

Upcoming Birthright Carnation Sale

Don't forget your flower money for the Mother's Day carnation sale on May 9 and 10! Flowers will be sold at every Mass. Your support for this very worthy cause helps another mother give life to her child. This is a major fundraising event for Birthright so your help is greatly appreciated.

Volunteers are also needed to help with the sale. If you can lend a hand, please call Betsy at 746.2900.

Family Perspective by Bud Ozar

The Gospel gives a parental job description: they must "prune and cleanse" the branches in their family if their children are going to be rooted. Discipline, limits, and setting goals are a necessary part of parenting so our children will grow and "bear fruit."

Wellness Program May 30

The 25th Annual Wellness Program, sponsored by the Walton Chapter of NYS Women, Inc., is on May 30 from 6:30 to 9:30 am at Hamden Town Hall. This program enables you to have an AMBA panel* done for \$40 (check or money order only). * (cholesterol, liver and kidney disease, calcium, chloride, potassium, sodium).

Optional checks: PSA, TSH, Vitamin D, Hemoglobin A1C, Colon Kit can only be obtained with a physician order at time of test.

Make an appointment at 800.234.8888.

Marriage Moments by Susan Vogt

Favor your beloved. Call to mind a recent favor your spouse has done for you. Think of a treat you can offer your beloved today.

Run4Vocations

Put those sneakers on, and join this year's Run4Vocations on Sunday, May 31, at Crossings in Colonie! (There is a FUN Run for kids ten years and under.) \$20 (\$30 per family)--first 100 before 5/1 get free T-shirt! Registration begins: 12:30 pm. Kick-off: 2 pm.

Retreats

Dominican Retreat Conference Center 518.393.4169

May 8: Girls' Night Out "*Spirituality of Joy*" ~ Joy is an essential spiritual practice, growing out of faith, grace, gratitude, hope, and love. Let's spend our time together becoming aware of the places of joy in our own lives. Joy to the world! \$25. Attend this program at 6 pm and one of the two Saturday programs on the 9th (see below) and book overnight option~ \$80. Presenter: Linda Borowsky.

May 9: Women's Day of Reflection "*What Will You Bring to the Picnic?*" ~ You receive an invitation to a picnic and wonder, "What will I bring?" We all have our own special dishes that others request, just as we have unique gifts and talents to bring to the (picnic) table. We will explore the various ways we enhance each other's experience along the spiritual path. Don't forget -- sometimes the ants show up! 10 am to 3 pm: \$30. Presenter: Linda Borowsky. [Attend this program and Friday evening's "Girls' Night Out" with overnight option: \$80.]

and

Day of Retreat for Men & Women "*Nature: The Song of God*" ~ Presenter: Claudia Gregoire. See in new ways the wonders of God's creation and open more fully to the "miracle of the every-day." Meister Eckhart wrote: "Every creature is a word of God." So, could it be said that Nature ... the fullness of all created things ... is the Song of God? Come, open your heart to the harmony, the balance and the beauty of this Divine Symphony! Journals, sketchbooks, cameras welcome! 10 am to 3 pm: \$30 [Attend this program and Friday evening's "Girls' Night Out" with overnight option: \$80.]

Death has fled before the glory of the Risen One.

~ Saint Peter Chrysologus