

Dominican Retreat & Conference Center



1948-2023



75 years of Caring for the Spirit

The Good News

March 2024



May the God of *SPRING* be with you, delighting with you in the joy of newly budding life, thrilling your heart with a deepened awareness and experience of the life-giving moments of your days. May your springtime experiences strengthen your hope in the One who has come that we might have life...life to the fullest. May the blessing of *SPRING* be upon you.

~ Maxine Shonk, OP

From the Desk of the Administrator:

On the wall of my office is a framed saying, “Life is ever a matter of being born.” It is a reminder to me that every moment of every day, I have a chance to start again. Whatever mistakes I have made, whatever mood I am in, does not have to be symbolic of the way the rest of my day or week will go. I have within my power to start again...right now... and right now...and right now.

By the time you receive this newsletter, we will be well into the season of Lent. While we may have traditionally experienced Lent as a time for repentance, preparation and sacrifice, it is truly a time of new beginnings – a time to evaluate our actions and attitudes...and begin again...right now. It is no coincidence that Lent and Easter fall during spring, when we experience new life sprouting and budding all around us. May these springtime reminders be the outward manifestation of our inner attitude adjustment and spiritual realignment. May we truly understand that, “Life is ever a matter of being born” – every day, in every moment!



Sung Vespers in the Spirit of Taizé

In-house and via Zoom
Thursdays: April, 18, May 9, June 6
7-8 pm Free will offering

Virtual Centering Prayer

Wednesdays: April 10, May 15, June 12
7-7:30pm via Zoom
Suggested offering \$5

Pause for Peace

Tuesdays: April 2, May 21, June 18
7 -7:15pm
Via Facebook Live

REMINDER OF MARCH PROGRAMS & EVENTS

March 5, 12, 19, 26 ~ 10am-Noon via Zoom

Lenten Scripture Study: *Women Prophets* facilitated by Joy Galarneau, PhD

March 5, 12, 19, 26 ~ 7-8:30pm via Zoom

***Lectio Divina* led by Sr. Sue Zemgulis, OP**

March 6 ~ 7-8:30pm via Zoom

third of 12-month 12 Step series *Exploring the Promises*

Led by Susan Barber Skinner, PhD & guest speakers

March 15-17

Embracing Change: A Retreat for Women Survivors of Sexual Abuse

Led by Sr. Sue Zemgulis, OP & Susan Barber Skinner, PhD

March 21 ~ 7-8:30pm via Zoom

12-Step Book Club - *Being Human is Hard: Choose Forgiveness*

March 21 ~ 7-8:30 via Zoom

***Taize* presented by Sr. Sue Zemgulis, OP**



Spiritual Spring Cleaning

That first taste of sunshine after a cold, gray winter spell has put many in the mood for Spring! People on retreat seeking their “Solitude on a busy highway...” are eager to walk in the sun and breathe in that clear air during their free time. Outdoor workers are whistling along with the cheery birds. Many of us are feeling brighter and more energetic as we embrace the coming of new life.

The season of Lent has begun and what a perfect time to engage in the art of Spiritual Spring Cleaning! Now is a promising time as we watch creation come alive. We can trust God to lead us to those fresh, green pastures that bring repose. Now is an encouraging time for God to revive our drooping spirits.

So how do we go about Spiritual Spring Cleaning? We begin by looking deep within our souls, checking out any neglected corners that may be cluttered or inactive. How is my holiness? Do I regularly pray and pour out my heart to God? Has toxic negativity built up? Have cobwebs of limiting beliefs formed? Have unhealthy emotions or guilt become trapped? When facing a crisis do I jump over faith and plop into fear? Do I need to let go of bias, eliminate gossip, forgive myself or others, and recommit to living the gospel?

If you have identified anything that needs changing or refreshing, consider some practices and rituals that will open the windows of our souls and let in the fresh air of the Holy Spirit. Tried and true methods of caring for the soul include taking time for reflection, meditation, journaling, or simply sitting in silence. Invite God to nudge you about what may need attention. Joining others in days/evenings of reflection, prayer services and Masses helps one’s faith grow stronger. Let go of any spiritual clutter such as grudges, guilt and blame and make room for goodness. Replace unproductive habits with ones that bear fruit. Spend time with God in nature. You will be restored and inspired.

By carefully tending to our spiritual well-being, we create space for a deeper connection with God and our world. As the world awakens to a new season, may our souls dance with new life, knowing that, Alleluia! Love is alive!

~ Mary Anne Brown ~





Praying With Our Images of God

When we pray, we may use words or silence, but we always engage our imagination in turning to God. How do you imagine God when you pray? We will explore various images of the Divine from our Scriptures, our mystical tradition and our own experience to enrich our prayer life.

Presented by Joyce Solimini

April 9 ~ 10am—Noon followed by lunch

Cost: In-house \$20/ via Zoom \$15

An Earlier Day Saint: A Catholic Friar's Adventures in Mormon History

Fr. Daniel Dwyer, OFM will speak on the role of an "inside outsider" in another faith tradition and how we might all benefit from knowing the lives and faiths of our neighbors.



April 10 ~ 10:30 - Noon followed by lunch

In-house \$20 / via Zoom \$15

*75 Years of Art in the House
Four-part presentation continues:*

April 11 ~ Madonnas ~

July 25 ~ Crosses ~

In-house 2-4pm

Cost: \$20 per session

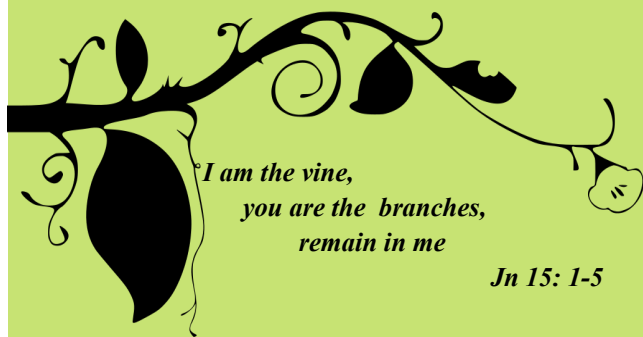


Women's Theme Retreats

April 12 - 14 ~ Guest Director: Sr. June Fitzgerald, OP

April 19-21 ~ Guest Director: Mary DeTurris Poust

In-house \$225 (65+ \$210)/via Zoom \$90



*"I am the vine,
you are the branches,
remain in me*

Jn 15: 1-5

COFFEE HOUSE with Mark Rust

Sunday, April 21 ~ 7—9pm

Join us for a fun-filled evening with one of our favorite entertainers. Mark's performance showcases an array of instruments including guitar, banjo, fiddle, and mountain dulcimer.

**Cost: In-house & via Zoom \$20
Reservations required**



*Don't wait for someone to bring you flowers.
Plant your own garden and decorate your own soul.*

~ Luther Burbank ~



THE LUCY TOUR

As we celebrate 75 years of God's work through our Dominican Retreat House, we remember how it all started. Long before merging with the Dominican Sisters of Peace, our Retreat House was designed, built and staffed by the Congregation of St. Catherine de' Ricci. This Congregation was blessed to serve women in the United States and Cuba since 1880. The Foundress, Lucy Eaton Smith, a native New Yorker, began her ministry in our neck of the woods! Take an armchair tour with us to explore Lucy's life from Manhattan to Ft. Edward to Saratoga Springs to Albany. We will see how her calling to vowed life has created this sacred space for us where we can hear God's Word.

Led by Karen Connors, MS Ed and Laurie Wagner

April 24~ 4-7pm In-house Only – presentation with dinner to follow

Cost: \$25



Peace in our Hearts & in Our World

Music, Presentation, Prayer, and Refreshments ~ presented by the DRCC Staff

Tuesday, April 30 ~ 7 - 8:30pm

Come be in a peaceful setting and pray for peace with us!

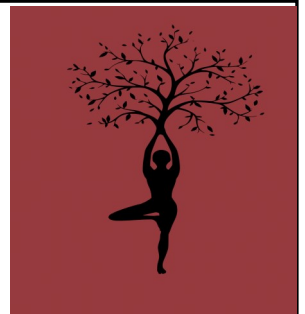
In-house and Via Zoom ~ Free of charge—Donations accepted

Yoga Series with Mary DeTurris Poust

A one-hour gentle Yoga class suitable for both beginners and experienced yogis alike.

**May 2, 9, 16, 23, 30
10—11am**

Cost: \$15 per session/\$65 for all five



GIRLS' NIGHT OUT

Living Whole: Wellbeing in Body and Soul

Friday, May 10

Liturgy at 6pm followed by dinner



\$25 for the evening/\$55 for evening program with overnight stay, morning prayer and brunch.

Life in the modern world, with its competing demands, can often leave us depleted and unfulfilled. We will uncover some simple tools for body and soul which can help us flourish and live lives of abundance.

Presented by Dr. Victoria Walsh

Walking In the Spirit—"Behold, I am Doing Something New!"

Take time to do some walking. Use the beautiful tool of the labyrinth to enter more deeply into this holy time in the liturgical year—the Easter season opening Into Pentecost. We will be using the labyrinth, journaling and some very gentle “no talent needed” art materials to enter the space of listening to how the Spirit might be at work within and around us.

Led by Joan Horgan

May 22 ~ 10am—Noon followed by lunch

In-house \$25



Virtual Book Club

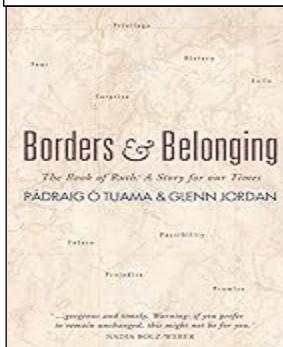
Borders and Belonging: The Book of Ruth: A Story for our Times

By Padraig O Tuama & Glenn Jordan

Guided by Dr. Joy Galarneau

Tuesdays: May 28, June 4, 11, 18

\$10 per session/\$35 for all 4



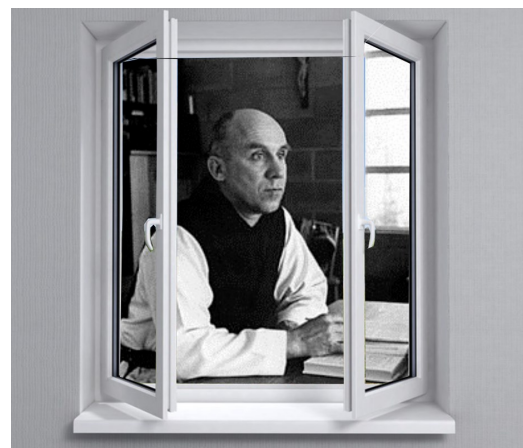
Weekend Retreat for Men & Women May 31—June 2

A Window into Thomas Merton

Join us as we explore some of the concepts that Thomas Merton developed in his own spiritual journey. The weekend will include time for input, reflection, group sharing, and a performance of "Merton and Me" by Douglas Hertler.

Directed by: Rev. Bill Sheehan, OMI, Doug Hertler,
Sr. Sue Zemgulis, OP

In-house Cost: \$225 (65+ \$210)



RETREAT FOR PERSONS WITH PHYSICAL DISABILITIES

June 7—9

...and the greatest of these is love

Directed by Sr. Lizette Hoevel, SND

Nurses and helpers will be available to assist retreatants with whatever they might need.

Cost \$100 (If you cannot afford to make an offering, you are still welcome to attend.)

The day the Lord created Hope was probably the same day He created Spring ~ Bernard Williams

Join us for an Afternoon Tea to celebrate our 75th Anniversary

- ♦ Tea and Light Refreshments
- ♦ Beautiful Music
- ♦ Fun "Tea-Themed" Games
- ♦ Door Prizes!

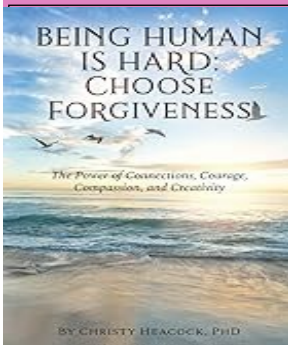


Feel free to bring your favorite tea cup

Saturday, June 15 ~ 2-4 pm

Free will offering

12 Step Programs



BOOK CLUB VIA ZOOM

Led by Dr. Susan Barber Skinner

March 21, April 4 & 18
7 - 8:30pm

Cost: \$15 per session/ \$40 for all 3

MAY RETREAT FOR MEN AND WOMEN IN RECOVERY

Join us for special retreat directed by Father Tom Weston, SJ a longtime friend and presenter at DRCC and around the world.

As part of our 75th Anniversary Celebration, this retreat is a unique opportunity for men and women in 12-Step programs to gather for deep reflection and spiritual exploration.

May 17 - 19

Cost: In-house \$225 (65+ \$210/
Via Zoom \$90



12-Step Promises Series Continues

Each promise represents a potential outcome of living a sober life and practicing the Principles of the program.

First Wednesday of each month via Zoom
April 3, May 1, June 5

Cost: \$15 per session

Eleventh Step Program ~

Prayer and Meditation

Embark on exploring the 11th Step:
"This session offers a unique opportunity to delve into the depths of prayer, meditation, and conscious connection with our Higher Power. Learn practical techniques to enhance your spiritual practice and consider the impact it can have on your recovery."

Led by Dr. Susan Barber Skinner



May 8 ~ 7-8:30 Via Zoom

Cost: \$15

Twelve Step 75th Anniversary Celebration: *COMING HOME*

This program invites those who have been participants in 12 Step DRCC programs to "come home." Join us for a program on the history of DRCC's support for people in recovery from "praying for drunkards" to 12 Step retreats. Newcomers are also welcome to learn more about what DRCC has to offer.

May 19 ~ 2-5pm

Cost: Free will Offering for both In-house & Via Zoom



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Please fill out what applies to you & the program you are attending and mail with your payment to:

**Dominican Retreat & Conference Center
1945 Union St., Niskayuna, NY 12309**

Mrs. Ms.
Name Other _____

Address _____

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Phone (h) _____

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(Email is necessary for virtual retreat)

Name of Program _____

Check one: ___ in-house or ___ virtual

Retreat Date/s _____

Promoter _____

Dietary Needs _____

Special/Room Requests _____

Deposit: _____ coupon

Amount \$ _____ Check # _____

N.B. There is a \$20.00 fee for returned checks.

Credit Card _____ Expiration Date: _____

Please **print** name as it appears on card
for authorization.

Credit Card Reservations may also be made via
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For Grant purposes:

Age: Under 65 65/+

Veteran? YES NO

What county do you live in (if in NY) ?

(Office Use Only)

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As of February 2, 2024

(Every effort has been made to be accurate. Please inform us of any omissions or inaccuracies)




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Easter fill your heart with
renewed hope, love, and peace.
Happy Easter*

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