

Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309
(518) 393-4169

www.dslny.org

The Good News

March 2020



Saint
KATERI TEKAKWITHA

Servant of God
NICHOLAS
BLACK ELK



BRO. MICKEY MCGRATH
and **DAMIAN COSTELLO**

DOMINICAN RETREAT HOUSE, NISKAYUNA, NY

MARCH 27-29

Join artist Mickey McGrath and Black Elk scholar Damian Costello
as they share their paintings, stories and wisdom gleaned from
Native American spirituality and its encounter with western Christianity.

The Path Forward...

Take the steps necessary for a secure future.

Join Herzog Law Firm and the
Dominican Retreat & Conference Center
for this FREE and informative seminar series.

You are welcome to attend any or
all of the offerings listed below.

All programs are 1:30-3:30 pm

Wills vs Trusts: Wednesday March 25

Learn about wills, trusts and advance directives; protecting your home
and assets; caring for aging loved ones; avoiding court and spend
downs.

Medicare vs Medicaid: Wednesday, April 22

Learn the differences between Medicare and Medicaid, what each
pays for and how to qualify.

Charitable Giving and Planning: Tuesday, May 12

To gift or not to gift. Learn the benefits of charitable giving and the
rules and regulations.

Aging in Place: Tuesday, June 2

Confused about navigating the long term care system? Don't under-
stand all that is available? Believe it or not, our community is rich in
many services that will allow you to age in place,
right in wherever you call home! Learn about all that is available and
how to access these services. And, if the unforeseen should happen,

GIRLS' NIGHT OUT Friday, May 8 6-9PM

Called to Wonder and Joy!

Presented by: Marni Gillard

Friday, May 8 6:00 PM - 9:00 PM \$25

Enjoy Friday's Girls' Night Out program with a relaxing overnight;
let us make breakfast for you and choose one of Saturday's programs for \$80.

CREATIVE DAY OF REFLECTION FOR MEN & WOMEN Contemplative Creativity

Join us as we discover new ways of thinking, seeing,
and doing what we love.
Cameras, sketchbooks, and/or journals are welcome...
or just come and enjoy!

**Presented by Claudia Gregoire
Saturday, May 9 10:00 AM-3:00 PM
\$30 (incl. lunch)**

WOMEN'S DAY OF REFLECTION

Storying our Moments of Wonder and Joy

Explore some of your "wonder-full" moments through the
art of storytelling. Come and revel in the stories of your
life that bring you joy!

**Presented by Marni Gillard
Saturday, May 9 10:00 AM-3:00 PM
\$30 (incl. lunch)**



From the Desk of the Administrator:

I'm hoping that by the time you are reading this, we are experiencing a little bit of a melt and that there may even be signs of spring. But as I write this, we are in the midst of a "wintery mix" storm...and it reminded me of when I was a kid - any hope of a snow day was something to hold onto with your whole heart, and yet it felt like it almost *never* happened. When I was a young adult, one of my cousins became a superintendent of schools in another state. I clearly remember that one of the first things I said to her was, "Wow, you get to decide when the kids get snow days!"

As the administrator here at the DRCC, I too get to decide what to do when the weather is questionable – Is it safe for the staff to come in? Will the storm be over in time for the program to come in? Will people cancel because they are not sure? Will the director be able to get here? I must say, it has taken a little bit of the fun out of a snow day! And yet, I think about that passage from Isaiah 55:10-11 ***"As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."***

We all need a little rain and snow – time for reflection, time for questioning what is the right thing to do, time to be thrown out of our normal routine in order to see differently, hear differently, and rethink. And when you experience storms in your own life, I hope that you find some of that time here as you weather them through and begin to see the buds of spring blooming in the peace and serenity of God speaking to your heart.

For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land.

Song of Solomon 2:11-12



Grounds Day at DRCC

Monday - May 11

10:00am to 7:00pm

Come for ANY PART of the day!

Lunch and dinner provided

Bring your gloves, rakes, saw, tarps, etc. and your energy.

If you can help, contact Sr. Sue at 518-393-4169

Many Hands Make Light Work!



Is it Spring yet?

As I am writing this it is still January. Although we have not had a rough winter as far as snow, it has been very cold. So, I am hoping for Spring. My mom used to warn me not to wish my life away, but with age, the cold and the ice can be prohibitive.

When I was a Novice, our Novice Director used to say that we all needed an inner home because we never really have an exterior one. Will all of the natural disasters we have witnessed in our country and around the world, that certainly seems to be true. So, on this cold January day, it certainly CAN be Spring in that inner home. I can choose to spend time there. Perhaps in a cabin by a stream or a house by the ocean. All I need to do is close my eyes and take a few deep breaths and I can be there. It can be any season I want. Of course, I'm not alone in this place, my God is there too.

What does your inner home look like? Where is it? Who is there with you? I hope you enjoy your time there. I think I will spend some time in mine as well.

What does your inner home look like? Where is it? Who is there with you? I hope you enjoy your time there. I think I will spend some time in mine as well.



DRCC Recovery Corner

Sr. Carol Davis will be giving a **Retreat for Women Survivors of Sexual Abuse on March 13-15, 2020**. Her theme will be **"TRANSFORMATION: Growing in our capacity to love and accept love."** *Join with other women as we delve into the transforming journey of healing and coming home to self after sexual abuse. You are not alone.*

On **Sunday March 29th**, **Brother Mickey McGrath, OSFS** will be doing a **Sunday afternoon presentation**. His topic is **The 11th Step: Keeping it Creative**.

There will be a Spiritual Journaling as a 12 Step Practice Retreat on May 29-31 led by Anne Samson. Join like-minded seekers for the weekend to develop and deepen your practice of Spiritual Journaling. We will explore how this practice enhances 12 Step recovery and encourage each other to commit to this fruitful habit.

Step 6

Were entirely ready to have God remove all these defects of character.

Step 5 completed, I now begin the task of "readying" myself to allow God to remove from me those defects of character that have blemished my life.

With the assistance of Step 4 I have uncovered and made a list of the attitudes, beliefs, and patterns of behavior that have brought chaos and destruction to my life. I know how important it is for me to start "cleaning house," for the left unchecked, these defects of character will only lead me to relapse. Relapse is not an option for me.

So, in this Step, I simply ask God for the grace of **willingness**- the **willingness** to dispose myself to letting go of those character defects that compromise my process of recovery; the **willingness** to permit my Higher Power to do with me what I am incapable of doing within myself; and the **willingness** to engage myself actively in this conversion process.

I must remember that this step is about **willingness** and not change, lest I become frustrated and discouraged and concede defeat.

PRAYER

*God, I am aware of the fact that this Step is about **willingness**. I know you love me and that desire healing and wholeness for me. I pray for the grace of willingness, a willingness that will ready my heart to consider seriously those defects of character that I need to let go of and the grace to do so. I also ask for the honesty to admit to those defects that I seem to unable to let go of because they give me a sense of power and control. Give me the time and willingness I need to let go of them that I may indeed become the person you desire me to become.*

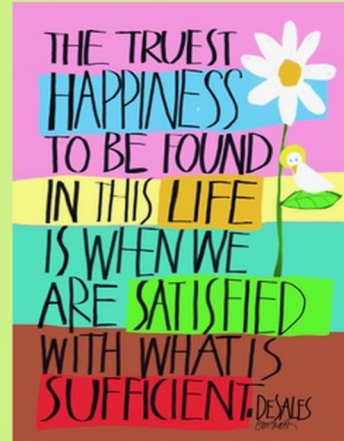
SPIRITUAL GROUNDWORK

Take some quiet time to reflect on this Step:

Make a list of the character defects that you are ready to give up. Thank your Higher Power for the grace given you to let go of them.

Make a list of those character defects that you are not ready to let go of and write a prayer asking your Higher Power for the courage to let go of these defects of character.

Reproduced by permission from Sister Judith A. Terrameo, OSF, *Pathway to Peace and Inner Freedom: Reflections on the 12 Steps* (Allegany, NY: The Franciscan Sisters of Allegany, 2018).



THE 11TH STEP: KEEPING IT CREATIVE

**With Artist and Storyteller
BROTHER MICKEY MC GRATH**

**Sunday, March 29
1:30-4:30**

Dominican Retreat Center, Niskayuna, NY

Bro. Mickey will share his own **PAINTINGS** and **STORIES**
and offer some basic lessons in
EXPRESSIVE LETTERING and **MEDITATIVE DRAWING**
to liven up your **PRAYERS** and **MEDITATIONS**.

**For further information about any of our 12 Step and CASAC programs and Retreats, please contact:
Sr. Jude Kapp, RSM by phone at 518-393-4169 or by email at ProgramDirectorDRCC@gmail.com**

**A Weekend with Therese of Lisieux
March 7-8**

This weekend will explore the spirituality of Therese of Lisieux, one of the most famous saints of modern times. The weekend will explore the spiritual, emotional, and practical tools she used to remain loving and grounded in the face of the difficulties of life.

Specifically, this weekend will give retreatants time to rest and reflect on her wisdom.



**Presenter: Victoria L. Battell
\$170. (\$155. for 65 and older)**

**Weekend Retreat for Men & Women in
12 Step Recovery**

***Spiritual Journaling as a 12 Step Practice*
May 29-31**

Join like-minded seekers to develop and deepen your practice of Spiritual Journaling. We will explore how this practice enhances 12 Step recovery and encourage each other to commit to this fruitful habit.

Director: Anne Samson \$205.*

**RETREAT FOR PERSONS WITH
PHYSICAL DISABILITIES
June 5-7**

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. John 3:16

We will spend time thinking and talking about God's great love for the world and for each of us individually.
Director: Sr. Lizette Hoevel, SND \$100.00/person*

*Anything you can contribute towards this amount is appreciated. If this amount is unaffordable, YOU ARE STILL WELCOME TO ATTEND.
We have received a grant that will help to cover expenses for this retreat.

**Theme Weekend Retreat for Women
Trust in the Lord with all your heart
April 3-5**

Director: Sr. Julia Mary Werner, RSM \$205.*

**Theme Weekend Retreat for Women
Trust in the Lord with all your heart
May 1-3**

Director: Anita Davidson, OPA \$205.*

**Knitting / Crocheting Retreat for Men & Women
May 15-17**

Knitting and Crocheting with Meaning

*This weekend of knitting (or crocheting) and reflection will explore the many ways God moves in the work of our hands and our hearts. We will knit, crochet, pray, and share the ways we use handwork to enhance our lives and the lives of others. Bring yarn and needles or your current project.

Director: Martha LaVallee \$205*

**Silent Directed Retreat for Men & Women
June 28-July 4**

Does the idea of having a weekend of quiet and time to be alone with God sound attractive to you? This weekend retreat may be what you are looking for. Designed similar to a week-long directed retreat, the weekend will provide you an opportunity to spend time with God in silence and solitude allowing you to focus on your personal relationship with God.

**Directors: Sr. Christine Connolly, OP
Sr. Julia Grey, OP \$450.***

**Scripture Series for Men & Women
*Book of Ruth***

Wherever you go, I will go...

Two widows...One perilous journey...Boundless love to light the way...

Wednesdays: March 4, 11, 18, 25 10 AM-1PM

\$20 per session/\$75 for all four

Join us for a Bible study.



Day/Evening Programs March 2020 - June 2020



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.

Scripture Series for Men & Women

Book of Ruth 10:00 AM—1:00 PM

Wednesdays: March 4, 11, 18, 25

Dr. Joy Galarneau \$20 per session/\$75 for all four

Merton and Me—A Living Trinity

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

Doug Hertler \$20

Lenten Evening of Reflection

Building Bridges During Divided Times

Wednesday, March 11 6:20 PM-9:15 PM

Rev. Scott VanDerveer \$25

Celtic Day

The Celtic Saints

Wednesday, March 17 9:45 AM-3:00 PM

Fr. Richard Shaw \$30

Path to God: *Centering Prayer*

March 24 7:00—8:30 PM

March 26 10:00 —11:30 AM

Sr. Sue Zemgulis, OP \$15

12Step afternoon for men and women

The 11th Step: Keeping it Creative

Sunday, March 29 1:30-4:30 PM

Brother Mickey McGrath \$20

Lenten Day of Reflection

A Spa Day For You

Tuesday, March 31 9:45 AM-3:00 PM

Sr. Eleanor Guerin, RSM \$30

Sung Vespers in the Spirit of Taizé

Thursday, April 2, May 7, June 4

7:00— 8:00 PM

Dominican Sisters Free will donation

CASAC Training

An Interpersonal Clinical Approach to Empower and Promote Change in Others

April 8 (PENDING APPROVAL) 9:00 AM-4:00 PM

Frank Pouliot, MS,CASAC \$60 before 4/1, \$65 after

Path to God: *Gardening...A Way to Experience God*

Tuesday, April 14 7:00-8:30 PM

Thursday, April 30 10:00-11:30 AM

Sr. Chris Partisano, CSJ \$15

Praying with the Saints

St. Catherine of Siena

Wednesday, April 29 7:00 —8:30 PM

Anita Davidson, OPA Free Will Donation

Coffeehouse

Sunday May 3 7:00-9:00PM

Mark Rust \$20

Girls' Night Out

Called to Wonder and Joy!

Friday, May 8 6-:00-9:00 PM

Marni Gillard \$25

Contemplative Creativity

Saturday, May 9 10:00 AM-3:00 PM

Claudia Gregoire, OPA \$30 (lunch incl.)

Women's Day of Reflection

Storying our Moments of Wonder and Joy

Saturday, May 9 10:00 AM-3:00 PM

Marni Gillard \$30 (lunch incl.)

Path to God—*Liturgy of the Hours*

Wednesday, May 13 7:00-8:30 PM

Wednesday, May 20 10:00-11:30 AM

Sr. Sue Zemgulis, OP \$15

CASAC Training

Medical Marijuana Myths & Truths

June 12 (PENDING APPROVAL) 9:00 AM-4:00 PM

Debra Ouimette, PhD,CASAC, LADC, SAP

\$60 before 6/5, \$65 after

*As we move through Lent and into the joy
of the empty tomb, may the words of St.
Catherine of Siena speak to your soul:*

*I, the sea of peace,...share with you,
with each of you
according to your own capacity.
I fill you and do not leave you
empty.*

(The Dialogue, p. 360)

Weekend Programs March 2020 - June 2020

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

A Weekend with Therese of Lisieux

The Practical Way of Love

March 7-8

Victoria L. Batell

\$170.00

Friday 3/6 evening arrival \$35 includes breakfast

Weekend Retreat for Women Survivors of Sexual Abuse

Transformation:

Growing in our capacity to love and to accept love

March 13-15

Sr. Carol Davis, OP

\$205.00*

Weekend Retreat for Men and Women

Native Spirits

March 27-29

\$205.00*

Brother Mickey McGrath, OSFS & Damian Costello

Theme Retreat Weekend for Women

Trust in the Lord with all your heart

April 3-5

Sr. Julia Mary Werner, RSM

\$205.00*

Theme Retreat Weekend for Women

Trust in the Lord with all your heart

May 1-3

Anita Davidson, OPA

\$205.00*

Weekend for Knitters & Crocheters

Knitting and Crocheting with Meaning

May 15-17

Martha LaVallee

\$205.00*

Weekend Retreat for Men & Women in 12 Step Programs

Spiritual Journaling as a 12 Step Practice

May 29-31

Anne Samson

\$205.00*

Retreat for Persons with Disabilities

For God so loved the world that he gave his only son...

June 5-7

Sr. Lizette Hoevel, SND

\$100.00*

Silent Directed Retreat for Men & Women

June 28-July 4,

Sr. Christine Connolly, OP

Sr. Julia Grey, OP

\$450.00

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

*Weekend Retreats - \$205.00

Seniors (65 and older - \$190.00)

**Be assured that no one will ever be turned away
for lack of funds.**

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

✓ 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)*

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Earth Day - April 22

Help save the earth

**If you would like to receive the
Good News via e-mail, contact us at:
518-393-4169 or at dslcnny@nybiz.rr.com**

Thank you

Thank you! Thank you! Thank you! Thank you! Thank you! Thank you! Thank you!

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As of January 24, 2020

(Every effort has been made to be accurate.
Please inform us of any omissions or inaccuracies)

Path to God:

Have you ever wondered about a particular type of prayer?
Have you heard yourself say, "I find God in..." or
"When I..."
I feel God's presence."

There are as many ways to encounter God as there are people with their many life experiences.

Come explore *Centering Prayer* with Sr. Sue Zemgulis, OP
Tuesday, March 24 at 7:00-8:30 PM or
Thursday March 26 at 10:00-11:30 AM

Gardening...a way to experience God with Sr. Chris Partisano, CSJ
Tuesday, April 14 at 7:00-8:30 PM or
Thursday, April 30 at 10:00-11:30 AM

Liturgy of the Hours with Sr. Sue Zemgulis, OP
Wednesday, May 13 at 7:00-8:30 PM or
Wednesday, May 20 at 10:00-11:30
\$15. each

Cosmic Flow in the Gospel of John

Join Victoria Batell for a six week series on **Tuesdays from 7-8:30 PM**

April 28—Unbinding in the Gospel of John—Incarnation

May 5— "Unbind him"

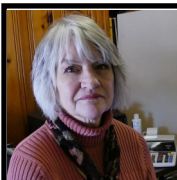
May 12—'Do not cling to me' - the story of Mary Magdalene

May 26— 'Whatever you lose'

June 2—'Cast your net'

June 9—'Do you love me?' - the story of Peter

\$15 each or \$85 for all six



Allow me to introduce myself: My name is *Nadean* and I recently assumed the role of *Hosted Programs Director*. My work life has been a varied one...from sales to design to human services to corporate operations. I thought there was nothing that would entice me to forego retirement. Then I was made aware of an open position at DRCC. ... a challenge that would take advantage of my experience and an opportunity to hone my skills in an environment that is warm, friendly and whose mission is in keeping with my personal beliefs and world view.

Suggestions for program topics that would be of interest to you are more than welcome. Also, my responsibilities include management of the Gift Shop. I would like to invite everyone to let me know your preferences in gift items and reading materials as well as ideas for constant improvement.

I am very happy to be here and look forward to meeting folks attending the wonderful programs and visiting the shop.



Dominican Retreat & Conference Center
Dominican Spiritual Life Center
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COFFEEHOUSE - FEATURING MARK RUST Sunday - May 3rd 7:00 - 9:00 PM

\$20/Adults

Mark is a **multi**-talented singer & musician from Woodstock, NY. He has appeared in People Magazine, starred in the Broadway Musical Hit *"Pump Boys & Dinettes"*, and has several recordings. His CD, *Home Fires*, features Peter Yarrow, and Jay Ungar (*Ashokan Farewell*).

The show will be a fun collection of original songs & stories about common experiences we've all shared while growing up in a family. Mark's performance showcases an impressive array of instruments including guitar, banjo, fiddle, piano, and mountain dulcimer. Join us for an enjoyable evening of music and stories.

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