

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

December 2016

THE CRÈCHE from Francis to Today

You're invited to explore the history of the crèche - from its beginning with St. Francis to its expression around the globe - ending with a time of prayer

Friday, December 9 6:30-9:15 pm



"Evergreens" Pray and Paint Workshop for Men & Women

The "Evergreens" Pray and Paint is a workshop that combines nature, painting, and God's word to draw those who attend closer to understanding who they are in God.

The theme of the workshop is:
Whoever believes in the Son has everlasting life. (John 3:36)

In this season of busyness, let's take some time to be still and reflect on the beauty and symbolism of evergreens in snow.

The workshop includes doing a step by step painting of an Evergreen. This activity will solidify God's message in a deeper way and be your take-home reminder of what you learn.

Presenter: Noreen Powell

**Saturday, December 10
1:30-4:30pm**



All God wants of a person is a peaceful heart. Meister Eckert



May you be blessed with peace in your heart, in your home and in our world.



"Advent:

**Just Who and What
Do We Think**

**We are Waiting For?"
Advent Evening of Reflection**

**Presenter: Rev. Rick Lesser
Tuesday, December 13 6:20-9:15 pm**



Carol Night

Bring the family and join the Dominican Retreat & Conference Center Volunteer Choir in celebration of this joyous season. Sing along, or just sit back and listen to this program of sacred music.

**Friday, December 16
7:30 PM (Doors open at 7 PM)**

Mary, Mother of God. Other Names too: Child-of-Dreams and God's Rebellion. New Year's Evening of Reflection

The whole of the Incarnation event adds a litany of new names to the meaning of God. How good to spend this night of vigil wrapped in the peace of God and filled with the whisperings of the Spirit, rejoicing in these new names, this new reality

The program begins with prayer and concludes with a Joyful Celebration of Mass. While this is not primarily a quiet evening, there are opportunities for quiet and personal reflection. The program includes two conferences and, of course, food...not a full dinner but significant refreshments. There is also the opportunity to participate in the sacrament of reconciliation and to pray before the Blessed Sacrament.

Presenter: Rev. Lou Sogliuzzo, SJ

Saturday, December 31 7:30 pm—12:30 am (\$25)

OR

Stay overnight with breakfast and leave at 10:00 am (\$50)



From our Administrator

Sr. Susan Zemgulis, OP

The folks in 12 step programs have a saying: “Let Go and Let God” As our fall progressed this year, I had letting go on my mind – so I allowed the trees to teach me some *Lessons in Letting Go*.

Some trees go out with a burst of radiant brightness
before letting go of their leaves

The green leaves of other trees gradually fade into a
quiet brown before falling

Some trees hang onto their leaves through wind and
rain, until all the other trees are bare

Others gently drop their golden or crimson treasures,
quietly, one by one.

The fallen leaves return to the earth around the tree
becoming part of what nourishes the growth of the
tree the following year.

Reflecting on these lessons challenged me to wonder...

Do I celebrate the freedom that comes from letting go?

Do I draw attention to my actions of letting go?

Do I hold onto things, situations, relationships for dear
life, long after it is healthy for me?

What am I holding onto?

And why am I afraid to let go?

Do I approach letting go with quiet grace and acceptance
of whatever comes next?

Do I let my experiences of letting go become part of my
story, part of what nourishes other aspects of my life?

Let Go and Let God? Yes indeed! I can't do any of this
without letting God strengthen me, guide me and walk me
through all the letting go experiences in my life so that I
may continue to grow into this beautiful life that God has
given me. May you too find the grace in Letting Go and
Letting God!

Ms. OP

“Way More Than Just Desserts!”

...was one comment we received after a spectacular
evening of food, friendship and a bit of fun.!

The record breaking crowd was delighted to use the new
parking spaces available as they arrived to support the
ministry here at the Dominican Retreat and
Conference Center. Guests were entertained by the
exquisite melodies of classical guitarist, Ed Munger as
they perused the vast array of silent auction items. From
handcrafted jewelry to a Denver Broncos jacket, artwork
to teddy bears, Christmas creations to a bobble head of
Pope Francis—everyone found something to bid on!



And then there was the food!
Delicious hors d'oeuvres and
delectable desserts delighted the
palates of our guests.

While many went home with a
new treasure or a gift for someone else, all left with the
gift of our thanks and gratitude for their support of all that
happens in this sacred place!

Dominican Retreat and Conference Center Peace Award 2016



Esther M. Swanker

During this year's More Than Just Desserts we were
proud to present our First Annual Peace Award! The
award goes to someone who exemplifies the Chapter
Commitments of the Dominican Sisters of Peace in ser-
vice to the ministry of the retreat house and/or in the com-
munity.

*We, Dominican Sisters of Peace, claim our charism to
preach truth with hope in God's promise for the future...*

*Radically open to ongoing conversion into the peace of
Christ, we commit ourselves to be women of peace who:*

*Create environments of peace by promoting non-violence,
unity in diversity, and reconciliation among ourselves, in
the Church and throughout the world.*

*Promote justice through solidarity with those who are
marginalized, especially women and children, and work
with others to identify and transform oppressive systems.*

Congratulations Esther!



Hello...

Sr. Chris Connolly, OP, a native of Lynn MA, is the newest member of our staff. She has worked as a Spiritual and Retreat Director for over 30 years. She is a trained spiritual director and served at Claret Center in Chicago, conducting retreats for college students, seminarians and young adults. Sr. Chris' ministry as Vocation Minister for her congregation provided a new area of ministry for her as she interacted with college students and young adults. Sr. Chris soon found herself drawn to ministering to this age group and enjoyed her interactions with them. Her love of young adults drew her to the University of Notre Dame where she served as Rector of a women's residence hall. She described her role of Rector similar to that of a pastor of a parish where she was responsible for the spiritual, communal, academic, and social development of the residents. Her years of interacting with the residents taught her much about young adults and about herself. Sr. Chris hopes to connect with the colleges in the area to see how she and the Retreat Center can be a resource to young adults.

In addition to Sr. Chris' ministry to the young adults, she will be doing some programs at the Retreat Center and is available to speak in parishes as well. Sr. Chris is available for on-going Spiritual Direction.

From our Conference Center Director

(Shawn Palleschi)



Merry Christmas and Happy New Year Everyone! I am always telling you how wonderful this conference center is and all the dynamic people and creative groups that visit us. I would love for you all to come in and see for yourselves how we can create a meeting or confirmation retreat for your group. We know what we are doing and we are good at it if I do say so myself. Have a Holy Christmas and a safe New Year, enjoy the snow because it is going to be here whether we like it or not!

...and Goodbye!



I moved to Niskayuna, NY in April, 2002 and ever since I have been blessed by you. I have had the privilege of sharing in your spiritual journey and that is truly a gift. Speak Lord, I love to listen to your voice. As I prayed and listened throughout this summer, I heard God say it is time for you to move on and to share your gifts with others.

On Nov. 1, I took you and your blessings with me as I moved to Ocean Grove, NJ. This move is an opportunity for personal renewal and further discernment of God's call.

It is difficult to leave such wonderful people, but as I said I do take you with me and I take wonderful memories with me as well. Wonderful enthusiastic liturgies, Fr. Deimeke saying "we had church", women standing in the hallway to sign up for a massage, undeterred by the power outage, the sound of men's voices in the chapel, the sacredness of people being anointed, the music during the retreat for people with disabilities, and many more. Thank you for those memories.

In NJ, I will be completely off the grid but I will be able to send and receive snail mail.

My address is: Sr. Barbara Ebner, OP,
Emmaus House
21 Main Avenue
Ocean Grove, NJ, 07756

Let us continue to pray for one another.
Peace, Sr. Barbara

The Good News
published four times a year
Dominican Retreat & Conf. Center
1945 Union St, Niskayuna, NY
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2017 Theme: What Do You Want Me To Do For You? (Mark 10:51)

Our theme this year for our Women's and Men's theme retreats comes from the Story of Blind Bartimaeus - a story probably familiar to most of us.

What does this Gospel story have to share with us today? You know from the story that a blind man was sitting, begging, on the side of the road. You even got to know his name—Bartimaeus. Many times people who encountered and were healed by Jesus were not named. So, the writer of the Gospel story knew him or at least knew his father. He was waiting in anticipation for alms, and then he heard a group of people talking about Jesus who was among them. Immediately, he cried out, “Son of David have pity on me”. Did you know that “Son of David” is a Messianic title? So, Bartimaeus knew who Jesus was and about Jesus' healing power. One can only imagine what went through Bartimaeus' mind when he heard that it was Jesus who was among the people. This was **A CHANCE OF A LIFETIME**. The Messiah was there. Now all he needed to do was to encounter Jesus in order to be healed. He called out, bringing attention to himself. Using the phrase, “Son of David”, could possibly get him in trouble or even Jesus in trouble, since it proclaimed Jesus as the Messiah. That took courage, but, for Bartimaeus, it was worth it. Against all odds, he persisted, and when called, left his cloak behind, which symbolized leaving behind the life he had known. He went to Jesus who asked him, **“What do you want me to do for you?”** Bartimaeus knew what he wanted Jesus to do for him. He wanted to “see”. The question is do we? Part of knowing how to respond to that question is knowing *ourselves*—having *self-awareness*. Do we allow ourselves *time* for self-awareness? Self-awareness is an ongoing process. It takes time! It is only through prayer, reflection and stepping back from one's daily life routine, that one discovers oneself, and discovers what one would like Jesus to do for them.

If Jesus was to ask you the question, **“What do you want me to do for you?”** What would your answer be? Would it be for a healing—physical, mental, spiritual, or asking Jesus for a gift—clearer understanding, wisdom, or something that is on your heart? You might be overwhelmed by the question as you sense Jesus' total love for you, and you may not even be able to answer Him.

Jesus is all about helping people see: see with their natural eyes; see with their spiritual eyes; see with the eyes of the heart. Just as in the Gospel story, Jesus is always available to us. In a way, Jesus is doing the waiting for us to encounter Him. It is He that waits, as Bartimaeus waited day after day. It is He that wants to touch our life. As Jesus touched Bartimaeus' life, Bartimaeus was transformed, healed and changed. He no longer had to beg; his life had been changed. Now what would he do, how would he survive? We do know from the Scripture that he followed Jesus “on the way”, which would imply that Bartimaeus became a disciple. We come before God in a way as Blind Bartimaeus, as beggars in need of vision. Jesus, through his question, invites us to trust as Bartimaeus trusted, and discover ourselves and God through our encounters with Jesus. How will our encounters with Jesus on retreat change our life? Why not come and see what unfolds as Jesus asks you, **“What do you want Me to do for you?”**

2017 Theme Retreat Weekends for Women:

January 27-29 Sr. Carol Davis, OP

February 3-5, Sr. Teresa Tuite, OP

March 31 - April 2, Fr. Lou Sogliuzzo, SJ

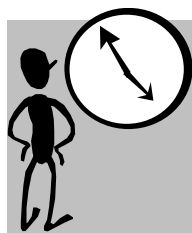
April 28-30, Sr. Monica Murphy, CSJ

September 15-17, Sr. Kay Kanick, RSM

September 22-24, Sr. Marilyn Vassallo, CSJ

2017 Theme Retreat Weekend for Men: November 3-5 TBA

Day/Evening Programs December 2016-March 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.

Evening of Reflection

The Crèche from Francis to Today

Friday, December 9 6:20PM-9:15 PM

Annette Brooks,

Sr. Carol Davis, OP

Sr. Sue Zemgulis, OP \$25.00

Saturday Afternoon Presentation: Pray and Paint

Evergreens

Saturday, December 10 1:30PM-4:30PM

Noreen Powell \$35.00

(includes supplies)

Advent Evening of Reflection

Advent: Just Who and What Do We Think We are Waiting For?

Tuesday, December 13 6:20PM-9:15PM

Fr. Rick Lesser \$25.00

Monthly Workshop

Ongoing, Changing, Downsizing, Rightsizing

December 15 January 12 February 9 March 9

10:00AM-Noon \$15.00 per session

Ceil Amendolia, OPA

Annual Carol Night

7:30PM

Friday, December 16 (Doors open at 7:00PM)

New Year's Evening of Reflection

Mary, Mother of God.

Other Names too: Child of Dreams and God's Rebellion

Saturday, December 31 7:30PM-1:00AM

Rev. Lou Sogliuzzo, SJ \$25 for evening (\$50 for overnight)

12 step Sunday afternoon Presentation

Never Alone Again: Finding Friendship in Recovery

Sunday, January 8 1:30-4:30PM

Anne Samson \$20.00

Presentation on Abraham Lincoln

Emancipation Proclamation

Monday, February 13 7:00PM-8:30 PM

Tuesday, February 14 10:00AM-11:30AM

Tom Hoffman \$15.00

Valentine's Evening of Reflection for

Married/Engaged Couples

What's it All About as You Go to the Altar of God?

Tuesday, February 14 6:20PM-9:15PM

Rev. Ed Deimeke \$45 per couple

Morning Presentation

Old Testament Women in Our Midst:

An Experience of prayer, reflection and creative expression

Tuesdays: Feb. 28, Mar. 7, 14, 21 10:00AM-Noon

DRCC Staff \$15/each or \$55 for all 4

Ash Wednesday Evening of Reflection

Opening Our Hearts to Lent

Wednesday, March 1 6:20PM-9:15PM

Rev. Tony Kall, OFM, Conv. \$25.00

Evening Presentation for International Women's Day

The Women Who've Touched Our Minds, Hearts and Spirits

Wednesday, March 8 7:00PM-9:00 PM

Marni Gillard \$15.00

CASAC Training

Cultural Competence

Friday, March 10 9:00AM-4:00PM

Dean Hale (fee paid by 2/26: \$60/after 12/2:\$65)

Day Program for Men and Women

Marching into Organization

Saturday, March 11 10:00AM-3:00PM

Ceil Amendolia, OPA \$30.00

Yoga Day Program for Men and Women

Yoga for Letting Go: And Breathing Out Stress

Sunday, March 12 10:00AM-3:00PM

Sonya Boesse \$30.00

Celtic Day of Reflection

The Wisdom of the Celts

Thursday, March 16 9:45 AM-3:00 PM

Sr. Jane Comerford, CSJ \$30.00

Lenten Day of Reflection

TBA

Wednesday, March 22 9:45AM-3:00PM

Rev. Chris Welch \$30.00

Lenten Evening of Reflection

TBA

6:20PM-9:15PM

\$30.00

12 step Sunday afternoon Presentation

Exploring the 11th Step: Aids and Guides to Meditation

Sunday, March 26 1:30-4:30PM

Br. Mickey O'Neill McGrath, OSFS \$20.00

Sr. Sue Zemgulis, OP

Join us as we pray

"Sung Vespers in the Spirit of Taize"

(singing, quiet time, scripture and intercessory prayer)

2017: Jan. 19 Feb. 9 Mar. 9 Apr. 5

Time: 7:00-8:00PM



Weekend Programs December 2016-March 2017

Dreaming in Winter: Weekend for Men and Women

January 13-15

Sr. Carol Davis, OP \$205.00*

Women's Theme Weekend

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

January 27-29

Sr. Carol Davis, OP \$205.00*

Women's Theme Weekend

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

February 3-5

Sr. Teresa Tuite, OP \$205.00*

Retreat for Men Concerned with Alcoholism

Twelve Step Spirituality: "Praying Only for Knowledge of God's Will for us and the Power to Carry That Out"

February 10-12

Br. Kevin Kriso, OFM \$205.00*

5 Day Centering Prayer Silent Retreat

Silence, Solitude: Going Deeper

February 17-22

Rev. Bill Sheehan, OMI \$425.00
Per diem \$65 w/overnight \$90

Weekend for Women Survivors of Sexual Abuse

The Art of Resilience

March 17-19

Sr. Carol Davis, 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

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.

Mar. 1: Ash Wednesday Evening of Reflection.

Theme: *Opening Our Hearts to Lent*

Director: Rev. Tony Kall, OFM Conv.

March 22: Lenten Day of Reflection.

Director: Rev. Chris Welch

Lenten Evening of Reflection

TBA

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

Rev. Lou Sogliuzzo, SJ \$205.00*

Weekend for Women

Soul Sisters

April 21-23

Edwina Gately \$225.00

Weekend programs begin Friday with sign-in at 7:00 PM and conclude on Sunday.

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. _____

 Signature (for Credit Card Authorization)

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

 BK DB List Conf Code: _____

Dreaming in Winter

Many of you know that **Sr. Carol Davis, OP** is a life-long dream explorer and is gifted in her ability to guide others in their own dream exploration. Carol reminds us...



"The New Year stretches before you offering hope and another chance. Guidance for how to move forward in this New Year comes nightly in dreams and daily in daydreams.

This retreat weekend provides creative ways to explore those dreams...the dreams of new beginnings that are fresh as new fallen snow as well as the treasured dreams of old that are worth keeping and deserve a fresh view. Bring a journal and your sense of adventure. We'll explore dreams, play in dream theatre, share, and pray together. **Dates: January 13-15.**

Emancipation Proclamation



The last thing Abraham Lincoln thought he would do when he was sworn in as President was to issue an emancipation proclamation.

Soon after his election Lincoln supported legislation that would forever prohibit Congress from interfering with the institution of slavery where it existed. Since Abraham Lincoln *did* sign the Proclamation, who were the people and what were the causes that led to its issuance? This year **Tom Hoffman** returns to discuss Lincoln's personal evolution, the events, and the forces that led to Lincoln receiving the designation as the "Great Emancipator." Tom will offer his presentation on Monday evening, **February 13** and will repeat his program on Tuesday morning, **February 14**.

The Women Who've Touched Our Minds, Hearts and Spirits

Marni Gillard, story teller and teacher, will lead us in this Evening Presentation celebrating **International Women's Day**.



Marni reminds us that women from our families, neighborhoods, school years, and faith communities have deeply touched our lives. We've been inspired by women from the arts, sciences, and history. We'll reflect on those who have awakened us to ideas or planted the seeds of virtue in our lives.

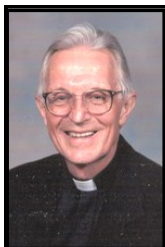
Marni's stories will inspire us to dive deep into memories of inspiring women or those we've been blessed to inspire. Working in pairs, we'll listen deeply to each other's tales and fill our hearts with the wisdom of women.

Date: Wednesday, March 8, 7-9 pm

What It's all about, as you Go to the Altar of God?

Celebrate Your **Valentine** at our Evening for Married and Engaged Couples. We begin with prayer, enjoy a lovely candlelight dinner, listen to a presentation by **Fr. Ed Deimeke** and celebrate Eucharist together. Fr. Ed tells us: Jack and Jill went up the hill "to fetch a pail of water," as the story goes. And you know "the rest of the story"... or do you? Later, much later, after the damage from the fall was repaired, they went "up to the altar" to GET MARRIED! Intrigued? Come join us to find out the rest of the story!

Date: Tuesday February 14, 6:20-9:15 pm



5 Day Centering Prayer Retreat - February 17-22

Silence, Solitude: Going Deeper will be the theme of this year's centering prayer retreat. During this contemplative retreat, we will experience periods of centering prayer in a climate of silence and solitude.

The question that will influence our daily conferences led by **Fr. Bill Sheehan, OMI**, will be: How do we extend the effects of centering prayer into our daily lives? Come and join us for these days of prayer, community and worship.

Note: If you are unable to attend the full retreat, it is possible to attend as many days as your schedule allows.

Yoga for Letting Go:



and Breathing Stress Out!

We welcome **Sonya Boesse** back to the retreat house to lead us in a *Day of Yoga*.

The day will include: several breathing techniques with a focus on breath-work and re-

leasing type body-work. She will also 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 from the body and energetic levels and layers.

All are welcome to this day.

Date: Sunday, March 12, 10-3 pm

The Wisdom of the Celts

Join us for a day exploring the wisdom of the Celtic spiritual tradition. As **Sr. Jane**

Comeford, CSJ will leads our **Celtic Day of Reflection**.

The Celtic spiritual tradition has much to offer us. This day of reflection will introduce you to some of the key elements of the Celtic tradition: an understanding of the image of God as Divine Presence, the use of "folk prayer", and "encompassing prayer", a belief in "thin places", an appreciation for all in the web of life, and the communion of saints. We will learn about life from the perspective of St. Patrick and St. Brigid.



Date: Thursday, March 16, 9:45—3:00 pm

Wise and Holy Women

and a Few Good Men

Using art and stories, artist **Br. Mickey O'Neill McGrath, OSFS** returns to guide our encounter with women from across the ages in Church history. From Mary and Elizabeth, through the 4 Women Doctors of the Church (Hildegard, Catherine, Teresa, and Therese) to Dorothy Day and Sr. Thea Bowman in our own time, we will encounter women as sources of hope, creativity, and prophetic inspiration for our church and world. And for good measure and holy balance, we will look at a few good men as well—including Jesus (of course!), St. Francis de Sales, St. John XXIII, and Pope Francis.

Date: on March 24-26

Old Testament Women in Our Midst

A Four-Session Art-as-Prayer Experience for Women

During our time together, we will meet women of the Old Testament through prayer, reflection, ritual (an artistic expression of the scripture stories) and conversation.

Come to any or all!

Date: Tuesdays, Feb. 28, Mar. 7, 14, and 21

Dominican Retreat & Conference Center

Welcomes Edwina Gately

April 21-23, 2017

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.



DRCC Recovery Corner

Our first program of 2017 is a **Sunday afternoon workshop** presented by Anne Samson. The theme for the afternoon is: ***Never Alone Again: Finding Friendship in Recovery.*** Anne invites us to explore the many opportunities for relationship in recovery: sponsorship, home groups, service, the "meeting before and after the meeting" and the most important relationship of all--our relationship with the God of our understanding

Date: Sunday, January 8

For our **Weekend for Men Concerned with Alcoholism**, we welcome Br. Kevin Kriso, OFM back to the retreat house. His theme for this weekend is ***Twelve Step Spirituality: "Praying Only for Knowledge of God's Will for Us and the Power to Carry That Out"*** He plans to reflect on recovery spirituality and about forming a working partnership with a Higher Power and allowing that Higher Power to take the lead.

Date: February 10-12

Monthly Workshops for Men & Women

Ceil Amendolia, OPA

continues to facilitate this monthly gathering designed to encourage us as we try 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.

Feel free to join this ongoing group for as many or as few sessions as you like. Dates for 2017:

Jan. 12

Feb. 9

Mar. 9

Time 10:00 - 12:00

Apr. 6

May 11

June 15



The theme for our **Retreat for Women Survivors of Sexual Abuse** is ***The Art of Resilience.*** Sr. Carol Davis, OP, our director for the weekend tells us: "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."

Date: March 17-19

In March we will have another **Sunday afternoon workshop** given by Br. Mickey O'Neill McGrath, OSFS and Sr. Sue Zemgulis, OP focusing on ***Exploring the 11th Step: Aids and Guides to Meditation.*** Brother Mickey is well known to the retreat house and across the country for his artwork and stories. Sr. Sue has been on the staff here for 14 years. Together, they will offer us a hands on way to explore the 11th Step.

Date: March 26

CASAC Trainings

Friday, December 9, 2016:

Special Topics in Problem Gambling

Director: **Jaime Costello, CPP**

Friday, March 10, 2017:

Cultural Competence

Director: **Dean Hale, CASAC**

While CASAC trainings allow counselors to acquire credits for credentialing, these programs are open to all interested in the topics.

Want more time to focus on your organizing needs?

Join Ceil and others for a full day of

Marching into Organization

on **Saturday, March 11** from 10:00 am to 3:00 pm.



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

Non Profit Org.
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Albany, NY
Permit # 961

Or Current Resident

Place label here



Dream Group - with Sr. Carol Davis, OP
December 12, February 6, March 6, April 3

Meets monthly / \$25 per class
CarolDavisOP@gmail.com OR call:(518) 393-5517

Interfaith Community

The Interfaith Community of Schenectady holds a monthly dinner and presentation/discussion here at Dominican Retreat and Conference Center.

Dates for 2017: January 17, February 15, April 27

Did you know that we can help you with your Christmas Gift List?



*This season, gift someone with the priceless Gift of Time.
How? With Dominican Retreat and Conference Center Gift Certificates.
These certificates are available in any amount and can be used for any program or in the gift shop.*

Our Secretary, Debbie, is happy to assist you with this. (518) 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

\$10.00 Coupon

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