needs rather than external needs. That translates to no bingo, boutique or door prizes.

We realize that a spiritual weekend is not for everyone, so in 2019, alums from the summer who would typically apply to attend in winter will be able to apply for the summer program, August 1 to 3. We will give priority to new applicants attending for the first time, but expect to accept applications from a good number of alums.

Remember, you can apply all you want, but you can only attend one overnight program per year. Call the office with questions: 716/893-0931

### GET IN TOUCH



If you are moving, tell us your new address.

Women's Respite Program  
 1301 Ferry Ave.  
 Niagara Falls, NY 14301  
 716/893-0931

womensrespite@yahoo.com  
 womensrespite.wordpress.com  
 facebook.com/stellawomensrespite





The thankful heart opens our eyes to a multitude of blessings that continually surround us.

*James E. Faust* 



Storyteller Sharon Holly (above) delighted the grandmothers with folktales and her own family stories.



Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.

Parker Palmer



## RESOURCES

The internet is full of tremendous free resources to help us take care of ourselves. We've used some at the Respite Programs in recent years. Here is how to find some of these sights.

Start by going to youtube.com. In the YouTube search engine, look for these sights:

- 25-minute chair yoga: Key in "chair yoga Toronto"
- Mark Williams' mindfulness meditations: Key in "Mark Williams mindfulness"
- Woman leading centering and breathing meditations: Key in "meditation johns hopkins" Note that johns with an "s" is correct.
- 8-minute guided meditation before sleep: Key in "meditation kamran"
- The website [gratefulness.org](http://gratefulness.org) is simply beautiful to look at, read and listen to. Under "Practice," watch "A Grateful Day."



On September 8, the Women's Respite Program held a one-day spiritual retreat for some of our alums. The weather was fairly cooperative; it was cool and windy, but nice enough for many to take long walks to the river or the labyrinth mowed into the back lawn at Stella Niagara. Like many of us, the women were in search of some quiet and a little peace. We hope they found at least some of what they sought.



Acceptance doesn't mean complacency or giving up. We can accept something while at the same time trying to make it better.

Rick Hanson, Ph.D.

