

## Dominican Retreat & Conference Center

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

*Solitude on a Busy Highway*

# The Good News

June 2017

## TIME FOR A TRUCK

To everything, there is a season...and our truck is nearing the end of its seasons!

As many of you know, we have 10 acres of property. We have had a truck for the last 10 years or so which has enabled us to do our own snow plowing, and hauling of debris to the landfill. That might not sound like much, but to pay for plowing on a property this size can add up to thousands of dollars!

We will need to purchase a **newer** plow truck, hopefully before the next winter. And so we are asking your help. Throughout this next year, we will be asking for monetary donations to purchase this truck. No amount is too small! If everyone who received this newsletter was able to give just \$10, the truck would be more than paid for. But as you know, we still have our ongoing expenses which you are so helpful in assisting with - and we still have need of those funds.

So, we thank you for your continued financial support of this ministry, and if you find it possible to make an additional donation toward our truck campaign, we would be most grateful! Below is a form you can use for that purpose or you can make a donation next time you come on retreat.

Because...to everything, there is a season

....and the season of snow will be upon us again before you know!

Yes, I would like to donate to the **Truck Fund**  
for the  
Dominican Retreat and Conference Center

\$10\_\_\_\_ \$20\_\_\_\_ \$50\_\_\_\_ Other Amount\_\_\_\_

Enclosed is my check #\_\_\_\_ OR M/C\_\_\_\_ Visa\_\_\_\_ Discover\_\_\_\_ card

Credit Card #\_\_\_\_ Exp.Date\_\_\_\_

Print Name\_\_\_\_  
(as it appears on check or credit card)

Address\_\_\_\_

City/ST/Zip\_\_\_\_

Phone #\_\_\_\_ Email\_\_\_\_

If you wish to remain anonymous, please check here.\_\_\_\_

Office use only: DB\_\_\_\_ BC\_\_\_\_ ANON\_\_\_\_ LT\_\_\_\_ Truck

Copy\_\_\_\_ Copy\_\_\_\_ TU sent on\_\_\_\_ by\_\_\_\_





## From the Desk of Our Administrator

*Sr. Susan Zemgulis, OP*

I hate to admit it, but every now and then an advertisement catches my eye. Not too long ago, I opened up an ad from a restaurant that did just that. It listed goals they had set for healthier food and the good of the earth, and the date they had accomplished each one. It was easy to read and made me feel good about what they were doing.

And it got me thinking...having been administrator of this retreat house for over 10 years now, what are some of the goals we have accomplished?

In ministering to your spiritual needs:

- The number of people coming through our doors has raised from 2764 in 2006, to 4136 in 2016
- The number of programs on our calendar have increased significantly

In an effort to provide a sacred place *while* being aware of caring for creation:

- We reuse all paper that has a blank side in our copier for drafts of documents
- We have moved from incandescent bulbs to CFL's and LED's
- We have replaced all the toilets in the retreat house to conserve water
- We have discontinued the use of most chemicals, and clean and disinfect primarily with vinegar and water or vinegar/Dawn and water.
- We have been asking all who come here to refrain from using perfume, cologne or scented lotions in order to make this a scent free facility, thereby making it more comfortable for those with allergies
- We added a Green Fact to each of our monthly emails to encourage your efforts in reusing and conserving
- We have become virtually paperless in the dining room – moving to cloth napkins and tablecloths instead of paper napkins and placemats
- Water from dehumidifiers and pitchers left on tables is used to water our plants
- We encourage use of reusable water bottles and discourage bottled water, in order to cut down on the amount of plastic in our world – although we are happy to recycle any of your bottles

Our hope is that these efforts will not only make you feel good about the ministry here, but provide encouragement for you to be both spiritually and ecologically aware in your own life.

*May God, who has begun this good work in you, bring it to completion.* (Philippians 1:6)

*Ms. OP*

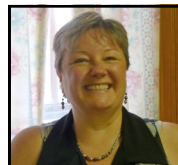


### Conference Center Update

#### *Do You Need Meeting Space?*

Your time here is personally and individually planned by our professional conference staff to meet your specific needs. We can accommodate conference style or informal meeting settings for your group, lunches or dinners or how does a breakfast meeting sound? This spring we have had college students, high school students, an international group of bag pipers, and people of all faiths visiting the Dominican Retreat and Conference Center. 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. I am now booking for 2019! 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 at 393-4169.



**Would you like an evening of great music? Come hear ...**

### **Running the River**

at  
Dominican Retreat and Conference Center

**Sunday, Sept. 24, 7-9PM**

**Cost: \$16**

*includes music and snacks*



*Proceeds benefit Dominican Pastoral Counseling Center*

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

*Directions: Please visit  
[www.dslcn.org](http://www.dslcn.org)*





## Springtime, a Season of Growth

Annette Brooks

Since the last Good News, we have experienced a change in the seasons. The world has suddenly become alive again with the coming of Spring. As I drive to work in the mornings, I see many people have been working in their gardens, planting seeds and flowers that will bring new life. Much culling, pruning, cleaning and nurturing will have to take place in order for plants to grow, bloom and come to fruition. What has been dormant is once again coming alive.

Just as we witness different seasons in Nature, we experience different seasons in our lives. Often, however, we can fail to notice changes from one day to the next. We may not even recognize them unless we take the time to reflect, pray and be with God. Through reflection we become aware of the seasons in our lives and can recognize newness and growth bringing new life. A period of dormancy, like the season of Winter, can be followed by renewed growth, as in Spring. If you were to ponder these two seasons, what

would they look like to you?

Winter is a quiet time, with gray days and long dark nights with Autumn leaves under the snow covering the ground. We embrace a season which is not conducive for growth and renewal, but instead, we see the value in a season of preparation. In our own lives, we may periodically experience a time when we don't see growth, but yet something is in preparation within us. God is pruning and priming us for new growth. But for the time, we need to remain dormant until things unfold, as with the new buds on plants getting ready to blossom and bloom.

What has God planted within you during your dormant time? Can you feel the movement within you as it begins to stir and grow, something like a "God hunger"? Maybe, you are sensing that God is asking you to do something, but you are not sure what that may be. The growth and movement within you may even make you feel a little uncomfortable, since you are not in control and you do not yet know what will be discovered. Just as one clears away the leaves with a rake, so God primes you so that you can discover what God has placed in your heart. As this is taking place, you need to take time

to reflect and process what you are sensing and experiencing. This is something that many of us may find difficult to do. To "be" and just rest with our God, to take the time, can itself be challenging. But, by taking time and being with God, what God has planted will begin to reveal itself to you. It may not bloom completely at one time, but, as a flower, it grows and unfolds slowly until it is totally revealed. As clarity and self-discovery enter into the process, new life and renewal will abound.

I invite you to refer to the calendar in the newsletter, listing the upcoming programs, days and evenings of reflection, along with retreats and other opportunities that are being offered at the Dominican Retreat and Conference Center. These will provide an opportunity for you to take some time to reflect, uncover, and discover what God has planted, and is now unfolding and growing, in you.



## *Busy Person's Retreat* September 10-15, 2017

Does the idea of attending a week-long retreat sound good to you, but the reality of taking a week off seems 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 afternoon.

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.







Support our annual fund raiser, “**More than Just Desserts**” by joining in this year’s raf-  
fle!

Once again 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.

**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**

☐ 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**

☐ 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**

☐ 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**

☐ 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**

☐ Year Long Pass OR ☐ Quilt (Tile Tango—king sized)

Name

Address

Telephone

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

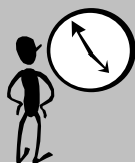
Mailing address: 1945 Union St., Niskayuna, NY 12309.

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

Drawing: Sunday, October 29, 2017

Donation not required for participation

# Day/Evening Programs June-September 2017



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

Thursdays, July 20, August 31, September 21  
7:00PM-8:00PM

## Senior Day of Reflection

*Be Still and Know that I am God*

Tuesday, June 13 9:45AM-3:00PM  
Fr. Pat Butler \$25.00

## Twelve Step Sunday Afternoon Presentation

*God in the Ordinary*

Sunday, June 25 1:30PM-4:30 PM  
Sr. Kay Kanick, RSM \$20.00

## CASAC Training: Working with the Aging Population

Friday, June 30 9:00AM-4:00PM

Frank Pouliot, CASAC

(fee paid by June 23: \$60/after June 23: \$65)

## Afternoon Collage Workshop

*Treasure Map Collage Workshop*

Saturday, July 22 1:30PM-4:30PM  
Joan Oliver \$20.00

## Vespers for the Feast of St. Dominic

Tuesday, August 8 7:00PM

## Annual Open House

*Sundaes on Sunday*

August 20 **FREE** noon-4:00PM

## Marian Day of Reflection

Tuesday, August 29 9:45AM-3:00PM

Fr. Jerry Gingras \$30.00

## Morning of Reflection for Women

*The Woman God Sees*

Tuesdays: September 26, October 3, 10, 17

10:00AM-1:00 (Lunch included)

DRCC Staff \$20/each or \$75 for all 4

## Coffeehouse

*(To Benefit the Dominican Pastoral Counseling Center)*

Sunday, September 24 7:00PM-9:00PM

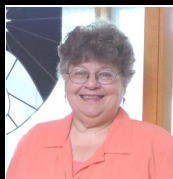
Running the River \$16.00

## Feast of St. Dominic

August 8

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

Meet more of the broader Dominican Family as we are joined by Dominican Volunteers, USA and our Dominican Associates.



## Monthly Workshops for Men & Women

Organizing,  
Changing,  
Downsizing,  
Rightsizing

The next workshop is **Thursday June 15**. Then Ceil is giving you July and August to work on individual projects.

*Monthly workshops will resume in the fall.*

**Thursdays: Sept. 14, Oct. 12, Nov. 16, Dec. 14**

**10:00 AM - 12:00 PM**

## 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.dslny.org](http://www.dslny.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. \_\_\_\_\_

**Print name as it appears on card for clarification**

(Office use only)

\_\_\_BK\_\_\_DB\_\_\_List\_\_\_Conf\_\_\_ Code: \_\_\_\_\_

For information on any program, please call (518) 393-4169 between 9:00 AM-4:30 PM, Monday through Friday, or email [dslny@nybiz.rr.com](mailto:dslny@nybiz.rr.com). You can also view our calendar on the web at [www.dslny.org](http://www.dslny.org).

# Weekend Programs June-September 2017

## WEEKLONG RETREATS

### Weeklong Preached Retreat for Women Religious

*Habits of the Heart: the Evangelical Counsels, the Gift of The Gospel Through the Centuries*

June 19-25

Fr. John Lydon, OP

\$450.00\*\*\*

### Weeklong Silent Preached Retreat for Women

*Here's My Heart, Here's My Hand*

July 3-9

Fr. Louis Sogliuzzo, SJ

\$450.00\*\*\*

### Weeklong Silent Directed Retreat for Women

July 3-9

Annette Brooks or

Sr. Carol Davis, OP (limited availability) or

Sr. Susan Leslie, OP

\$450.00\*\*\*

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

### Busy Person's Retreat

September 10-15, 2017

Sr. Christine Connolly, OP

\$125.00

### Women's Theme Weekend

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

September 15-17

Sr. Kay Kanick, RSM

\$205.00\*

### Women's Theme Weekend

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

September 22-24

Sr. Marilyn Vassallo, CSJ

\$205.00\*

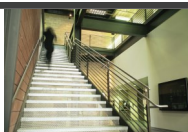


**\*Weekend Retreats - \$205.00**

**Seniors (65 and older - \$190.00).**

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

## DRCC Recovery Corner



Sunday afternoon, **June 25, Sr. Kay Kanick, RSM** returns to guide us in reflection, prayer and discussion of ***God in the Ordinary***. Sr. Kay reminds us that sometimes we can miss the presence of God/Higher Power in the daily-ness and ordinary things in our lives. This afternoon, open to both men and women, will give us the opportunity to tap into such experiences and share common graces in life.

### Upcoming CASAC Trainings:

**Friday, June 30: Frank Pouliot, CASAC**

*Working with the Aging Population*

**Friday, September 15: TBA**

**Friday, November 3: Sue Sulzman, CASAC**

*Working with the Lesbian, Gay, Bisexual and Transgender Clients in Alcoholism and Substance Abuse Services.*

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

## Three things we would like you to know:

- 1.) While we have a suggested offering for each of our programs, it is more important to us that you come regardless of your ability to pay the whole offering. Be assured that no one will be turned away for lack of funds.
- 2.) Many people find it easier to pay for the weekend retreats by making smaller, multiple payments. We are happy to work out a payment plan with you.
- 3.) In an effort to introduce new people to the retreat house, we would be happy if you would bring a guest to one of our programs. A Guest is someone who is attending a program **with you** and who has **never been to the retreat house before**. The Guest still needs to register for the program but will not be expected to give an offering. We can accommodate 5 Guests per program. So next time you are signing up for a program, think about inviting a friend to come along with you. Give us a call to see if we have Guest spaces left and sign them up as well!

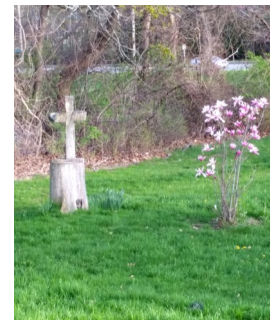
## Silent Retreats for Women

*In a world that is constantly in motion,  
it is difficult to be still.*

*In a world where we are surrounded with noise,  
it is difficult to be quiet.*

*In a world where so many demands are made of us,  
it is difficult to receive.*

*Yet we all need a quiet place  
where we can simply be,  
collect our thoughts,  
and listen to the voice of God speaking to us.* (Sr. Susan Zemgulis, OP)



A weeklong silent retreat is a special gift of time and grace.

**June 19-25 is a Weeklong Silent Preached Retreat for Sisters:** **Fr. John Lydon, OP** has chosen to lead our reflection on *Habits of the Heart: the Evangelical Counsels, the Gift of the Gospel through the Centuries*. Fr. John notes that Founders of religious communities had always read the “signs of the times”. During this retreat, we will explore through scripture, reading and film the continuing story of the signs of our times.

**July 3-9 is a Weeklong Silent Preached Retreat for Women:**

*Here's my Heart, Here's my Hand* - **Fr. Lou Sogliuzzo, SJ**, reminds us that God wants our friendship. Fr. Lou invites us to spend these days of prayer, both personally and as a community of prayer, pursuing the questions of “How could God, who is eternal, unchangeable, all knowing, all sufficient, ever be my friend?”

**July 3-9 Silent Directed Retreat for Women:**

You have your choice of **Annette Brooks**, **Sr. Carol Davis, OP** (*limited availability*) or **Sr. Susan Leslie, OP** as your director for this retreat. 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. Communal prayer services and Eucharist will be available to you as well.

**Please note:** *If you are not able to come for the whole week,  
come for as long as you can and enjoy some time of silence.*

*And if you are looking for some interaction with the group, it is possible to opt for conversation at the evening meal.*



### Marian Day

**Tuesday, August 29**

We are pleased to announce that

**Fr. Jerry Gingras**

will be our presenter

for our **Marian Day**

Join us as we reflect on the life of Mary.

### Treasure Map Collage Workshop

**Saturday, July 22**

**Presenter: Joan Oliver**

An afternoon of creativity, collage and community.

With prayerful intention we will explore the power images hold to capture a future that sings to you.

Also referred to as a vision board, this collage experience will bring you face to face with your heart's desire.



### \$5.00 Coupon

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

### The Good News

published four times a year  
Dominican  
Retreat & Conference Center  
1945 Union St, Niskayuna, NY 12309  
518-393-4169  
dslcny@nybiz.rr.com (email)  
www.dslcny.org

### \$10.00 Coupon

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





**Dominican Retreat & Conference Center**  
*Dominican Spiritual Life Center*  
1945 Union Street, Niskayuna, NY 12309

Non Profit Org.  
U.S. Postage  
PAID  
Albany, NY  
Permit # 961

**Address Service Requested**

*Place label here*



**Free Family Fun**  
**14<sup>th</sup> Annual Ice Cream Social and Open House**  
**Sundaes on Sunday**  
**August 20: 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: [dslcny@nybiz.rr.com](mailto:dslcny@nybiz.rr.com);  
or visit us online at [www.dslcny.org](http://www.dslcny.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.