

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

September 2015

Come Experience ...

VOICE OF THE GROVE DRUM

November 11, 2015 7:00 to 8:30PM

A community of drummers and singers from the Capital Region, who are full blood or of partly Native heritage or who follow the Native way of living, join together at pow wows and other gatherings and drum on a large 32" mother drum while singing and playing Native songs. Sometimes they use rattles and hand drums. Often one of their members plays flute while another shares Native wisdom and history through story telling.

They drum for our Creator, for others and themselves. They drum to pray and to give thanks to our Creator for their life and all of life. They drum for others so that the Native way might be better understood and appreciated. They especially want others to learn one important way in which they connect with each other and with sacred Mother Earth.

They experience their drum beat as the very heartbeat of Mother Earth. They drum for themselves because they enjoy being together as family and because often when they drum they find personal healing. *(free will offering)*

A Visit from St. Paul. Some of you may remember that last year St. Catherine of Siena visited us. On **Sunday, November 8**, we are expecting **A Visit from St. Paul**. Glenn Smith takes us back to the year 65 AD. Paul of Tarsus finds himself under house arrest in Rome. We'll visit the great saint during his captivity where he will recount his days as a missionary. Paul is eager to share the Good News of Jesus' Love and to strengthen us in faith and hope.

Time: 7:00-9:00PM Cost: 18.00



Mark your Calendar, it's almost here!!!

More Than Just Desserts
Sunday, October 25, 6:00-8:00PM

The **Dominican Retreat and Conference Center** will hold its 17th Annual Fund Raiser,
More Than Just Desserts
on October 25, 2015

For invitation and more information, please see p..3
For raffles tickets, please see p. 7



Moments... an Evening with Bill W.

On **Wednesday Evening, September 30** Andrew Matthews will take on the persona of Bill W. He will take us back in time to the humble beginnings of AA in 1935 and bring us to the time of Dr. Bob's death in 1950. This is a great way to experience the history of AA.

Time: 7:00-9:00PM

Cost: \$15.00

Back By Popular Demand
Running the River
Sunday, Oct. 18, 7:00-9:00PM Cost: \$16.00

Proceeds benefit the
Dominican Pastoral Counseling Center
Contact: Sr. Carol Davis, OP 518-393-5517



From the Desk of our Administrator

(Sr. Sue Zemgulis, OP)

Who do you resemble?

This summer, I had the opportunity to take a trip with my mother. We drove to Canada to see her younger sister who is in a nursing home and who has dementia. We did so knowing that this would most likely be the last time we would see her. When we got there, my aunt was so happy to see her sister...only she thought *I* was her sister! (For those of you who don't know, I look remarkably like my mother) She wanted to know when I got the facelift and where all the wrinkles went! We had a nice visit and half the time she really did know that my mother was her sister. She certainly did at the end when we said we had to go and she asked my mom for a kiss.

So I started thinking about resemblances – some of us may remind others of one of our parents, grandparents, siblings, or other relatives. Maybe because of the way we speak or words we use, we remind someone of an area of the country where they used to live and all the memories that go along with that. Maybe because of our beliefs and the way we approach problems or situations, we remind others

of a teacher, mentor, or spiritual director that they knew along the way.

St. Teresa of Avila wrote:

"Christ has no body now, but yours.

No hands, no feet on earth, but yours.

Yours are the eyes through which

Christ looks compassion into the world.

Yours are the feet with which

Christ walks to do good.

Yours are the hands with which

Christ blesses the world."

Who do you resemble?

When people look at you, do they see Christ?

Conference Center Update

(Shawn Palleschi, Conference Center Director)



Wow, September is here already! It is like a new beginning, start of school, the new football season, and for me the holiday season starts on Labor Day and ends on Super Bowl Sunday.

I am very busy at the Retreat House in the autumn so if you have dates you want saved call me early so I can book them, it is not too early to start thinking about the holidays or even **2017!!**

Shawn Palleschi Conference Director: **518-393-4169.**

Groups we have hosted:

Interfaith Community of Schenectady

Cursillo Retreat

Journey Retreat

Confirmation Retreats

Annual Promoters' Conference

Sunday October 4, 2015

2:00-6:00PM

Theme: I Found a Treasure.....Mt. 13:44.

All are invited to attend the

Promoters Conference and

to join the Ministry of Promotion.

For more information, please call 518-393-4169

All are invited to join us for Sung Vespers in the Spirit of Taize

The *Taize Community* was founded in France by Brother Roger in 1940. The community is international and ecumenical and the prayer form uses chant, silence and scripture.

Time: 7:00-8:00PM

Dates: Sept. 24, Oct. 22, Nov. 5

The Good News published four times a year

Dominican Retreat & Conf. Center

1945 Union St, Niskayuna, NY 12309

518-393-4169 dslcnyny@nybiz.rr.com (email)

www.dslcnyny.org



*You are cordially invited to attend
our 17th Annual
"More Than Just Desserts" Benefit
Sunday, October 25, 2015
at the
Dominican Retreat & Conference Center
6:00 - 8:00 PM*



*Hors d'oeuvres & Dessert Buffet
Wine & Light Beverages
Music by Ed Munger, Classical Guitarist
Silent Auction*

*Come bid on custom made jewelry, a ride in a race car,
a Lake George package, tickets to local venues,
and so much more!*

If you would like to participate in this fund raiser
to benefit the Dominican Retreat and Conference Center,
please complete the R.S.V.P. form and send it with your check
to Dominican Retreat and Conference Center
1945 Union St. Niskayuna, NY, 12309



*More Than Just Desserts
Reservation Form*

R.S.V.P. before Friday, October 16

Name _____

Phone _____

Address _____

____ Friend - \$50 per person \$ _____

____ Partner - \$75 per person \$ _____

____ Patron - \$100 per person \$ _____

*I/We cannot attend, please accept this
contribution \$ _____*

*Enclosed is my check _____ or
bill my M/C _____ Visa _____ Discover _____*

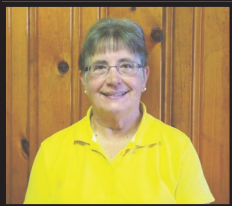
Expiration date _____

Signature _____

(For Credit Card Authorization)

*Please make checks payable to:
Dominican Retreat & Conference Center
1945 Union Street, Niskayuna, NY 12309*

*For those attending, the tax deductible
portion of your contribution is the amount
in excess of \$25 per person*



A Word From Sr. Ethel, OP

As I reflected on what to write for this edition of the

Good News the passage from Ecclesiastes, chapter 3 kept coming to mind. A familiar passage, that speaks about there being a time for everything. The author of this book uses contrasting statements to emphasize his message. I would add there is a time to begin and a time to end. I began at the retreat house in July of 2012 and ended in July of 2015.

I learned a lot about myself during these years. I also got to know many of you during this time. I am grateful for your trust in me as you shared

your stories. The staff and participants at the DRCC have touched my soul. I leave with gratitude for all these encounters. Thank you. What time is it for you? As you look at this edition of the Good News perhaps you will give yourself the gift of time away perhaps an evening, a day or a weekend. Is this a time to come apart and connect more deeply with your God? Is it a time to let go and a time to be refreshed? I invite you to let go of your everyday life and spend a part of it at the retreat house and be refreshed.

We thank Sr. Ethel for her presence and her service here at DRCC and we wish her many blessings as she continues her ministry.

Celebrate Advent

Dec. 2: Advent Evening of Reflection. Fr. Tony Kall, OFM Conv. will guide our reflections on the journeys of the two groups of people who journeyed to Bethlehem that first Christmas —the “Shepherds” and the “Magi.”

Dec. 4-6: For those who enjoy quiet, Fr. Lou Sogliuzzo, SJ will direct our **Advent Silent Weekend for Men and Women.** *Try it, you just might like it.*

Dec. 15: Advent Day of Reflection guided by Fr. Bob Longobucco.

Dec. 18: Join us for our Annual **Carol Night.** Listen to Music and a story and join in on the singing of carols.

Programs brought to you by the Dominican Retreat and Conference Center and the Diocese of Albany

Annulment Workshop: September 28

...in conjunction with the **Marriage Tribunal of the Diocese of Albany and Canon Law Professionals**

In this workshop, the presenters, with the aid of a power point presentation will guide participants through the "how to's" of applying for a declaration of nullity. In addition, the presenters will attempt to clarify misunderstandings and myths often associated with annulments.

The workshop is free and open to divorced Catholics as well as all who are interested in knowing more about the annulment process of the Catholic Church.

The main speakers for this evening include three experienced canon lawyers of the Catholic Church.

Father James Donlon, JCD, Judicial Vicar of the Diocese of Albany, Dr. Michael Ritty, PhD, JCL and Sister Marilyn Vassallo CSJ, JCL, from Canon Law Professionals.

Workshop to be held at Dominican Retreat and Conference Center, 7:00-9:00PM.

~~~Spirituality of Anger~~~ October 20

co-sponsored by the **Consultation Center of the Diocese of Albany**

Can anger help us grow as individuals or does it destroy? This workshop will explore how anger can help us grow spiritually, how to use it as a force for good, and how anger can be positive in our lives.

PRESENTER: Rev. Thomas Konopka, MDiv, LCSW. Clinician at the Consultation Center and Sacramental Minister at St. Clare's Church, Colonie.

When? October 20, 10:00AM-Noon

Where? Dominican Retreat and Conference Center

Cost? \$10.00

TO REGISTER:

Call the Dominican Retreat and Conference Center
Phone: (518) 393-4169; E-mail: dslny@nybiz.rr.com

~~~ OR ~~~the Consultation Center

Phone: (518) 489-4431



# Day/Evening Programs September-December 2015

**FYI:** times on calendar indicate the **scheduled time** for the actual beginning and end of the program.



## Writing Workshop Series: "Bird by Bird" and Word by Word

Sep 9, 16, 23, 30

10:00AM-Noon \$55/all 4or \$15 each

**Maggie Whelan, OPA**

## Soup with the Saints:

Sept. 15 *Blessed Jordan and Diana, OP* (Debbie Stilson, OPA)

Sept. 22 *St. Eugene De Mazenod* (Sr. Barbara Ebner, OP)

Sept. 29 *Sts. Cyril and Methodius* ( Sr. Susan Zengulis, OP)

6:30-8:15PM \$40/all 3 or \$15 each

## Monthly Workshop

*Ongoing , Changing, Downsizing, Rightsizing*

September 17 October 22 November 19 December 10

9:30-11:30AM \$15.00 per session

**Ceil Amendolia, OPA**

## Diocesan Annulment Workshop

September 28 7:00-9:00PM

*Sponsored in conjunction with the Marriage Tribunal of the Diocese of Albany & Canon Law Professionals No Charge*

## 12 Step Presentation *An Evening with Bill W.*

September 30 7:00-9:00PM

**Andrew Matthews** \$15.00

## Senior Day

October 1 9:45AM-3:00PM

**Fr. Tim Keating, CSsR** \$25.00

## Harvest Evening for Married Couples

*The World Series of Marriage*

October 8 6:20-9:15PM

**Fr. Leo Markert** \$45.00/couple

## Day for Men and Women

*Meeting the Departed in Dreams*

October 17 10:00AM-4:00PM

**Sr. Carol Davis, OP** \$40.00

## Autumn Day of Retreat: *Heaven and Nature*

October 18 11:00AM-4:00PM

**Claudia Gregoire, OPA** \$30.00

## Morning Presentation: *Spirituality of Anger*

October 20 10:00AM-Noon

**Fr. Tom Konopka** \$10.00

## Bible Study

*Women in the Bible*

October 21 **10:00AM-Noon OR 7:00-9:00PM**

**Fr. Jim Kane** \$15.00

## Annual Fund Raiser: More Than Just Desserts

October 25 6:00-8:00PM

(see invitation p. 3) \$50.00

## Evening of Reflection for Visitation Ministers

*Parable of the Good Samaritan: Actions for the year of Mercy*

October 27 6:20-9:15 PM

**Deacon Jim O'Rourke** \$25.00

## Evening of Reflection for Music Ministers

*Music Ministry: Melodic Hospitality*

October 27 6:20-9:15 PM

**Kim R. Harris, PhD** \$25.00

## Thanksgiving Day of Reflection

November 3 9:45AM-3:00PM

\$30.00

## Sunday Evening Presentation: *Visit from St. Paul*

November 8 7:00-9:00PM

**Glen Smith** \$18.00

## Presentation: *Voice of the Grove Drum*

November 11 7:00-8:30PM

*Free will offering*

## 12 Step Evening of Gratitude

*The Practice of Gratitude Requires..Practice*

November 17 6:20-8:30PM

**Diane Cameron** \$25.00

## Breakfast with the Saints:

December 2: *St. Dymphna* (Sr. Carol Davis, OP)

December 9: *St. Joseph* (Ceil Amendolia, OPA)

December 16: *St.. Basil* (Sr. Barbara Ebner, OP)

10:00-11:30AM \$40/all 3 or \$15 each

## Advent Evening of Reflection: *Finding Our Way to the Crib*

December 2 6:20-9:15 PM

**Fr. Tony Kall, OFM Conv.** \$25.00

## Yoga Day for Men and Women

*Rise above the Heaviness of Winter Time and*

*Shine the Light on Who You are*

December 12 10:00AM-3:00PM

**Sonya Boesse** \$30.00

## Advent Day of Reflection

December 15 9:45AM-3:00PM

**Fr. Bob Longobucco** \$30.00

## Annual Carol Night

December 18 7:30 PM

## New Year's Evening of Reflection

December 31 7:30 PM-1:00 AM

**Fr. Marty Fisher** \$25 eve/\$50 overnight

# Weekend Programs September-December 2015

## Women's Theme Weekend

*May Christ Dwell in Your Hearts Through Faith (Eph 3:17)*

September 18-20

**Sr. Maureen Murphy, OP** \$195.00\*

## Women's Theme Weekend

*May Christ Dwell in Your Hearts Through Faith (Eph 3:17)*

September 25-27

**Sr. Teresa Tuite, OP** \$195.00\*

## Retreat for Women Concerned with Alcoholism

*Nothing Fancy, Something Simple*

October 2-4

**Fr. Tom Weston, SJ** \$195.00\*

## Men's Theme Weekend

*May Christ Dwell in Your Hearts Through Faith (Eph 3:17)*

November 6-8

\$195.00\*

## Weekend for Women: Heart and Soul Quest:

*Valuing Self as A spiritual Practice*

November 20-22

**Sr. Carol Davis, OP** \$195.00\*

## Advent Silent Weekend for Men and Women

December 4-6

**Fr. Lou Sogliuzzo, SJ** \$195.00\*

## Writing Weekend for Men and Women

*A Holiday Gift to Ourselves*

**Maggie Whelan, OPA** \$195.00\*

## Weekend Retreat for Men and Women

*Dreaming in Winter*

January 8-10

**Sr. Carol Davis, OP** \$195.00\*

**Weekend Programs begin Friday with sign-in at 7:00 PM**

**\*Weekend Retreats - \$195.00**  
**Seniors (65 and older - \$180.00)**  
**Be assured however that no one will**  
**ever be turned away for lack of funds.**

## CASAC Training

*These trainings are designed to provide CASAC credentialing credit. However, all are welcome to attend.*

### Friday, October 9, 2015: Prescription Drugs and Pain Management

a CASAC/PPP/CPS Workshop with

**Dean Hale, CASAC**

Early registration on or before 10/02/15

### Friday November 6, 2015: Forgive and Live:

**The Healing Power of Forgiveness**

a CASAC/PPP/CPS Workshop with

**Anne Quinn, MS, CASAC**

Early Registration: on or before 10/30/15

*Each of the above trainings begin with registration at 8:30AM and end at 4:00PM. They are approved through NYS OASAS for 6 hours credentialing credit. Coffee, Tea, lunch, and snacks are included. Early registration \$55.00 per person.*

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 [dslcny@nycap.rr.com](mailto:dslcny@nycap.rr.com). You can also view our calendar on the web at [www.dslcny.org](http://www.dslcny.org).

Complete this **REGISTRATION FORM** and include with deposit (\$50.00 non-refundable for Weekend Registration)

To save time and postage, Credit Card Reservations can be

✓ e-mailed ([dslcny@nybiz.rr.com](mailto:dslcny@nybiz.rr.com))

✓ faxed (518-393-4525)

✓ phoned in (518-393-4169)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/St/Zip \_\_\_\_\_

Phone(h) \_\_\_\_\_ (w) \_\_\_\_\_

E-mail \_\_\_\_\_

Please register me for the following Program:

\_\_\_\_\_ Date \_\_\_\_\_

Deposit: \$ \_\_\_\_\_ Check #: \_\_\_\_\_

Credit Card: M/C Visa Discover

# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature (for Credit Card Authorization)

## More Than Just Desserts

This year the Committee has decided to have **two special drawings** as part of our **More Than Just Desserts Fund** Raiser.

### Dominican Star Pass Entitles

Your Name Here  
to attend any and all  
programs at the  
Dominican Retreat and  
Conference Center  
free of charge

Valid 1/1/2016 –  
12/31/2016

One drawing

is for the popular **Year Long Pass**, this pass is good from January 1-December 31, 2016 and enables you to attend any and all programs at DRCC free of charge.

The other drawing is for a **Handmade item Knit for You** by Maureen Hayes. The wool is direct from Ireland and can be used for a sweater, shawl or whatever you agree upon with the knitter.



**Drawings will be held on Sunday, October 25, 2015  
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.*

**You are invited to volunteer at our fall Grounds Day  
Monday, October 12, 10AM-3PM**



Contact Ceil at: **518-393-4169 Ext. 231**,  
if you can help. Lunch is provided.  
Bring gloves, rakes, saws, tarps, etc.

### Friends of Peace

Just who are **Friends of Peace?**  
**Girls ages 12-18** who join with the  
Dominican Sisters of Peace to:  
Share prayer - Learn new things -  
Be of service - Make new friends!

**Come join us!**

Sept. 13: 1-3PM, Oct. 11: 2-4PM,  
Nov. 8: 2-4PM, Dec. 6: 2-4PM

*For more information contact:*

*Sr. Sue at 518-393-4169 or*

*suezop@hotmail.com or*

*Sr. Carol at 518-393-5517*

### A Heart & Soul Quest Retreat

**for Women:** *Valuing Self as a  
Spiritual Practice. How much we love  
and value ourselves affects everything  
we do and how we respond to life.*

This weekend we will open ourselves to remembering who we are as daughters of the Divine. This retreat includes lectures and meditations with questions for reflection followed by time for prayer and journaling. **Dates: Nov. 20-22.**

**Director: Sr. Carol Davis, OP**

### Dominican Retreat & Conference Center 2015 Drawing

Year Long Pass OR Irish Wool Knit for You

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 25, 2015*

*Donation not required for participation .*

### Dominican Retreat & Conference Center 2015 Drawing

Year Long Pass OR Irish Wool Knit for You

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

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

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Address \_\_\_\_\_

Telephone \_\_\_\_\_

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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 25, 2015*

*Donation not required for participation .*

### \$5.00 Coupon

Present this coupon to receive  
\$5.00 off

a **day or evening** program at:  
**Dominican Retreat &  
Conference Center**

### \$10.00 Coupon

Present this coupon to receive  
\$10.00

off a **weekend** program at:  
**Dominican Retreat &  
Conference Center**



## DRCC Recovery

### Corner

(Sr. Barbara Ebner, OP)

**Richard Rohr, OFM** is a Franciscan Friar and an

internationally known inspirational speaker. In his book **Breathing under Water: Spirituality and the Twelve Steps**, Richard Rohr says “*The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality.*” **Andrew Matthews** is an actor who has a strong commitment to the twelve step program of AA. On **Wednesday Evening, September 30** Andrew will take on the persona of Bill W. and will take us back in time to the humble beginnings of AA in 1935 and bring us to the time of Dr. Bob's death in 1950. This is a great way to experience the history of the twelve steps.

**Tom Weston, SJ** is another internationally known inspirational speaker. Fr. Tom has been a friend of Bill's since

1976 and has been giving retreats for people in recovery since 1978. He has been here at DRCC several times. This year he is directing our retreat for **Women Concerned with Alcoholism, Oct 2-4**. The theme Fr. Tom has chosen for the weekend is **Nothing Fancy, Something Simple**. Tom invites us to come for a weekend of quiet, reflection, and companionship with other women in 12 Step Recovery. Join us for a few days of building friends, companions and allies. Oldtimers and Newcomers are most welcome to share experience, strength and hope.

**Men and Women** are invited to join us for our **Annual Evening of Gratitude on Nov. 17**. Our presenter for the evening is **Diane Cameron**, a writer, teacher and spiritual director whose columns appear in the Albany Times Union and elsewhere. Diane's theme reminds us: **The Practice of Gratitude Requires... Practice**. This evening will include dinner and a presentation. In her presentation, Diane will share both heartfelt and humorous ways that we can each develop a practice of gratitude. We'll be opened to the grace that a daily gratitude practice brings.

### Evening or Morning:

#### Soup with the Saints:

**Sept. 15: Blessed Jordan and Diana, OP**, story of a special friendship centered on Jesus. (Debbie Stilson, OPA)

**Sept. 22: St. Eugene DeMazenod**, founder of the Oblates of Mary Immaculate (Sr. Barbara Ebner, OP)

**Sept. 29: Sts. Cyril and Methodius**, Apostles to the Slavic People (Sr. Susan Zemgulis, OP)

#### Breakfast with the Saints:

**December 2: St. Dymphna**, patron saint of those who live with depression. (Sr. Carol Davis, OP)

**December 9: St. Joseph**, foster father of Jesus. (Ceil Amendolia, OPA)

**December 16: St. Basil**, patron saint of hospital administrators. (Sr. Barbara Ebner, OP)

**October 21:** Fr. Jim Kane will guide a **Bible Study** entitled: **Women in the Bible**. This program will be offered in the morning from 10:00 AM to Noon and will be repeated in the evening from 7:00-9:00PM.

### Some Evening Programs:

#### Harvest Evening for Married Couples:



**Oct. 8: The World Series of Marriage** As the baseball season draws to a close, our presenter Fr. Leo Markert will explore this theme with us. Fr. Leo says, “With Jesus as our manager and coach, you too can compete in this exciting and classic world series of marriage.”

The evening begins with a short prayer, followed by a delicious dinner. After dinner Fr. Markert offers his reflections and the evening ends with the Celebration of Mass.

#### Music Ministers/Visitation Ministers:

On **October 27** we welcome both **Music Ministers and Visitation Ministers** to an Evening just for them. After dinner, Deacon Jim O'Rourke will guide our Visitation Ministers through a reflection on the **Parable of the Good Samaritan** and Kim Harris will be with our Music Ministers as they reflect on **Music Ministry: Melodic Hospitality**. We will conclude

the Evening with a joyful celebration of Eucharist.

**New Year's Eve:** Many people are discovering that they enjoy welcoming the New Year in a prayerful setting. We are delighted that Fr. Marty Fisher will be our director for this evening. Father will offer two conferences and we will welcome in the New Year with the Celebration of mass. If you prefer to stay overnight and avoid the New Year revelers, we invite you to do that.



#### Day Programs:

**Senior Day of Reflection:** Join us on **October 1** as Tim Fr. Keating, CSsR, directs our day. Enjoy spiritual input, time for reflection, delicious food and end the day with Mass.

**Thanksgiving Day of Reflection.** This program takes place on Election Day, Nov. 3 and offers the opportunity to pray for our country and its leaders and to give thanks for the many gifts we have received. The day includes 2 conferences, lunch and Mass.



**YOU ASKED FOR IT...***sometimes we receive requests to repeat programs and/or to build on programs already presented. Most recently we have heard interest in creative writing , yoga, organizing helps, dreams and a day to indulge in your choice of creativity. Perhaps one of the programs described below is just what you have been looking for.*

**Creative Writing:** Last spring, **Maggie Whelan, OPA** offered a Writing Workshop entitled: *"Bird by Bird" and Word by Word.* This fall Maggie is repeating the workshop on **Wednesday Mornings: Sept. 9, 16, 23, 30.** Maggie has led many workshops on creative writing and journaling. She is a local author and we are always happy to have her with us. During these 4 sessions Maggie will guide us using prompts and writing tips from Anne Lamott's national bestseller "Bird by Bird". She will help us look at ways to get started, the writing frame of mind and help along the way. **These workshops are for those who have never written but always wanted to, as well as for the experienced writer.** *Attendance at all 4 sessions is recommended but not required.*



Later, in **December**, Maggie is directing a weekend entitled **A Holiday Gift to Ourselves.** This is a writing Weekend for Men & Women, **December 11-13.** During this retreat we will use journaling, memoir, prayer, poetry, spiritual writing and music to help put aside the busyness, chaos and expectations of the season. We can begin to realize that we are not responsible for the happiness of others. Through such healing we can be transformed into the person God intended us to be. We can find the gifts meant for us this Christmas - the gifts of hope, freedom and peace. We can find OURSELVES.

**Yoga:** **Sonya Boesse** has become a popular presenter because of the gentle way she guides the program. People also like the mix of yoga and reflection. Sonya is a registered Yoga teacher and Certified Meditation Instructor.

The theme for the day is: **Rise Above from the Heaviness of Winter Time and Shine the Light on Who You Are .** The date is **December 12.** All are Welcome, beginners and advanced, as well as those who would like to have a first experience of yoga. Wear comfortable clothing. If you have a yoga mat, blanket or comfy pillow, please bring them with you. We will also have these items available for you to use.

#### **Dreams:**

As many of you know, Sr. Carol Davis, OP is a lifelong dream explorer. On **October 17**, Carol will direct a day of **Dreaming with the Departed.** Carol reminds us that dreams of the departed can bring healing gifts. They may be startling or wonderfully comforting. Conflicts can be resolved, guidance can be exchanged, relationships can be healed and grief can be navigated in the meeting place of the dream worlds. This day includes lecture as well as opportunity to practice ways to explore dreams.



**Organizing:** Ceil Amendolia has offered various Programs on downsizing and rightsizing and most recently on organizing from the inside out. There was a request for something that would provide monthly encouragement for those wishing to make some changes in their organizational process. Ceil's response:

#### **Monthly Workshops for Men & Women**

Each month we will gather at the Retreat House to experiment with all the possibilities of **Organizing, Changing, Downsizing and Rightsizing.** We will discuss plans, processes, concerns, achievements and ongoing education to accomplish these tasks. So set aside a Thursday each month for two hours to join us as we support each other in the world of organizing from the inside out.

*Feel free to join this ongoing group for as many or as few sessions as you like. **Dates: 2015:** 9/17, 10/22, 11/19, 12/10. **2016:** 1/21, 2/18, 3/10, 4/14, 5/19, 6/16.*

**Heaven and Nature:** Autumn - a time of maturity, fulfillment, and a time we can slow down and enjoy the splendor of the season. Both in nature and in our lives. Once again, Claudia Gregoire's presentation utilizes images, music, prayer and quotations, offering an "attitude of gratitude" for God's abundant gifts to us.

**Date: October 18.** Journals, sketchbooks, cameras welcome. Or just come on along for a quiet break from your busy routine!

### Or Current Resident

*Place label here*



### Scent-free: What is it? Why Bother?

Scent-free means just that, eliminating scents from the environment. Many of us can remember what life was like before there were limitations on where smoking could take place. Some people had difficulty breathing, many people coughed through the smoke, others complained of headaches. So, we do our best to be smoke-free. The same reaction that many of us had to smoke many others have to various scents/fragrances/perfumes/after shave: difficulty breathing, coughing, headaches.

In an effort to become scent-free, there have been some changes at the Dominican Retreat and Conference Center. Our housekeeping staff uses scent-free products for cleaning. We also use scent free soaps for the bedrooms and bathrooms. We are in the process of improving the ventilation system in the bathrooms to lessen the need for sprays.

You yourself may have a sensitivity to certain fragrances/smells. It may not effect you very much but you don't find it pleasant. *What happens with scents in a public environment is that everything gets intensified and people get sick.* Also, perfumes used to be made from natural ingredients like flowers and herbs. Today, they are approximately **95-100% synthetic (man-made)**. Many of these synthetic perfumes and other fragrances we use contain a variety of chemicals, some even toxic. For more on this see *Connie Pitts, (2003). "Featured Author. Connie Pitts – Get a Whiff of This: Perfumes (Fragrances) – The Invisible Chemical Poisons." Integrative Ink [www.integrativelink.com](http://www.integrativelink.com).*

**So why bother going scent-free and how can you help?** Going scent free allows us to continue to provide a safe place for our staff and our guests and helps to assure that all people who come here can be comfortable, able to breathe and able to enjoy their time here. **We ask for your help by not wearing perfume or cologne when you come to programs here at the retreat house. Thank you.**

