

Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309
(518) 393-4169 www.dslny.org

Solitude on a Busy Highway

The Good News

June 2016



Retreat with Pope Francis

As much as Pope Francis would like to be with us in person, that is not possible. So we are offering the next best thing, a **DVD retreat with Pope Francis**. The conferences are presented by **Fr. Ciorra**, an experienced teacher and preacher.

Annette Brooks will facilitate the retreat. The conferences are designed to delve into the heart of Pope Francis' message. Each session includes prayer, conference, reflection and sharing. **Tuesday, 10AM-Noon: July 12, 19, 26, Aug. 2, 9, 16**

Their Voice Goes Out to All the Earth

**Evening Celebration
World Day of Prayer for Creation**
In keeping with his encyclical, *Laudato Si*, Pope Francis has instituted **September 1st** as a World Day of Prayer for Creation. Come join your hearts and minds with those around the globe as we take time to pray, reflect and enjoy a dinner made from the harvest of our local farmers.

Presenter: Sr. Susan Zemgulis, OP
Thursday Evening, September 1
6:20-9:00PM

Journaling with the Evangelists

No, not Billy Graham or Joel Olsteen but rather the Gospel writers:

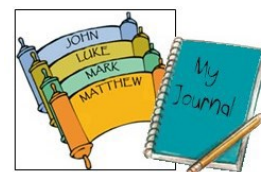
Matthew, Mark, Luke and John.

These evangelists will take us on a 4 week journey of reading, meditating, and writing on the messages from scripture meant just for us.

There is no need for experience with journaling or with scripture.

Maggie Whelan, OPA will be our guide on this journey.

**Tuesday,
7PM-9PM
Sept. 13, 20,
27 and
Oct. 4**



Free Family Fun
13th Annual Ice Cream Social and Open House
Sundaes on Sunday
August 28: noon – 4 o'clock



Cool off with your family, friends and neighbors.
Tour our Center and our Windmill. Enter our drawing for a Free Retreat Weekend!
Enjoy our choir at 1PM and 2:30PM.

For more information, please call (518) 393-4169; E-mail: dslny@nybiz.rr.com;
or visit us online at www.dslny.org



We will also offer a **Child ID Program** and an ***Adult Medical Safety ID Program** provided by New York Life.
For ***Adult Program**, bring a list of prescriptions you are currently taking and name/s & phone number/s of your doctor/s. This information goes on the card you will receive.



From the Desk of Our Administrator

Sr. Susan Zemgulis, OP

Have you ever had a line of scripture just capture your attention? In the gospel for Good Shepherd Sunday, the line where Jesus says, "My sheep hear my voice, I know them and they follow me" got me to thinking...and thinking...and wondering. Where do I hear God's voice and how hard do I really listen?

I know I hear God's voice in the words of family and friends, mentors and guides. I hear it in the cry of a newborn baby. I hear it in the song of the birds in the early morning, the leaves being blown around by the wind, the rain falling against the window. But those are the easy places!

The challenge is to listen such that I hear God's voice *all around* me at all times. Do I hear it in the cry of the Syrian refugee, or in the family that has just lost their home to an earthquake? Do I hear it in the political debates or in those living on the street?

Do I hear it in the request of the person that *ALWAYS* needs my help or the co-worker that knows how to push every one of my buttons?

And when I hear it, how exactly do I respond? How do I follow? Do I offer support where needed? Do I take the time to sort through situations and get all the information I need to act accordingly? Do I speak out for those who have no voice or whose voice is ignored or ridiculed? Do I change my habits in order to live in harmony with all of creation?

God calls, we listen for that voice, and hopefully we follow by living the values of our faith in love...wherever that may lead us!

Ms. OP

Bottles for Cash

A new way to help the DRCC and the earth!

Do you find those returnable bottles annoying? We would like to help! *Hannaford* has a new program where the money for your returnable bottles can come to us here at the DRCC. Pick up a bag and a tag here at the retreat house. When the bag is full, drop it at any *Hannaford* and the money for those bottles will get credited to us. It's as simple as that! We will keep a supply of bags and tags at the retreat house for when you need another.



For more information
give us a call.

518-393-4169

Running the River

Dominican Retreat and Conference Center

Sunday, Sept. 18, 7-9PM

Cost: \$16 *includes music and snacks*

Proceeds benefit Dominican Pastoral Counseling Center

Questions: Sr. Carol Davis, 518-393-5517

Directions: Please visit www.dslny.org



Experience Voice of the Grove Drum

Voice of the Grove Drum returns on **Wednesday, September 28.**

This community of drummers and singers drum for our Creator,
for others and for themselves.

They drum to pray and to give thanks to our Creator
for their life and all of life.

They experience the drumbeat as the very heartbeat of Mother earth.

Time: 7-8:30PM (free will offering)



Not Ordinary But Extraordinary

By the description of the Liturgical Year, we are presently in what is termed as Ordinary Time. Putting aside the idea of our liturgical year, is any time just Ordinary? I think 'not' and rather that we are presented with every moment as being one that is Extra-ordinary. The word "ordinary" can be defined as commonplace, average, mundane, usual, normal, and regular. The word "extraordinary," on the other hand, can be defined as unusual, unexpected, surprising, uncommon, special and remarkable. Obviously, the definition for each word has many different synonyms. But, 'why?', you ask, should one think that every moment can be considered an extraordinary moment rather than just an ordinary one? It is because, God's presence is in every moment of our lives. As we strive to live in the present moment and become aware

of God's presence in every moment, what we might consider as "Ordinary" moments are transformed into "Extra-ordinary" moments. Think how God might have surprised you recently, or how God's presence is revealed to you in the mundane or normal daily occurrences of your life. Sometimes things happen so quickly that we don't recognize their true significance. We need to take the time to stop and become aware of God's presence in order to see just how God is making our "ordinary" moments into "extraordinary" moments.

Just look around and see God's presence, from the green buds on the trees in the Spring to the flowering plants which surround us during the Summer months. These are extraordinary moments. Has your ordinary day ever been changed by receiving a phone call from someone whom you did not expect, or have you ever been unexpectedly cheered by the smile of a child? Or, by receiving an unexpected act of kindness from a stranger?

Let me give you an example. One morning prior to a holiday, I went grocery shopping for some last minute items that I needed. Normally, I would not be grocery shopping on that day, nor at that time. Very unexpectedly, the person in front of me, without my knowing, paid for my groceries. An act of kindness that I could only carry forward at some future time. If I reflect on my life, there have been many daily moments when the ordinary has been changed. How about you? God's presence is all around us making our ordinary moments, extraordinary. I invite you to take some time during these Summer months to see God in your moments, those ordinary moments, and watch carefully as they are transformed into extraordinary moments.



What is a theme retreat?

What makes our theme retreat different from other weekends is that it is a weekend retreat that is focused on a *particular Scripture verse*. Each year the retreat staff chooses the Scripture after much prayer and discussion. We always pray for a verse that will connect with our retreatants. Prayer services and presentations are all connected with that particular verse and that verse can also be seen on our letterhead for the year. Our theme for 2016 is:

Do you not know that you are God's temple and that God's Spirit dwells in you? (1 Cor 3:16)

Now, what is it like to actually be on a retreat weekend....

Imagine ... Close your eyes and imagine yourself in your favorite peaceful place.



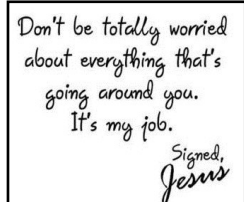
Imagine having all meals prepared for you.



Imagine taking a nap whenever you like.
Imagine reading without interruption.

No, you are not on a cruise or an all-inclusive vacation because there is something more.

Imagine receiving some spiritual input and guidance without judgment. Imagine being encouraged and supported. Imagine *not* having to do anything at all. Where are you?



You have just imagined yourself on a retreat. The next theme retreats for women are:

September 16-18
September 23-25

The next theme retreat for men is
November 4-6

It's never too early to start thinking about our annual fund raiser, **"More than Just Desserts"**.

This year the Committee has decided to have **two special drawings**.

One drawing is for the popular **Year Long Pass**, this pass is good from January 1-December 31, 2017

and enables you to attend any and all programs at DRCC free of charge.

The other drawing is for a **24" x 28" framed Thomas Kinkade *offset lithograph** entitled,

"Christmas Tree Cottage," signed with **Thomas Kinkade DNA matrix signature**
authentication system & numbered (***lithograph itself measures 12" x 16".**)

Park West Gallery examined and appraised its value as \$595.00

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ **Dominican** ★
★ **Star Pass** ★
★ Entitles ★
★ **winner** ★

★ to attend any and all ★
★ programs at the ★
★ Dominican Retreat & ★
★ Conference Center ★
★ **free of charge** ★
★ **Valid 1/1/2017–** ★
★ **12/31/2017** ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Drawings will be held on
Sunday, October 30, 2016 at our Fall Benefit,
"More Than Just Desserts"

*On each ticket please put a check mark
before the drawing of your choice.*

Need not be present to win.

Donation not required for participation.

**"CHRISTMAS TREE COT-
TAGE"**

OFFSET LITHOGRAPH SIGNED
WITH

THOMAS KINKADE
DNA MATRIX SIGNATURE
AUTHENTICATION SYSTEM
& NUMBERED

Dominican Retreat & Conference Center 2016 Drawing

__Year Long Pass OR __a framed Thomas Kinkade lithograph.

Name _____

Address _____

Telephone _____

Please make checks payable to: D.R.C.C.

Mailing address: 1945 Union St., Niskayuna, NY 12309.

Tickets: \$2.00 each /3 for \$5.00. Need not be present to win.

Drawing: Sunday, October 30, 2016

Donation not required for participation

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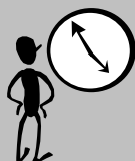
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Donation not required for participation

Day/Evening Programs June-September 2016



Times on calendar indicate the **scheduled time** for the actual beginning and end of the program. **Registration** begins a half-hour prior to the start of the program.

Sung Vespers in the Spirit of Taize

Thursday, 7:00PM-8:00PM: June 16, July 21, August 25
In September we will have Taize prayer on Wednesday,
September 14, 7:00PM-8:00PM

Twelve Step Sunday Afternoon Presentation

Spirituality and Resistance

June 26 1:30PM-4:30 PM

Sr. Kay Kanick, RSM \$20.00

Tuesday Morning Series

A DVD "Retreat" with Pope Francis

July 12, 19, 26, August 2, 9, 16 10:00AM-Noon

Annette Brooks \$15per session/\$80 for all 6

Vespers for the Feast of St. Dominic

Monday, August 8 7:00PM

Marian Day of Reflection

August 17 9:45AM-3:00PM

Most Rev. Edward Scharfenberger \$30.00

CASAC Training: 7 Secrets to Managing a Healthier Self

Friday, August 26 9:00AM-4:00PM

Hal Marcus, CASAC

(fee paid by Aug 19: \$60/after Aug. 19: \$65)

Annual Open House

Sundaes on Sunday

August 28

FREE

noon-4:00PM

Day of Reflection for Women Concerned with Eating Issues

Freedom from Bondage: Reflecting on the 6th and 7th Steps in Recovery

Saturday, August 27 10:00AM-3:30PM

Sr. Kay Kanick, RSM \$35.00

Evening Celebrating World Day of Prayer: Creation

Their Voice Goes Out to All the Earth

Thursday, September 1 6:20PM-9:00PM

Sr. Susan Zemgulis, OP \$25.00

Twelve Step Sunday Afternoon Presentation

It's All About Freedom

September 11 1:30PM-4:30 PM

Sr. Carol Davis, OP \$20.00

Writing Workshop: Journaling with the Evangelists

Tuesdays: Sept. 13, 20, 27, Oct 4 7:00-9:00PM

Maggie Whelan, OPA \$55 for all 4 or \$15 each

Evening Presentation

Voice of the Grove Drum

7:00-8:30PM

Wednesday, September 28 Free will offering

REGISTRATION FORM: Please include deposit

(\$50.00 non-refundable for Weekend Registration)

To save time and postage, Credit Card Reservations can be made via:

✓ website (www.dslcn.org)

✓ faxed(518-393-4525)

✓ Phoned in (518-393-4169)

Name: _____

Address: _____

City/St/Zip _____

Phone (h) _____ (w) _____

E-mail _____ (c) _____

Diet/room needs: _____

Please register me for the following Program:

_____ Date _____

Deposit: \$ _____ Check #: _____ Coupon _____

Credit Card: M/C Visa Discover

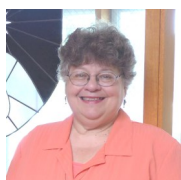
_____ Exp. _____

Signature (for Credit Card Authorization)

Print name as it appears on card for clarification

(Office use only)

BK DB List Conf Code: _____



Monthly Workshops for Men & Women

Organizing,
Changing,
Downsizing,
Rightsizing

The next workshop is **Thursday June 9**. Then Ceil is giving you July and August to work on individual projects.

Monthly workshops will resume in the fall.

Thursdays: Sept. 8, Oct. 13, Nov. 17, Dec. 15

For information on any program listed on pages 5 & 6, please call (518) 393-4169 between 9:00 AM-4:30 PM, Monday through Friday, or email dslcn@nybiz.rr.com. You can also view our calendar on the web at www.dslcn.org.

Weekend Programs June-September 2016

WEEKLONG RETREATS

Weeklong Preached Retreat for Women Religious

Falling in Love

June 20-26

Fr. Louis Sogliuzzo, SJ

\$450.00***

Weeklong Silent Preached Retreat for Women

Embracing the Spiritual Journey

July 5-11

Fr. Bill Sheehan, OMI

\$450.00***

Weeklong Silent Directed Retreat for Women

July 5-11

Sr. Carol Davis, OP *or* Annette Brooks

\$450.00***

*****Registration for these retreats begins at 4:30 on the first day and program ends after 9:00AM Eucharist on the last day.**

We sincerely apologize:

The following names were omitted from our 2015 benefactors list that appeared in the March Good News:

\$120 - \$499 Supporter

Mrs. Kathryn Remillard

The Mary J. Kakretz Endowment Fund

Mrs. Marty Loux

Women's Theme Weekend

Do you not know that you are God's temple and that God's Spirit dwells in you? (1 Cor 3:16)

September 16-18

Sr. Marilyn Vassallo, CSJ

\$205.00*

Women's Theme Weekend

Do you not know that you are God's temple and that God's Spirit dwells in you? (1 Cor 3:16)

September 23-25

Sr. Maureen Murphy, OP

\$205.00*

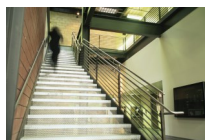
***Weekend Retreats - \$205.00/Seniors (65 and older - \$190.00). Be assured that no one will ever be turned away for lack of funds.** Thank you for your understanding and for all you have done in the past to support the Retreat House.

Weekend programs begin Friday at 7:45 PM and conclude on Sunday afternoon unless otherwise noted.

For information on any program listed please call (518) 393-4169 between 8:30 AM-4:30 PM, Monday through Friday, or email: dslcny@nybiz.rr.com. You can also view our calendar on the web at www.dslcny.org.

DRCC Recovery Corner

(Sr. Barbara Ebner, OP)



When we pray the serenity prayer we ask for courage to change the things we can change. What is courage?

It has been said that courage is fear that has learned how to pray/meditate. We offer a variety of programs designed to strengthen your courage and your relationship with your higher power.

Sunday afternoon, **June 26, Sr. Kay Kanick, RSM** returns to guide us in reflection, prayer and discussion of ***Spirituality and Resistance***.

And on Sunday, **September 11, Sr. Carol Davis, OP** returns to assist us in reflecting on and in embracing the freedom recovery offers. Her theme: ***It's All About Freedom***.

These afternoons are open to both men and women and run from 1:30-4:30PM.

We also have two programs that are for women only.

On Saturday, **August 27** we will offer a **day for women concerned with eating issues**. **Sister Kay Kanick, RSM** is our director for the day and her theme is ***From Bondage to Freedom: Reflecting on the 6th and 7th steps in Recovery***.

October 14-16 is our weekend for women concerned with **alcoholism** and other addictions. The theme for the weekend is: ***Awake and Walk with the God of Your Understanding***. Our director for the weekend is **Margaret Maniaci MA, LCAC** who has over 40 years of continuous sobriety.

Upcoming CASAC Trainings:

Friday August 26, Hal Marcus, CASAC

7 Secrets to a Healthier Self

Friday, November 4: John Crowe, CRC

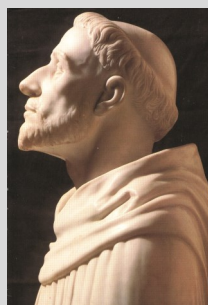
Healthy Couplship for Survivors of Trauma

These are 6 hour trainings, from 9:00AM-4:00PM.

Feast of St. Dominic August 8

2016 marks the 800th Anniversary
of the Founding of the Dominican Order
by St. Dominic.

Please join us in celebrating
the Feast of St. Dominic
Vespers at 7:00PM on August 8



Marian Day August 17

We are pleased to announce that
Bishop Edward Scharfenberger
will be our presenter for our **Marian Day**
on **Wednesday, August 17.**

Join us as we reflect on the life of Mary
and what she means for us today.



Happening in October

Sunday, Oct. 2:

Promoters Conference. Please talk
with Annette Brooks for more infor-
mation.

Wednesday, Oct. 12:

Day of Reflection for Seniors.
Presenter: Fr. Tom Berardi

Tuesday, Oct. 25:

Gambling 101 is an evening
presentation by a representative from
**The NY Council on Problem Gam-
bling.** The purpose of the evening is
to assist us in becoming familiar with
the issues of **Problem Gambling:**
what it is, what are warning signs,
what are resources, etc.

Time: 7-9PM

More than Just Desserts Sunday, October 25, 6-8 PM

You're Invited!!

The **Dominican Retreat
and Conference Center**
will hold its
17th Annual Fund Raiser,
More Than Just Desserts,
on October 30, 2016



Silent Retreats for Women Only*

*It is possible to opt for conversation
at the evening meal.

A weeklong silent retreat is a special
graced time. *If you are not able to
come for the whole week come for
as long as you can and enjoy some
time of silence.*

June 20-26 is a **weeklong silent
preached retreat for women reli-
gious.** The theme is *Falling in Love*
and our director is **Fr. Lou
Sogliuzzo, SJ.** Fr. Lou sees this as
an opportunity to pursue the move-
ment of the Spirit in our hearts and
lives.



July 5-11 is a **weeklong silent
preached retreat for women:
Lay and Religious.** The director for
this retreat is **Fr. Bill Sheehan,**
OMI, an experienced international
retreat director. The theme he has
chosen for the week is:

Embracing the Spiritual Journey.
Fr. Bill will guide us in the process
of Lectio Divina as we reflect upon
some foundational scriptural
themes.

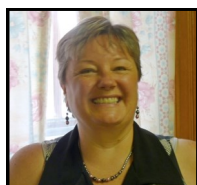


**July 5-11 Silent Directed Retreat
for Women:** choice of **Sr. Carol
Davis, OP** or **Annette Brooks** as
your director. On a directed retreat
you meet with your director once a
day and have the rest of the time for
your own personal prayer and
reflection.

Address Service Requested

Or Current Resident

Place label here



Conference Center Update

Well, we did not have much of a winter, and I am very happy about that. I had my hip replaced in February and did not have to limp around in the snow. I am back to work and ready to hit the ground running. We have a busy year planned and it does my heart good to see so many satisfied people coming in and out of the doors at the Dominican Retreat and Conference Center.

Your time here is personally and individually planned by our professional conference staff to meet your specific needs.



We can accommodate both conference style and informal meeting settings for your group. The facilities are available year-round for weekday, weekend, evening and/or overnight use. We have a flexible floor plan with a large conference

room, meeting rooms, dining area and a private open-air courtyard. The Dominican Retreat and Conference Center has provided thousands of people of all faiths a place of "solitude on a busy highway".

Call me Shawn Palleschi Conference Director 393-4169



\$5.00 Coupon

Present this coupon to receive \$5.00 off a **day** or **evening** program at:
Dominican Retreat & Conference Center
 Niskayuna, NY

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published four times a year
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 1945 Union St, Niskayuna, NY 12309
 518-393-4169
 dslcnny@nybiz.rr.com (email)
 www.dslcnny.org

\$10.00 Coupon

Present this coupon to receive \$10.00 off a **weekend** program at:
Dominican Retreat & Conference Center