

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

March 2019

RETREAT FOR PERSONS WITH PHYSICAL DISABILITIES

Thank You God!

We will spend time together thanking God for the many gifts we have received - ourselves, family, nature, and all the other gifts we want to praise. We will have quiet prayer time, group presentations, singing, and much more to help us thank our good God for life and love.

June 7 - 9
\$100.00/person

Anything you can contribute towards this amount is appreciated. If this amount is unaffordable, **YOU ARE STILL WELCOME TO ATTEND.**

Enjoy Friday Girls' Night Out program **with** overnight stay and **EITHER** one of Saturday's programs for \$80.00

GIRLS' NIGHT OUT

We've Survived Darn Near Everything

Life presents us with many challenges, both simple and those not so simple.

Bernice Johnson Reagon said "Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are."

With compassion, strength, and humor we will consider the paths we've taken in the past. Where we see ourselves today. The hopes we have for tomorrow.

Friday, May 10 6:00 PM - 9:00 PM \$25.00



WOMEN'S DAY OF REFLECTION

Women Writing Memoir



In "Writing Down the Bones," Natalie Goldberg writes, "It is important to go home...claim where you come from and look deep into it. Come to honor and embrace it."

During this day of reflection we will consider the stories of our lives, how they have touched us, changed us, and encouraged us. We will remember people, places, and things that shaped us into who we are today. **Bring a journal and your memories.**

Saturday, May 11 10:00 AM - 3:00 PM \$30.00

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 be refreshed in a low-key atmosphere!

Saturday, May 11 10:00 AM - 3:00 PM \$30.00



From our Administrator

Sr. Sue Zemgulis, OP

Thoughts on sound and silence:

Have you ever tried opening a cough drop in a quiet room or while someone everyone else is listening to a speaker? Or have you sat in the early morning by a lake and heard a loon's call echo over the entire lake? The silence around us amplifies the sound, regardless of whether they sound is annoying or beautiful. What "sounds" do I make? What words do I speak that are amplified by my life? St. Paul reminds us in that familiar piece to the Corinthians "If I speak with the tongues of angels, but have no love, I am a clashing cymbal, a noisy gong."

Have you ever stood out in the snow as it was falling and notice how quiet the world seemed? Or have you ever had the power go out for a while and realized how quiet your house/apartment was without the low hums of the refrigerator, furnace, dishwasher, computer, TV, etc.? There is almost a felt freedom when the sounds that constantly assail are no longer there - the sounds that are so much a part of our experience that we don't even hear them anymore. What sounds do I no longer hear as I go about my day? Do I really listen to those who are speaking to me? Do I pay attention to the voice of God constantly around me? Psalm 46 reminds us, *Be still, and know that I am God.*"

May you be still enough to listen, so that when you speak, you speak out of love.



Sr. Judith Kapp, RSM

Sr. Jude entered the Sisters of Mercy in August 1989. She was a high school Math teacher who taught in Diocesan schools in Albany and at Notre Dame high school in Elmira, NY. Most recently she was the Pastoral Associate at Blessed Sacrament Parish in Albany.

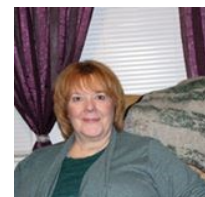
Sr. Jude states, "I am very happy to be here at the Dominican Retreat and Conference Center where I have been warmly welcomed by staff and retreatants alike. I look forward to taking part in Programs that help others get to know their God better."

Sr. Jude may look familiar to you as she has enjoyed being on retreats here over the years along with 12 Step presentations. She looks forward to meeting many more of you in the coming months.

Time to Plan Your Perfect Retreat/Getaway/Meeting/Conference

There are many exciting events coming to DRCC in the next few months. We will welcome back the bagpipers, a healing weekend for energy healers, and a coffee house performance by the very talented Mark Rust.

Weekdays are still available for meetings and/or overnight gatherings. You are welcome to make an appointment to tour our facility to see what we have to offer your group. We are open to all who desire to come for enrichment, reflection, and rest. Please call me for details. Our facility is totally handicapped accessible.



Barb Kerr, Hosted Program Coordinator

518-393-4169

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

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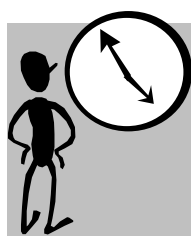
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As of February 20, 2019 (Every effort has been made to be accurate. Please inform us of any omissions or inaccuracies)

Day/Evening Programs March 2019 - June 2019



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.

Monthly Workshop

Ongoing Organizing, Changing, Downsizing, Rightsizing

March 7, April 11, June 13

10:00AM-Noon

\$15.00 per session

Ceil Amendolia, OPA

Ash Wednesday Evening of Reflection

Becoming and Accepting: The Dual Challenges of Lent

Wednesday, March 6

6:20 PM-9:15 PM

Rev. Dan Nelson, OFM

\$25.00

Celtic Day

The Cosmic Celtic Spirit

Thursday, March 14

9:45 AM-3:00 PM

Brother Mickey O'Neill McGrath, OSFS

\$30.00

Lenten Evening of Reflection

It's All About the Mercy of God

Tuesday, March 26

6:20 PM-9:15 PM

Fr. Joe Busch

\$25.00

Lenten Day of Reflection

WHY SACRIFICE? Lenten Consideration -

The Children of Abraham: ISAAC and JESUS

Wednesday, April 3,

9:15 AM-3:00 PM

Rev. Gary Gelfenbien

\$30.00

CASAC Training

April 12

9:00 AM-4:00 PM

John Crowe, LMHC, BCSA

\$60 before April 5, \$65 after

12 Step Presentation for Men & Women

Living the 12th Step: Carry the Message,

Practice the Principles

Sunday, April 14

1:00 PM-4:30 PM

Anne Samson

\$20.00

Morning of Reflection for Women: Following Jesus

Requirements for Following Jesus:

A Dancing Soul Tuesday, May 7

9:45 AM-1:00 PM

Sr. Susan Leslie, OP

\$20.00

A Strong Spirit Tuesday, May 14

9:45 AM-1:00 PM

Sr. Jude Kapp, RSM

\$20.00

A Wild Heart Tuesday, May 21

9:45 AM-1:00 PM

Sr. Sue Zemgulis, OP

\$20.00

A Dreamer's Mind Tuesday May 28

9:45 AM-1:00 PM

Maggie Whelan, OPA

\$75 for all 4

Girl's Night Out

We've Survived Darn Near Everything!

Friday, May 10

5:30 PM-9:00 PM

Maggie Whelan, OPA

\$25.00

Women's Day of Reflection

Women Writing Memoirs

Saturday, May 11

10:00 PM-3:00 PM

Maggie Whelan

\$30.00

Creative Day of Reflection for Men & Women

"Contemplative Creativity"

Saturday, May 11

10:00 AM-3:00 PM

Claudia Gregoire, OPA

\$30.00

For those who attend Girl's Night Out, there is also the choice to stay overnight and attend EITHER the Women's Day of Reflection OR a Day of Reflection for Men & Women. The cost for this would be \$80.00

Ministers of the Eucharist Evening of Reflection

"...I received from the Lord what I passed on to you..."

(1 Cor. 11:25)

Tuesday, May 21

6:00 PM-9:15 PM

Rev. Christopher DeGiovine

\$25.00

Presentation for Men & Women

The 12 Steps CAN BE For Everyone

Wednesday, May 22

7:00 PM-9:00 PM

OR

Thursday, May 23

10:00 AM-12:00 PM

Sr. Jude Kapp, RSM

\$15.00

Senior Day of Reflection

Our Pilgrimage in the Holy Land

Tuesday, June 4

9:15 AM-3:00 PM

Rev. Rick Lesser

\$25.00

CASAC Training

"Motivational Interviewing: An Interpersonal Clinical

Approach to Empower & Promote Change in Others."

Friday, June 14

9:00 AM-4:00 PM

Frank Pouliot, MS CASAC

\$60 before June 7, \$65 after

Interfaith Community

The Interfaith Community of Schenectady holds a dinner and presentation/discussion here at the Center.

April 2, May 2 For information call: 518-370-2150

Join us as we pray

"Sung Vespers in the Spirit of Taize"



(singing, quiet time, scripture, and intercessory prayer)

March 7, April 4, May 9, June 13

7:00-8:00PM

Weekend Programs March 2019 - June 2019

Silent Weekend Directed Retreat

March 8-10 \$205.00*
Sr. Chris Connolly, OP

Knitting and Crocheting Weekend

Praying With Our Hands: Yarncraft as Embodied Prayer
March 8-10
Anita Davidson, OPA \$205.00*

Weekend Retreat for Women Survivors of Sexual Abuse

The Power of Truth
March 15-16
Sr. Carol Davis, OP \$205.00*

Weekend For Men & Women in 12 Step Recovery

Relationships in Recovery: The Sponsor-Sponsee Connection
March 29-31
Sr. Kay Kanick, RSM \$205.00*

Theme Retreat Weekend for Women

The only thing that counts is faith expressing itself through love
Sr. Monica Murphy April 5-7

Overnight Retreat for Men & Women

"Silent...who me?" "Come to me...will give you rest." Mt. 11:28
April 23-24 \$100.00*
Sr. Chris Connolly, OP

Theme Retreat Weekend for Women

The only thing that counts is faith expressing itself through love
Sr. Marilyn R. Vassallo, CSJ May 3-5

Retreat for Persons with Physical Disabilities

Thank You God!
June 7-9
Sr. Lizette Hoevel, SND \$100.00*
(Anything you can give towards this amount would be appreciated.
ALL ARE WELCOME. RESERVATIONS REQUESTED.

TREE PLANTING CEREMONY

To Commemorate the
10th Anniversary of the formation of
The Dominican Sisters of Peace

Tuesday, April 30 6:30 PM
(Rain Date - Wednesday, May 1)



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 dslcny@nybiz.rr.com

Thank you.

*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 for all you do 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.

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. _____

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

_____ BK _____ DB _____ List _____ Conf _____ Code: _____

Directed Silent Weekend Retreat

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.

Sr. Christine Connolly, OP will guide you through this weekend. **March 8-10**

Knitting / Crocheting Retreat for Men & Women March 8-10

Praying With Our Hands: Yarncraft as Embodied Prayer

“Our bodies can embody prayer or be places where prayer is actively happening. We don’t - or shouldn’t just think our prayers. We can embody the feelings and emotions usually expressed only as spoken or mental prayers in our actions. Prayer can involve our bodies as much as our minds as we communicate with God, bless, honor, and petition God; rage in the presence of God, and show our devotion. We can show and express with our bodies what we say and express with our minds. This is prayer in motion..”

~ ~ Jon M. Sweeney in *Praying With Our Hands*

Directed by: **Anita Davidson, OPA**

OVERNIGHT RETREAT FOR MEN & WOMEN *Silent...who me?*

“

This retreat will assist you in befriending the gift of silence. Silence is the doorway to a deeper relationship with God and the home of inner rest and peace. Join us for a day of relaxation and resting with God.

St. Christine Connolly, OP will guide you through this weekend. **April 23-24**

MORNINGS OF REFLECTION FOR WOMEN *Requirements for Following Jesus*

Our time together will include prayer, presentation, and reflection.

<i>A Dancing Soul</i>	May 7
Sr. Susan Leslie, OP	
<i>A Strong Spirit</i>	May 14
Sr. Jude Kapp, RSM	
<i>A Wild Heart</i>	May 21
Sr. Sue Zemgulis	
<i>A Dreamer's Mind</i>	May 28
All Programs: 10 AM-1:00 PM \$20/each or all 4 - \$75	

The 12 Steps CAN BE for Everyone

If you’ve ever wondered what the 12 steps were, where they come from, how anyone could use them, or what a 12 Step Meeting is like, you may find this program helpful.

Wednesday, May 22 7:00 PM - 9:00 PM
Thursday, May 23 10:00 AM - 12:00 PM

Sr. Jude Kapp, RSM



THE COSMIC CELTIC SPIRIT *With Brother Mickey O'Neill McGrath*

March 14
9:45 AM - 3:00 PM

Join with Brother Mickey as he leads us through art and story to the wondrous Thin Places of Irish Celtic spirituality: from ancient traditions, through Christian saints and holy places, to contemporary Cosmic spirituality. We will also learn how to draw an angel from the Book of Kells- step by step.

Lenten Offerings

Ash Wednesday Evening of Reflection

Date: **Wednesday, March 6**

Theme: *Becoming and Accepting:*

The Dual Challenges of Lent

Director: **Rev. Dan Nelson, OFM**

Lenten Evening of Reflection

Date: **Tuesday, March 26**

Theme: *It's All About the Mercy of God*

Director: **Fr. Joe Busch**

Lenten Day of Reflection

Date: **Wednesday, April 3**

Theme: *WHY SACRIFICE*

Lenten Consideration - The Children of Abraham: ISAAC and JESUS

Director: **Rev. Gary Gelfenbien**



Dream Group -

with **Sr. Carol Davis, OP**
March 25, April 29, May 20,
June 24,

Meets monthly / \$25 per class

CarolDavisOP@gmail.com OR call:(518) 393-5517

Organizing, Changing, Downsizing and Rightsizing Monthly Workshops for Men & Women

Ceil Amendolia, OPA continues to facilitate this monthly gathering designed to encourage us as we experiment with new possibilities. 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. **Time 10:00 - 12:00**

**March 7, April 11, May 9, June 13, September 12,
October 10, November 14, December 12**



Grounds Day at DRCC

Monday - April 29

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.

Contact Ceil at:
518-393-4169 Ext. 231,
if you can help.

Many Hands Make Light Work!

The Happiness Project - Part 7

In December's Good News, under the Happiness Project it was stated to PURSUE A PASSION. Were you able to identify your passion? Did you start your novel? Did you read something that you always wanted to read? Remember there is plenty of time to Pursue your Passion.

Gretchen Rubin, the author of the book "*The Happiness Project*" created: **THE HAPPINESS PROJECT MANIFESTO**. I have found it very interesting and very helpful. This time I am going to share her manifesto with you. Gretchen wrote the following:

"To be happy, you need to consider feeling good, feeling bad, and feeling right, in an atmosphere of growth. One of the best ways to make *yourself* happy is to make other people happy; one of the best ways to make other people happy is to be happy *yourself*. The days are long, but the years are short. You're not happy unless you think you're happy. Your body matters.

Happiness is other people. Think about yourself so you can forget yourself.

It is easy to be heavy: hard to be light. – G. K. Chesterton

What's fun for other people may not be fun for you, and vice versa. Best is good, better is best. Outer order contributes to inner calm. Happiness comes not from having more, not from having less, but from wanting what you have, you can choose what you *do*, but you can't choose what you *like* to do.

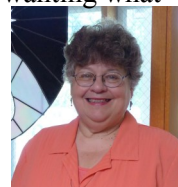
There is no duty we so much underrate as the duty of being happy. – Robert Louis Stevenson

You manage what you measure. Loving actions inspire loving feelings.

The opposite of a great truth is also true."

Email me at ceildrh@yahoo.com and let me know how it is working for you.

Ceil Amendolia, OPA





DRCC **Recovery Corner**

(Sr. Susan Leslie, OP)
susanlesliedrcc@gmail.com

"The Power of Truth" is the title for this year's retreat for **Women Survivors of Sexual Abuse**, to be held from **March 15-17, 2019**. During this retreat, **Sr. Carol Davis, OP** will lead participants in the exploration of the risks, gifts, and transformative power of honoring truth.

Our annual **Weekend for Men and Women in Twelve Step Recovery**, scheduled for **March 29-31, 2019** will be a little bit different this year! **Sr. Kay Kanick, RSM** will facilitate the theme, **"Relationships in Recovery: The Sponsor-Sponsee Connection."** Since the emphasis will be on sponsors and sponsees, we would like to suggest that you come with your sponsor and/or sponsees! **BUT**, even if they cannot come, you come anyway!

A **CASAC Training**, featuring speaker **John Crowe, LMHC, BCSA** will take place on **April 12, 2019** with the focus on Counselor-Client Boundaries. Though

geared to professional counselors, anyone with interest in the topic is welcome to register!

Anne Samson will join us once again for our **Sunday Afternoon for Men and Women in 12 Step Recovery**, on **April 4, 2019**. The topic she will present is **"Living the 12th Step: Carry the Message; Practice the Principles"**. Anne says, "You may be the only Big Book your friends and family ever read." Come to explore some new practices to bring your recovery wisdom into daily life and in outreach to others!

On Friday, **June 14, 2019**, **Frank Pouliot, MS, CASAC** will present a **CASAC Training** entitled, **"Motivational Interviewing: An Interpersonal Clinical Approach to Empower and Promote Change in Others"**. Doors will open at 8:30 a.m. for check-in, with the program running from 9:00 a.m. through 4:00 p.m. Though the training is designed to provide **CASAC** credentialing credit, **all** are welcome to attend.

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Here I am, Lord.
I surrender.
I admit my powerlessness.

To whom,
to what,
do I come?

What is this **Power** greater
than myself?
I need something beyond my-
self
to bring me to sanity.

I have lived
out of my own EGO for so
long —
etched God ot of my life.

What is this Power greater
than myself?

My youthful memories haunt
me so —
a God who judges,
a God who keeps a list of my
wrongs,
a God who punishes severely.
How can I run into the em-
brace
of such a God?

The state of my soul!
The things I have done wrong.
The people whom I have hurt.
The lies that I have told.
The money I have stolen.
The marriage I have wrecked.
The children whom I have
alienated.

How can a Power greater than
myself
forgive me these wrongs?
Surely, I am harshly judged,
destined for immeasurable
retribution.

To stand naked before such a
Power
generates immense fear within
me.

I have myself for the things
that I have done.
How can such a Power love
the likes of me?

The AA group tells me,
"use us as your Higher Power
until you discover your own."
And so I gradually begin to
open up and share
the reality of my addiction,
and to my amazement

I am embraced with unmitigat-
ed acceptance
and unconditional love,
such as I have never before
experienced in my life.

Could this be it?

Could this be the gracious love
of a Power greater than my-
self?

Could this be the tender com-
passion of
a God who knows me and
understands me,
who loves me in spite of my-
self,
and who embraces me
as the Father embraced the
Prodigal Son?

This, indeed,
is the mystery of God!

PRAYER

*Good and gracious God, you
know me and you love me.
You know my every thought
and action, and how I fall
short of being the person that
you desire me to be at times.*

*And yet, this does not lessen
your love for me. You hold me
with tender love and continue
to bless me with abundant
mercy. For this, I thank you
God. Amen.*

SPIRITUAL GROUND- WORK

*What is my image of God?
Is God a loving presence in my
life?*

*How is this manifested in my
day-to-day life?*

*Or is God a distant presence
because of past memories/
experiences with formal reli-
gion?*

*What shaped these old percep-
tions?*

*How might I bring healing to
this part of my life so that I
may grow in my spirituality?*

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OSF, *Pathway to Peace and
Inner Freedom:*

*Reflections on the Twelve
Steps* (The Franciscan Sisters
of Allegany, NY 2018).

Or Current Resident

Place label here



COFFEEHOUSE - FEATURING MARK RUST Sunday - April 7 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.

\$5.00 Coupon

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

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