

Centers offer diverse fares of 'soul food'

Faithful can sate spiritual hungers

By Lee Strong
Senior staff writer

Members of the Rochester diocese have many opportunities for spiritual growth — ranging from parish-based spirituality programs to monasteries to retreat centers.

The following is a partial list of places that offer retreats, programs and other forms of spiritual enrichment. Many parishes, diocesan groups, and the diocese itself also offer opportunities for spiritual growth through retreats, missions, prayers groups, and speakers.

• • •
Borromeo Prayer Center, 3011 Dewey Ave., Rochester, N.Y. 14616 (716/663-5856).

A ministry of St. Charles Borromeo Parish, this prayer center is located in the former convent building. The center offers opportunities for private and group retreats; rosary and prayer groups; videotape series; planned programs and sessions tailored to meet the needs of groups; workshops and courses; and individual spiritual direction. The center can accommodate up to 37 people overnight.

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Cistercian Abbey of Our Lady of the Genesee, 3258 River Road, Piffard, N.Y. 14533 (716/243-2220).

Several retreat houses are located on the abbey's grounds. The houses offer an opportunity for contemplative monastic retreats for individuals and groups. The abbey, however, does not offer formal retreat programs. People may take part in retreats from Monday to Friday or Friday to Sunday. Reservations are required in advance.

• • •
Convent of Our Lady of the Cenacle, 693 East Ave., Rochester, N.Y. 14607 (716/271-8755).

The Sisters of the Cenacle offer retreats, seminars and other Christian growth programs for groups, as well as directed retreats and spiritual guidance for individuals.



File photo/Photo Intern
Lector Judy Shafer raises her arms in prayer during a May 17 Mass celebrating the Notre Dame Retreat House's silver anniversary in 1992. The Canandaigua center is among many sites in the Rochester diocese offering opportunities for spiritual growth.

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Holy Trinity Monastery, 7200 Tobes Hill Road, Hornell, N.Y. 14843 (607/324-7624).

This monastery offers Benedictine hospitality for private retreats or days of prayer. Staff members also assist groups in developing spiritual programs.

• • •
Mercy Prayer Center, 65 Highland Ave., Rochester, N.Y. 14620 (716/473-6893).

A ministry of the Sisters of Mercy, this center offers programs for individuals and groups; spiritual direction and private-directed retreats available upon arrangement with staff members; a number of programs focusing on the 19th Annotation retreat program, based on the spiritual exercises of St. Ignatius of Loyola; Scripture study; and instruction in prayer.

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Mount Saviour Monastery, Pine City, N.Y. 14871 (607/734-1688).

This monastery can accommodate men, women and married couples for private retreats. Retreatants can participate in the rhythm of the monastery's prayer life, or they may use their time for reading, private prayer and devotions. The monastery does not offer formal retreat programs.

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Retreat Center, Monastery of Mary the Queen, 1310 W. Church St., Elmira,

N.Y. 14905 (607/734-9506).

This center is run by Dominican nuns and is used by small groups of women and individuals seeking prayer and solitude in a monastic setting.

• • •
Notre Dame Retreat House, 5151 Foster Road, Canandaigua, N.Y. 14424 (716/394-5700).

Notre Dame offers retreat opportunities for men, women, teen-agers and specialized groups. The staff offers guided, directed and private retreats. The house's calendar also includes monthly days of prayer for women and a variety of one-day programs of prayer and reflection.

• • •
Sisters of St. Joseph Spirituality Ministry, 4095 East Ave., Rochester, N.Y. 14610 (716/586-1000).

The staff of the "House of Joseph" offers spiritual direction and spiritual growth programs for individuals and groups. Private and directed retreats may be arranged, and staff members are willing to come to parishes with programs.

• • •
St. Francis Spiritual Renewal Center, 210 W. State St., P.O. Box 6788, Ithaca, N.Y. 14851 (607/277-8256).

This center is a lay apostolate offering spiritual direction; programs in Christian spirituality; a lending library; a 19th Annotation retreat program, based on the spiritual exercises of St. Ignatius of Loyola; and space for brief periods of recollection. The center staff organizes and directs retreats at nearby retreat centers and monastic houses.

Talks to focus on Thomas Merton and American culture

ROCHESTER — Monsignor William H. Shannon will discuss "Thomas Merton and the American Culture" during the 19th annual Otto Shults Lectures in Spirituality on Wednesday, April 21. The lectures will take place at Strong Auditorium, The Divinity School and St. Bernard's Institute, 1100 South Ave.

The first lecture, scheduled for 3 p.m., will focus on "Thomas Merton: Reshaping American Catholic Spirituality." The second talk, slated for 7:30 p.m., will address "Thomas Mer-

ton: Shaping the American Catholic Peace Movement."

A noted Merton scholar, Monsignor Shannon has written four books about the Trappist priest and edited a collection of Merton's letters. He is also professor emeritus of theology of Nazareth College of Rochester.

Both lectures are free and open to the public.

Reservations are requested, but not required.

For information, write SBI, or call 716/271-1320, ext. 299.



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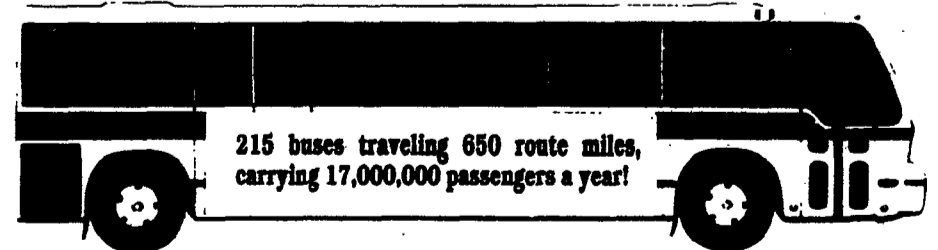
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