

## Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309  
(518) 393-4169 [www.dslny.org](http://www.dslny.org)

# The Good News

March 2017

### Artist and Author

**Br. Mickey O'Neill McGrath, OSFS**  
Returns

*March 24-26, 2017*

### Weekend Retreat for Women & Men

#### **Wise and Holy Women and a Few Good Men**

Join with Brother Mickey as he shares images and stories. You will laugh, cry, and be re-energized with great women from across the ages in Church history. And for good measure and holy balance, we will look at a few good men as well!



*Sunday, March 26, 2017*

*1:30-4:30 PM*

### 12-Step Presentation for Women & Men

#### **Exploring the 11th Step: Aids and Guides to Meditation**

Enjoy an afternoon of experiencing a hands on exploration of the 11th Step through art, prayer and meditation. Together, Brother Mickey and Sr. Sue Zemgulis, OP will guide us through reflections on "Our Lady of Light: Help of the Addicted", quotes from St. Francis de Sales, the Prayer of St. Francis and other ways of using art as prayer.

Dominican Retreat & Conference Center  
welcomes **Edwina Gately**

*April 21-23, 2017*

**Soul Sisters** 

### Weekend Retreat for Women

Women called to connect, bond  
and heal in a broken world.

During this retreat we explore the Feminine Divine, Women in Scripture and the significant role women have to play in bringing balance and healing to our world.

*Thursday, April 20, 2017*

*7:00—9:00 PM*

### Evening Presentation on Human Trafficking

Learn about human trafficking locally and globally. **Edwina Gately**, in conjunction with **Melanie Puerto-Conte** (Safe Harbor Coordinator of Safe Inc. in Schenectady) will offer stories and facts to open our eyes.

*Edwina Gately is a poet, theologian, artist, writer, and lay minister. She spent over a year on the streets of Chicago walking with the homeless and women involved in prostitution. In 1983, Edwina founded Genesis House – a house of hospitality and nurturing for women involved in prostitution. She has been featured on CBS's "60 Minutes" and "48 Hours". She has authored many books and CD's and has received many awards for her outstanding service to communities. Edwina is currently writing, giving talks and leading retreats nationally and internationally.*



## From the Desk of the Administrator

**“You’ll need pre-approval for that.” “I’m sorry. That has to be pre-approved.”**

How many times have you heard that? Whether it is an insurance company, a doctor’s office, a car repair center or a myriad of other places – we need to talk to someone else or get permission from another entity. After a while we may feel frustrated and begin to feel we can do nothing on our own. In the long run, it can break down our dignity and confidence in making our own decisions or following the advice that we most trust. And our society encourages that more and more!

The good news is that our God is NOT like that! Our God...

...tells us “Before I formed you in the womb I knew you” (Jer 1:5a)

...created us in God’s own image, “male and female we were created” (Gen 1:27)

...reminds us “that we are precious and honored in God’s sight because God loves us” (Is 43:4)

Our God does not need pre-approval! And if God so loves us, cherishes us and treats us with dignity, we must also extend that love and approval to ourselves and to others.

Why not come and spend some time on retreat so that God can remind you that **“You have all the approval you need!”**

*A. L. O. R.*



## Recovery Corner

How often do we say the prayer— “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference”? Sometimes we need time and space to come to that wisdom. A retreat is the place to find just that.

**Sr. Carol Davis, OP** will guide our retreat weekend for Women Survivors of Sexual Abuse. The dates are: **March 17-19** and the theme is ***The Art of Resilience***. Sr. Carol reminds us that “Resilience is more than genetics. It can be cultivated. Resilience requires acknowledging your truth, entering the struggle to heal, and honoring your strengths. At the heart of resilience is belief in self and belief in something larger than self.” This weekend, women will gather to explore, learn about and cultivate resilience. There will

be prayer, lecture, music, healing, creative opportunities and amazing support.

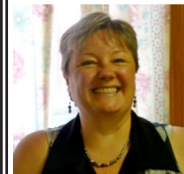
On **Sunday afternoon, March 26, Br. Mickey O’Neill McGrath, OSFS** and **Sr. Sue Zemgulis, OP** will offer an afternoon for people in recovery. Entitled ***“Exploring the 11th Step: Aids and Guides to Meditation”*** See page 1 for description.

We are happy to have **Fr. Tom Donaldson, CSsR** leading our spring retreat for Men and Women in 12 Step Recovery on **May 5-7**. Fr. Tom is new to the Dominican Retreat and Conference Center and we look forward to his presentation which he has titled, ***“The Grace is in the Conversation .”***

**Grounds Day - Tuesday, May 23  
10:00 AM - 7:00 PM**

Come for any part of the day to help us weed, prune, rake and spruce up!  
Many hands make light work!

Please contact Ceil at 393-4169  
to let us know when you can come!



## News from Our Conference Center Director

Let’s hope for a lovely spring. The days are getting longer and the flowers are ready to bloom. We are in the Lenten season. Why not have your next meeting, at the Dominican Retreat and Conference Center? We specialize in making meetings, retreats, conferences, and recognition dinners most productive and special. If you enjoy your retreats here, don’t you think that others will also benefit from the experience - the rare peace and homelike comfort, the creative meals, and the beauty of our ten landscaped acres?

This time of year is especially beautiful here, whether during a spring snowfall or when the magnificent flowers and trees bloom.

Come and see for yourself! Give me a call. You will be surprised at how affordable and accommodating the Dominican Retreat and Conference Center can be.

Shawn Palleschi 393-4169



## ***Curveball!***

***By Annette Brooks, Program Director***

As you read this, we are in the liturgical season of Lent, and, although we are still in the season of Winter, that season will be quickly moving into the season of Spring. As you know there are also seasons in life: birth, death ... "for everything there is a season, and a time for every matter under heaven" (Ecclesiastes 3:1).

In our seasons of life on our journey of living, we occasionally encounter a "curveball." A "curveball" has been referred to as something that is unexpected, or an unexpected turn of events. Have you ever encountered a "curveball" in your life? If you did, how did you handle it? Over the last couple of months, I was thrown a "curveball." It definitely forced me to stop and take time to reflect, and to share with God what I was feeling and experiencing. I looked to God for support and for understanding of the unexpected events that had impacted my life. It was during this time that I came upon this Scripture from the Letter of St. Paul to the Romans: "Rejoice in hope, be patient under trial, persevere in prayer" (Romans 12:12).

I have sat and prayed with that Scripture on numerous occasions since then. I have come to realize how very true and accurate that scripture is. I can rejoice in hope, since my hope is in the Lord, and it is the Lord who will provide for me. For He knows the plans that He has for me, to give me life. As it says in the Book of Jeremiah, "For I know the plans that I have for you," declares the LORD, 'plans for

well-being, and not for calamity, in order to give you a future and a hope." (Jer. 29:11) With that in mind, I am so very fortunate that I have a God who cares for my well-being and holds me when "curveballs" are encountered.

The verse from the Letter to the Romans actually tells me how to proceed when I encounter a "curveball":

1. Rejoice in the hope of the Lord,
2. Have patience when dealing with the event,
3. and finally Pray

I am not saying that it is easy, but by following those three steps, I believe that one will be able to get through a "curveball" event in one's life. As one lives through a "curveball," one's trust in the Lord also deepens and becomes stronger.

Why not make time in your life for reflection and sharing by attending some of our upcoming programs. See the calendar of events in the Good News.

And, as Julian of Norwich has said,  
"All shall be well, and all shall be well..."

*~Annette*



## **Busy Person's Retreat**

**May 14-19**

Does the idea of attending a week-long retreat sound good to you, but the reality of taking a week off seem overwhelming? This At-Home Retreat may be just what you are looking for. Designed to allow flexibility, it also provides support in deepening your awareness of God's activity in your daily life.

Participants will gather as a group for an opening session and refreshments on Sunday evening. During the week, **at home**, people will be asked to set aside half an hour each day for individual prayer and reflection. Support materials including scripture passages and reflection questions for your prayer time will be provided. The retreat will also include the opportunity to meet with a Spiritual Director daily during the week. These appointments are flexible and scheduled for your convenience. The retreat will conclude on Friday afternoon with refreshments and the closing session.

Sr. Chris Connolly, OP will be the Spiritual Director guiding this retreat.

*Opening session on Sunday begins at 2:00 pm.*

*Closing session on Friday at 2:00 pm.*

For more information, give Sr. Chris a call at (518) 393-4169.

***The Dominican Retreat and  
Conference Center  
and  
The Consultation Center of the  
Diocese of Albany***  
are co-sponsoring  
an evening presentation on

### **Depression and Hope**

**May 10 7-9 PM**

**\$10.00**

**Fr. Tom Konopka,**  
director of the Consultation Center,  
will be the presenter.



## Opportunities to Take Time to Reflect

JOIN THE BAND on **March 11**, as **Ceil Amendolia, OPA** conducts



### **Marching into Organization.**

You will be introduced to the INSTRUMENTS needed to help you organize yourself. You will learn the STEPS to move you forward. PRACTICING will help you to stay in line. There are UNIFORM ways of developing order. The knowledge gathered will bring MUSIC to your ears.



**Sonya Boesse** returns for *Yoga for Letting Go: and Breathing Stress Out!* on **March 12**. The day will include several breathing techniques. She will provide information/readings on stress factors and stress awareness to become more mindful of the effects of stress on the mind, body and spirit. With intentions set, we will let go with a yoga practice that allows tension to escape.



**Sr. Kitty Hanley, CSJ** will guide us in our reflection on *The Gifts of Celtic Spirituality* on **March 16**. In a spirit of gratitude, we will unpack and admire some of the rich gifts we have received from our Celtic ancestors. They call us to a deep belief in the centrality of Trinity, to intimacy with Christ, Mary, and the saints, and to see the sacred in all of nature.



On **April 26**, come and explore our place in the web of life through the lens of *Laudato Si!* During her presentation on *Earth: Our Common Home*, **Sr. Linda Neil, CSJ** will focus on our rights and responsibilities as creatures with a natural address in the universe. We will reflect on the challenges set forth by Pope Francis and discuss how we can live with more awareness and gratitude for all that Creation gives to us. The program weaves the art of Marion Honors, CSJ, with discussion, music, poetry, story and science.

### **Weekend Retreat Possibilities**

**Retreats for Women:** Looking for some time away? Just you and God ... and a bunch of other amazing women to share your spiritual journey with!

Our 2017 theme is :

***What do you want me to do for you?***  
(Mark 10:51)

**Choose: March 31-April 2,**  
directed by **Fr. Lou Sogliuzzo, SJ**  
**OR April 28-30,**  
directed by **Sr. Monica Murphy, CSJ**



### **May 19-21: Knitting and Crocheting Retreat for Women and Men**



Our directors for the weekend, **Sr. Betsy Van Deusen, CSJ** and **Sr. Sue Zemgulis, OP**, invite you to contemplate the patterns and rhythms of your life during this weekend of

***Back and Forth:  
Movement on the Journey.***



### **Also on May 19-21: Silent Directed Retreat for Women and Men**

Does the idea of having a weekend of quiet and time to be alone with God sound attractive to you? This retreat may be what you are looking for. The weekend will provide you an opportunity to spend time with God in silence and solitude so you can focus on your personal relationship with God. **Sr. Chris Connolly, OP** will companion you.



### **June 2-4: Weekend Retreat for Women and Men.**

#### ***Is God in Your Happiness Project?***

Associate **Ceil Amendolia, OPA** asks: Have you heard the saying, "do you want to hear God laugh, tell God what your plans are?"

The Key to Happiness is to be grateful and positive each day that God will give you what you need to be Happy. The project of being Happy starts with loving yourself as God created you.

Do you enjoy expressing yourself in creative ways? **Joan Oliver** will lead us in *Abstract Journey Collage* on **May 7**. Tap into your intuitive side and from there choose colors, shapes and images that move you. Music, mostly drumming, will accompany us on our journey of exploration and discovery. We will gather, pray, voice our intention and settle into the rhythm of the afternoon and express our Truth.



### **May 12 and May 13**

Many of you look forward to **Girls Night Out** - an evening to celebrate with the special women in your life - friends, sisters, cousins, children, etc. The evening will begin with Mass, followed by a festive dinner and a presentation during dessert. **Sr. June Fitzgerald, OP** is our presenter for the evening on **May 12** as she shares with us ...and Sarah laughed:

***The Spirituality of Humor.***

Sr. June will follow that on Saturday, May 13 with a **Day of Reflection for Women** - "*Let's talk a little Heart to Heart.*" *Being the face of God's Mercy to each other.*"

It's a perfect way to begin Mother's Day Weekend!

#### ***Ladies, consider this:***

Come to Girls' Night Out, stay overnight and the next day attend the Women's Day of Reflection or the Day of Creativity all for **\$80.00. This includes Breakfast on Saturday.**

On **May 13**, **Claudia Gregoire, OPA** will guide a **Creativity Day** for Men and Women. Her theme for the day is **Contemplative Creativity**. Claudia tells us that Jesuit theologian Walter Burghardt once described contemplation as "a long, loving look at the real. Claudia invites us to bring our journals, sketchbooks, cameras or just come and join us for a "long, loving look at the real."



# Day/Evening Programs March-June 2017

Times on calendar indicate the **scheduled time** for the actual beginning and end of the program.  
**Registration** begins 30 minutes prior to the start of the program.



## Monthly Workshop

*Organizing, Changing, Downsizing, Rightsizing*

Thursdays: March 9 April 6 May 11 June 15

10:00AM-Noon

**Ceil Amendolia, OPA**

\$15.00 per session

## Sung Vespers in the Spirit of Taize

Thursdays: March 9 April 5\* May 11 June 1

(April 5 is on a Wednesday)

**Dominican Sisters**

7:00PM-8:00PM

## CASAC Training

*Cultural Competence*

Friday, March 10

9:00AM-4:00PM

**Dean Hale** (fee paid by Mar 3: \$60/after Mar 3: \$65)

## Organizing Workshop

*Marching into Organization*

Saturday, March 11

10:00 AM-3:00PM

**Ceil Amendolia, OPA**

\$30.00

## Yoga Day

*Yoga for Letting Go and Breathing Stress Out!*

Sunday, March 12

10:00AM-3:00PM

**Sonya Boesse**

\$30.00

## Morning Presentation

*Old Testament Women in Our Midst, An Experience of prayer, reflection and creative expression.*

Tuesdays: March 14, 21

10:00AM-Noon

**DRCC Staff**

\$15/each

## Celtic Day of Reflection

*The Gifts of Celtic Spirituality*

Thursday, March 16

9:45 AM-3:00 PM

**Sr. Kitty Hanley, CSJ**

\$30.00

## Lenten Day of Reflection

*Journey Through the Desert of Lent*

Wednesday, March 22

9:45 AM-3:00PM

**Fr. Chris Welch**

\$30.00

## Lenten Evening of Reflection

*Listening from the Heart*

Thursday, March 30

6:20PM-9:30PM

**Fr. Tom Berardi**

\$25.00

## Sunday afternoon 12 Step Presentation

*Exploring the 11th Step: Aids and Guides to Meditation*

Sunday, March 26

1:30-4:30PM

**Brother Mickey McGrath, OSFS**

**Sr. Sue Zemgulis, OP**

\$20.00

## Evening Presentation

*Human Trafficking*

Thursday, April 20

7:00PM-9:00PM

**Edwina Gately**

**Melanie Puerto Conte**

\$20.00

## Evening Presentation

*Earth: Our Common Home*

Wednesday, April 26

7:00PM-9:00PM

**Sr. Linda Neil, CSJ**

\$15.00

## Coffeehouse

Sunday, April 30

7:00PM-9:00PM

**Mark Rust**

\$20.00

## Afternoon Collage Workshop

*Abstract Journey Collage*

Sunday, May 7

1:30PM-4:30PM

**Joan Oliver**

\$20.00

## Benefactor's Appreciation

Tuesday May 9

7:00PM-9:00PM

## Evening Presentation

*Depression and Hope*

Wednesday, May 10

7:00PM-9:00PM

**Fr. Tom Konopka**

\$10.00

## Girls' Night Out

*...and Sarah laughed: The Spirituality of Humor*

Friday, May 12

6:00PM-8:30PM

**Sr. June Fitzgerald, OP**

\$25.00

## Day for Women

*"Let's talk a little Heart to Heart."*

*Being the face of God's Mercy to each other.*

Saturday, May 13

10:00AM-3:00PM

**Sr. June Fitzgerald, OP**

\$30.00

## Day of Creativity

*Contemplative Creativity*

Saturday, May 13

10:00 AM-3:00 PM

**Claudia Gregoire, OPA**

\$30.00

## Afternoon Pray and Paint Workshop

*Butterfly*

Saturday, May 20

1:30PM-4:30PM

**Noreen Powell**

(includes supplies) \$35.00

## Eucharistic Ministers Evening of Reflection

*TBA*

Tuesday, May 30

6:20PM-9:30PM

**Fr. Chris DeGiovine**

\$25.00

## Senior Day of Reflection

*TBA*

Tuesday, June 13

9:45 AM-3:00 PM

**Fr. Pat Butler**

\$25.00

# Weekend Programs March-June 2017

*Weekend programs begin Friday with sign-in at 6:45 PM  
and conclude mid-day Sunday.*

## Weekend for Women Survivors of Sexual Abuse

*The Art of Resilience*

March 17-19

**Sr. Carol Davis, OP** \$205.00\*

## Weekend for Women and Men

*Wise and Holy Women and a Few Good Men*

March 24-26

**Bro. Mickey O'Neill McGrath, OSFS** \$205.00\*

## Women's Theme Weekend

*What do you want me to do for you? (Mark 10:51)*

March 31-April 2

**Fr. Lou Sogliuzzo, SJ** \$205.00\*

April 28-30

**Sr. Monica Murphy, CSJ** \$205.00\*

## Weekend for Women

*Soul Sisters*

April 21-23

**Edwina Gately** \$225.00

(65 and older \$210.00)

## Retreat for Men & Women in 12 Step Recovery

*The Grace is in the Conversation*

May 5-7

**Fr. Tom Donaldson, CSsR** \$205.00\*

### \*Weekend Retreats - \$205.00

### Seniors (65 and older - \$190.00)

**Be assured however 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.

Do you know someone who would love to come on retreat  
but won't even consider it because they need some extra  
assistance through the day? Our **Weekend for Persons with  
Physical Disabilities** on **June 9-11** may be just the retreat  
for them! **Nurses and helpers will be available to assist  
retreatants with whatever they might  
need.** There will be conferences, time to  
socialize and share with each other, and time  
for a walk outside or a rest. Mass will be  
celebrated each day.



We ask for a donation of \$100.00 per person.

**Anything you can contribute toward this amount would be  
appreciated. If you cannot afford to make an offering,  
YOU ARE STILL WELCOME TO ATTEND.**

Registration: 5:00 PM Friday (includes dinner)

Program ends: 1:00 PM Sunday

## Busy Person's Retreat for Men and Women:

May 14-19

**Sr. Chris Connolly, OP** \$125.00

## Directed Retreat Weekend for Men and Women:

May 19-21

**Sr. Chris Connolly, OP** \$205.00\*

## Knitting and Crocheting Weekend:

*Back and Forth: Movement on the Journey*

May 19-21

**Sr. Betsy Van Deusen, CSJ and  
Sr. Sue Zemgulis, OP** \$205.00\*

## Weekend Retreat for Men & Women

*Is God in Your Happiness Project?*

June 2-4

**Ceil Amendolia, OPA** \$205.00\*

## Weekend for Persons with Physical Disabilities

*TBA*

June 9-11

**TBA** \$100.00

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)  
✓ faxed (518-393-4525)  
✓ phoned in (518-393-4169)

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

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

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

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

(c) \_\_\_\_\_

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

Diet/room need \_\_\_\_\_

Please register me for the following Program:

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

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

Credit Card: M/C Visa Discover

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

**Print name as it appears on card for clarification  
(Office Use only)**

BK DB List Conf Code: \_\_\_\_\_

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, 2018 and enables you to attend any and all programs at DRCC free of charge.

The other drawing is for a king sized Tile Tango quilt in shades of green, maroon and tan.



**Drawings will be held on  
Sunday, October 29, 2017 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.*



**Dominican Retreat & Conference Center 2017 Drawing**

**\_\_Year Long Pass OR \_\_Quilt (Tile Tango—king sized)**

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 29, 2017*

*Donation not required for participation*

**Dominican Retreat & Conference Center 2017 Drawing**

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*Drawing: Sunday, October 29, 2017*

*Donation not required for participation*



## ***We Give Thanks for all of our 2016 Benefactors***

### **\$10,000 + Ministry Partner**

*Anonymous (1)  
Dominican Sisters of Peace  
Mrs. Esther Swanker  
Mr. & Mrs. Stanley Zemgulis*

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*Dr. Susan Fiore*

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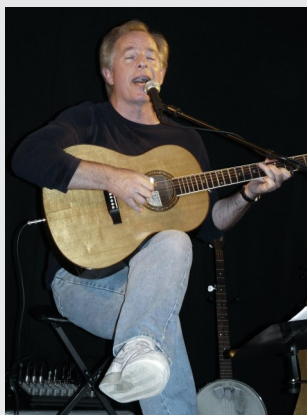
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