

Notre Dame Retreat House

Canandaigua, NY



Spirituality: Talkin the Talk and Walkin the Walk

A few weeks ago, I went to Eastview Mall and I was surprised at what I saw. When I got into the mall, I saw that it was being decorated for Christmas. It seems as if decorating for Christmas comes earlier and earlier. Then the other day, I went to Wegman's to pick up a few things and there in the middle of the store were Christmas trees all decorated and lit up with white lights. I could not believe it. It was three days before Halloween and Christmas decorations were already on display and for sale. I thought to myself that before long the stores will be decorating for Christmas at the end of the summer. As I was driving home, I started thinking about what gifts I would get for my family. I then realized that they would be asking me what gifts I would like for Christmas. What do you want or need? Well, this is the time for gift giving.

The next morning, during my prayer time, my reflection centered on gifts. What does it mean to give a gift to someone? When someone gives us a gift or we give a gift, it is an expression of love. It tells the other person that I love and care for you. I want you to be part of my life and I want to be part of yours. In giving or receiving a gift, we share our lives with each other.

During this season of giving, our loving God offers us a gift. It is a most special gift. Our God gives us the gift of spending some very special time with Him. He gives us the gift of retreat. My family says to me that the best gift you can give to us is spending time with us. Maybe that is what our God is telling us. The best gift we can give to Him is to spend time with Him on a weekend of retreat. During this time of retreat, we get to share our lives with our God and He shares His life with us. We are able to share with Him all those things that are going on in our lives. In return, our God will share with us His special message that He has for each of us. I hope all of you will accept the special gift that God offers to you. I pray you accept this gift with an open heart and with gratitude.

As we began to discuss what theme we will focus on for this year's retreat, as usual, we had many topics. We started to ask ourselves what would our retreatants want to hear and need to hear. Our God being a good God gave the four of us a gift. He led us to our theme for 2010: SPIRITUALITY: TALKIN THE TALK AND WALKIN THE WALK!

Our four conferences will be on these topics:

1. What is Spirituality - Sr. Carole
2. History of Catholic Spirituality - Fr. Paul
3. Designing a program for my spiritual growth – Fr. Tom
4. How Life's experiences help us to grow Spiritually - Fr. Mike

We are very excited about our theme and the talks we will give.

Our entire staff hopes and prays that you will accept the gift that God is offering you. We look forward to seeing all of you at Notre Dame this year.

May our Most Holy Redeemer and Our Mother of Perpetual Help bless you and your families.

Fr. Mike Serzi, C.Ss.R.