

Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309
(518) 393-4169 www.dslcny.org

Solitude on a Busy Highway

The Good News

December 2019



Let there be peace on earth and let it begin with me.



New Year's Evening of Reflection

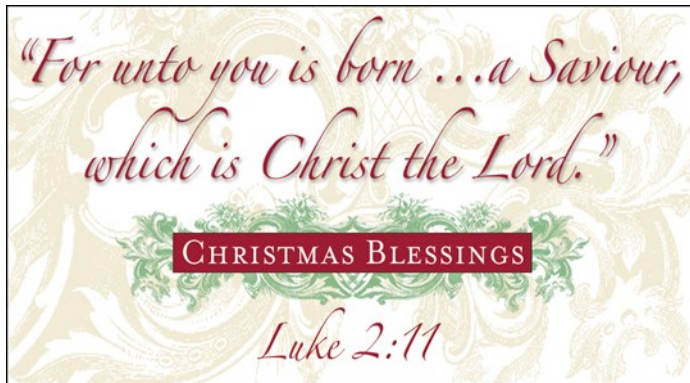
Practicing Wholeness: Deepening Our Awareness of God's Presence Within and Without

December 31, 2019 7:30 PM-12:30 AM

Presenter: Fr. Dan Nelson, O.F.M.

Evening only: \$25.00

Evening program plus overnight accommodations and breakfast \$50.00/person (concludes at 10:00 AM).



SUNDAY AFTERNOON

December 15, 2019

2-4 PM

(Doors open at 1:30 PM)

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.

A free-will offering will be taken to benefit a local charity.



"Peace in our Hearts and in Our World"

Music, Presentation, Prayer, and Refreshments.

~ All are welcome. ~

Come be in a peaceful setting and pray for peace with us!

Friday, December 13th

7:30 PM - 9:00 PM

Led by Dominican Sisters and Associates of Peace



From our Administrator

Sr. Sue Zemgulis, OP

There is a Taize chant we sing often:

“Wait for the Lord, whose day is near. Wait for the Lord: be strong, take heart!”

Now I don’t know about you, but I haven’t been so good about waiting these days. Not because I am impatient - I’m OK with knowing that something is not going to happen for awhile and I can be pretty patient with that. For me the problem comes as I become busy about many things. So, I decide that while I’m waiting for X, that leaves me 10 minutes to do Y, and a half hour to do Z... all in an effort to complete things or catch up with things so I can relax later! If something gets in the way with my 10 and 30 minute plan, *THEN* I get impatient...and frustrated...and grouchy.



Advent is a time in our liturgical year when we are called to wait (during what may feel like the busiest time of the year with all of its holiday preparations). Advent challenges us to *PAUSE* and *PONDER* instead of *PLAN* and *PRODUCE*. As the chant says “be strong, take heart.” It does take a bit of strength for me to simply stop, to not fill the waiting time with other things I *need* to get done. But IF I can do that, I *CAN* take heart – I can open myself to listen, to reflect, and to reconnect with the God of my heart. And all those other things... they’ll still get done, eventually. And I’ll probably be happier in the long run! May we all find some real waiting time this Advent!

We Welcome Carene Adams to DRCC!



Carene is our new Food Service Manager. She has a rich background in both the culinary and the health care fields. Fun fact: she even has a degree in photography! Carene has been on the staff since August and has met many of you already. Her warm smile, bubbly personality, and delicious food are ready to welcome you the next time you come on retreat. So make a point of introducing yourself when you meet her. She is happy to be a part of this DRCC family!

Oh What a Night!

Our 21st Annual More Than Just Desserts went off without a hitch! And despite some wet weather, over 100 people came out for an evening of delicious food and wonderful music. Time was spent in conversation with friends and some good-natured fun as the bidding on certain auction items escalated through the night. All of this was done in support of the wonderful ministry that happens here at the Dominican Retreat and Conference Center!

Classical guitarist, Ed Munger set the background with delightful melodies as guests wandered amid the tables of delectable hors d'oeuvres and pondered over their need for such things as a beautiful creche made in Jerusalem or a time share for their next vacation!



At the end of the evening, the 4th Annual Peace Award was presented to The Guardian House in Ballston Spa. Guardian House is the only supportive housing program for homeless female veterans in New York State, and one of just seven in the entire United States that is funded by the VA. We were honored to have Cheryl Hage-Perez, Executive Director of Veterans & Community Housing Coalition, along with some of the women currently staying in Guardian House in attendance to receive the award. As the award was presented, the entire dining room rose in standing ovation for these women veterans who are working to rebuild their lives. It was indeed a moment of grace!

All told, with your participation, and the help of an amazing committee, we made over \$24,000 to help maintain the ministry here! If you missed out on this event, there is always next year. And if you would like to be more involved in this fun and successful venture, let us know. The committee will soon begin planning for October 2020. We hope you will help make our next one even more successful!



Because you asked...

Every so often, someone says to us, "I'd like to help you out with something specific. What kinds of things do you need for the Retreat House?"

So in light of that question, we thought we would put a list in each newsletter with some of the items on our wish list with what they would cost us:

New light fixtures in the foyer	\$30 each
A number of new cotton blankets	\$40 each
A new LED projector	\$500-\$600
6 new computers	\$1,200 each

If you can help with any of these items, please contact us at the retreat house 518-393-4169.

HAVE YOU USED

GoodSearch

YET?

GoodSearch is an internet search engine that generates income for non-profit organizations such as our. As a result of people using **GoodSearch** and picking DRCC as their non-profit choice, we have earned \$1,239.17.

GoodSearch printed the following in their internet newsletter, "...we truly believe that together, we can make a difference 'one search at a time' and we're thrilled to say that our idea is working."

The primary ways to earn money are through searching the internet and shopping online by using Goodsearch, Goodshop, and the Goodshop mobile app. You raise money for our cause - at no cost to you! You can also save money on Travel Deals or download coupons using the app.

Wouldn't it be great to search and earn money for us at the same time? With your help, this can be accomplished. Our goal for 2020 is \$1,400.

To begin using **GoodSearch** to to www.goodsearch.com and register us as your nonprofit: Dominican Retreat and Conference Center. Thank you!!



REMEMBER US

When the time comes for you to plan your estate, please consider remembering us in your will. This important ministry depends upon the generosity of our many donors and benefactors.

Will you CLYNK with us?

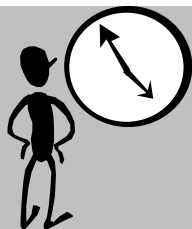
BAG IT, TAG IT, DROP IT

Help DRCC and save the earth!

Hannaford has a program wherein the money for your returnable bottles can go directly to DRCC.

Pick up your bags & tags at the Retreat House. When the bag is full, take it to Hannaford, scan the tag, and drop it. The money for the bottles will be credited to DRCC. It's that simple. We have a supply of bags and tags at the Retreat House whenever you need them.

Day/Evening Programs December 2019-March 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.

Advent Evening of Reflection For Men & Women

"Prepare the way of the Lord!"

Tuesday, December 10 6:20 - 9:15 PM
Dr. Joy Galarneau \$25.00

Ceil's Organizing Workshop

Organizing, Changing, Downsizing, Rightsizing

Thursday, December 12 10 AM - 12 PM
Ceil Amendolia, OPA \$15.00

Evening of Prayer

Peace in our Hearts and in our World

Friday, December 13 7:30 - 9:00 PM
 Free Will Donation - Advance Reservations Required

Dominican Sisters and Associates of Peace

The Empty Chair

Saturday, December 14 10:00 AM-4:00 PM
Maggie Whelan, OPA \$40.00

Annual Christmas Carol Concert

Sunday, December 15 2:00PM-4:00 PM
 (Doors open at 1:30PM)

All are welcome.

A free-will offering will be taken to benefit a local charity.

New Year's Evening of Reflection

Practicing Wholeness: Deepening Our Awareness of God's Presence Within and Without

Tuesday, December 31 7:30 PM-1:00AM
Fr. Dan Nelson, O.F.M. \$25 eve/\$50 overnight

12 Step Presentation for Men & Women

Spirituality and Money in Recovery

Sunday, January 5 1:30 PM-4:30 PM
Diane Cameron \$20.00

Sung Vespers in the Spirit of Taize

Thursday, January 16 7 - 8 PM Free Will Donation

Praying with the Saints

St. Thomas Aquinas

Tuesday, January 28 7 - 8:30 PM
Sr. Sue Zengulis, OP Free Will Donation

Sung Vespers in the Spirit of Taize

Thursday, February 6 7 - 8 PM Free Will Donation

How Did Lincoln Really Become President ?

From Log Cabin to the White House

Monday, February 10 7- 8:30 PM

OR

Tuesday, February 11 10 - 11:30 AM
Thomas Hoffman \$15.00

Married and Engaged Couples Evening of Reflection

TBA

Thursday, February 13 6:20 - 9:15 PM
Gary and Sharon Riggi \$45/couple

Ash Wednesday Evening of Reflection

Death, Taxes, and HOPE: What it means to be Mortal

Wednesday, February 26 6:20 - 9:15 PM
Fr. Daniel P. Dwyer, O.F.M. \$25.00

Book of Ruth Study

Wednesdays; March 4, 11, 18, & 25 10 AM - 1 PM
Dr. Joy Galarneau (includes lunch) \$20/each or \$75/all 4

Sung Vespers in the Spirit of Taize

Thursday, March 5 7 - 8 PM Free Will Donation

Merton & Me: A Living Trilogy

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

Douglas Hertler \$20.00

(Co-sponsored by The Consultation Center of Albany)

Lenten Evening of Reflection

Building Bridges During Divided Times

Wednesday, March 11 6:20 - 9:15 PM
Fr. Scott VanDerveer \$25.00

Celtic Day of Reflection

The Celtic Saints

Tuesday, March 17 9:45 AM-3:00 PM
Fr. Richard Shaw \$30.00

Path To God: Centering Prayer

March 24 7 - 8:30 PM

March 26 10 - 11:30 AM

Sr. Sue Zengulis, OP \$15.00

Lenten Day of Reflection

TBA

Tuesday, March 31 9:45 AM - 3:00 PM
Sr. Eleanor Guerin, RSM \$30.00

Interfaith Community

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

Tuesday, January 14; Tuesday, February 11
 Wednesday, April 22; Tuesday, May 19

Join us as we pray

"Sung Vespers in the Spirit of Taize"

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



2020: January 16, February 6, March 5

Time: 7:00-8:00PM

Weekend/Weeklong Programs December 2019 - March 2020

Advent Silent Weekend for Men & Women

Beginning Before It Begins

December 6 - 8

Fr. Louis Sogliuzzo, SJ \$205.00*

Writing our Memoirs: A Weekend for Men & Women

A Time To Remember

January 10 - 12

Maggie Whelan, OPA \$205.00*

Silent Weekend Directed Retreat

A weekend of quiet and time to be alone with God.

January 17 - 19

Sr. Christine Connolly, OP \$205.00*

Women's Theme Retreat

"Trust in the Lord with all your heart." Proverbs 3:5a

January 24 - 26

Sr. June Fitzgerald, OP \$205.00*

Women's Theme Retreat

"Trust in the Lord with all your heart." Proverbs 3:5a

January 31 - February 2

Sr. Marilyn R. Vassallo, CSJ \$205.00*

Weekend for Men Concerned with Alcoholism

I am the Potter. You are My Creation.

February 7 - 9

Sr. Kay Kanick, RSM \$205.00*

5 Day Centering Prayer:

Silent Retreat for Men & Women

This Graced Moment

February 14 - 19

Fr. Bill Sheehan, OMI \$425.00

(Per diem rate: \$65.00 with overnight \$90.00)

Knitters Weekend

TBA

February 28 - March 1

TBA

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 & Women

TBA

March 27 - 29

Brother Mickey McGrath, OSFS \$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.

Weekend programs begin Friday with sign-in at 6:45 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

- √ faxed (518-393-4525)
- √ phoned in (518-393-4169)
- √ done online at www.dslcny.org

Mr. Mrs. Ms.

Other _____

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: _____



From the Program Director

Sr. Jude Kapp, RSM

The Theme for our 2020 Retreats is “Trust in the Lord with all your heart.” (Proverbs 3:5a.)

Trust is something that is based on experience. We trust that the sun is shining even though we can't see it because we have seen it before. We trust that the lights will come on when we flip the switch because just about every other time we have done that, the lights have come on. We may have been on a “trust walk” where one person is blindfolded while being lead by someone who isn't. (Please don't worry. We are not planning on doing that during the upcoming Retreats.)

The other part of the theme is that we must not only trust, but trust with all our heart. That perhaps is a bigger challenge than trusting. It requires vulnerability and trust's friend – faith.

During the 7 weekends next year, we will have 7 Directors who will share with us what their perspective is on our theme. Each will be unique I'm sure. I hope that you will be able to join us on one of them

Upcoming Theme Retreat Weekends for Women: 2020

“Trust in the Lord with all your heart.” Proverbs 3:5a

- January 24 - 26, Sr. June Fitzgerald, OP;
- January 31 - February 1, Sr. Marilyn R. Vassallo, CSJ;
- April 3 - 5, Sr. Julia Mary Werner, RSM;
- May 1 - 3, Sr. Anita Davidson, OPA;
- September 18 - 20, Sr. Maureen Murphy, OP;
- September 25 - 27, Mary (Reddy) Reichley, OPA, D. Min.

Praying With The Saints <i>St. Thomas Aquinas</i>	Path To God <i>Centering Prayer</i>	How Did Lincoln Really Become President ? <i>From Log Cabin to the White House</i>
Celebrate the feast of this remarkable saint with an evening of prayer and reflection on his spirituality	3/24 (evening) OR 3/26 (morning)	Monday, February 10 7- 8:30 PM OR Tuesday, February 11 10 - 11:30 AM
Sr. Sue Zengulis, OP January 28	Sr. Sue Zengulis, OP	Thomas Hoffman



Ash Wednesday Evening of Reflection
Death, Taxes, and Hope

What it means to be Mortal. How we ponder our “return to ashes” in the light of our Christian Faith.

Fr. Daniel P. Dwyer, O.F.M.
February 26

Lenten Evening of Reflection
Building Bridges During Divided Times

What can we do to be more connected to the people who disagree with us? How can we shift our inner voice to be more open to the grace of others, even if their views offend us?

Fr. Scott VanDerveer
March 11

Lenten Day of Reflection
TBA

Sr. Eleanor Guerin, RSM
March 31



DRCC Recovery Corner

There will be a **12 Step afternoon Presentation on Sunday, January 5th, 2020. Diane Cameron will be the presenter.** Her Topic will be *Spirituality and Money in Recovery.*

The annual **Weekend for Men concerned with Alcoholism** will be held **on Feb 7-8, 2020. Sr. Kay Kanick, RSM** will be the Director. Her theme will be, **“I am the potter, You are My Creation.”**

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. We will explore the deeply spiritual pathways that lead to transformation. Pathways of self-compassion, courage, vulnerability, and connecting deeply for the sake of love.

Brother Mickey McGrath, OSFS will present a program on **Sunday afternoon, March 29.** His topic is yet to be determined.

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

Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs

Having completed the work of Step 4 seems like nothing compared to what I am asked to do in Step 5. it seems easy enough to share the baggage of my life with my Higher Power, or finally to admit to the mess that I have made of my life to myself. But the suggestion that I share the work of Step 4 with another human being is almost unthinkable. What will this other person think of me?

Will I somehow be found out to be the worse a person than I thought myself to be? Could my soul and my spirit bare such knowledge!

Oh God!

give me strength,
give me courage;

for I know that not to take the action that Step 5 invites me to, will only cause me to hold onto the shame and guilt I feel. To abandon all that is asked of me at this point is a sure and certain path to relapse.

So I will take the suggestion offered to me and find a “trust-worthy” person with whom I can unpack the secrets that I have kept locked up in my heart and bare my soul plainly and truthfully.

There is a risk, for sure, but I know that the loving hand of God, who has accompanied me thus far in this journey to recovery, will hold me gently and provide me with the resolve that I need to speak with humble openness and the honesty needed to admit to the reality of my life.

Step 5 completed,

I stand in awe and amazement at the felt experience of God’s love and regard for me as evidenced through the gentle listening, non-judgmental presence, and loving acceptance of the one with whom I dare to risk the story of my life. She held my story and my secrets with gentle and tender embrace, shattering the armored wall around my heart, opening me up to the new-found freedom and liberation.

Prayer:

Incredible are your ways O God. Through the wisdom of this Step, I am offered an opportunity to let go of the baggage which has me weighed down for so long by sharing the secrets that have kept me sick and un-free.

I thank you for your love which has been manifested through the sacred listening and unconditional love of the one with whom I dare to share the story of my life. I pray for the grace to use this new found freedom for the good today and all the days of my life. Amen

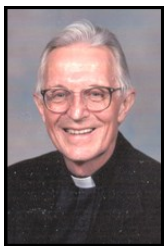
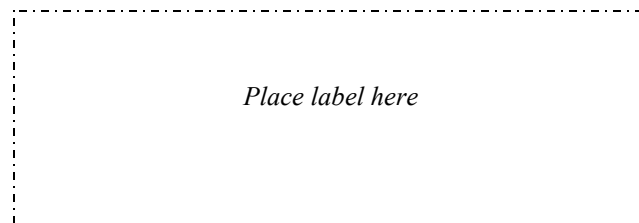
SPIRITUAL GROUNDWORK

Take some time for personal reflection. After taking some time to center your spirit, use your journal to write about the predominant feeling(s) that surfaced within you after completing Step 5. Thank your Higher

Power for the gifts that you have received from completing this Step and then ask for the grace to let go of the things that you need to let go of in order to experience the freedom that you are invited to embrace as you begin Step 6

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).*

Or Current Resident



5 Day Centering Prayer Retreat - February 14-19

“This Graced Moment”

Silent Retreat for Men & Women

This moment full of joy, sorrow, intimacy, pain, healing, hope, frustration, challenge, peace, surrender, and more... is all we have. Our practice of Centering Prayer allows us to enter into this present moment by inviting our Loving God to enter into it with us—consenting to God’s divine action with the depths of our being. Come take time for silence, prayer, presentation, and reflection as together we explore this graced moment through these days spent together in Centering Prayer.

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

\$5.00 Coupon

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

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 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