Dominican Retreat & Conference Center 1948-2025



The Good News

September 2025



May the God of HARVEST be with you. May this Gleaning God surface in you all that is holy and life giving. May your sense of compassion and justice spill over into your surroundings. May you yield a rich harvest of peace and hope and may it be reaped and gathered by a wanting world. May the God of HARVEST bless you.

— Maxine Shonk, OP —

LLe OP.

~ From the desk of the Administrator ~

In the Gospel of Mark 4:26-29 Jesus says, "The

kingdom of God is as if someone would scatter seed on the ground and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle because the harvest has come." Now some of us reading this may be farmers or gardeners, but we all can appreciate watching how plants and fruits and vegetables grow. Have you ever found yourself saying, "How did that child or grandchild grow up so fast?" Or have you pondered how an idea or value took hold in a classroom, at a workplace or in your home? Or maybe you've experienced a hurt or a resentment that took hold and grew within you. Perhaps harvest time is a good time to think about what we have planted in our minds, in our hearts, in our homes, and in our communities. What do we want to harvest for the good of ourselves and those around us? And how do we become part of God's harvest of goodness in our world?

We plant seeds but God gives the harvest. unknown



REMINDER OF SEPTEMBER PROGRAMS AND EVENTS

<u>Sept. 9, 16, 23 ~6:30 - 8:30pm</u> Retreat to the Movies ~ "Arrival" In-house

Sept. 11, 18, 25 Noon - 1:00pm *Virtual Book Club* ~

Between Heaven and Mirth

<u>September 18 ~ 7:00– 8:30 via Zoom</u> Still Becoming: Evolving in Recovery, (see below) Embracing Who We Are

Sept. 19 - 21 Women's Theme Retreat Directed by Sr. Marilyn Vassallo, CSJ

Sept. 26 - 28 Women's Theme Retreat Directed by Mary Rosmus

Still Becoming: Evolving in Recovery, Embracing Who We Are An Online Gathering for Reflective Souls in Recovery

Recovery doesn't end—it evolves. In this 90-minute gathering, we'll explore how personal growth, healing, and identity continue to shift as we age. With gentle guidance and time for reflection, you'll be invited to consider what recovery means in this season of life. Together, we'll explore themes of self-compassion, resilience, and the quiet courage of becoming. Whether you've been in recovery for decades or are just beginning, this is a space of warmth, wisdom, and shared experience.

Led by Dr. Susan Barber Skinner Thursday, September 18 ~ 7:00 - 8:30 pm via Zoom

Cost: \$15

YOGA SERIES with Mary DeTurris Poust

October 1, 8, 22, 29

10 - 11am

\$15 per session/ \$55 for all four



A one-hour gentle Yoga class suitable for beginners as well as experienced practitioners.

RUNNING THE RIVER returns for another fun-filled musical evening...

SUNDAY, OCTOBER 12 ~ 7 - 9pm



Cost: \$20



GOD IN ALL THINGS: CONTEMPLATING WITH IGNATIUS AND BENEDICT

THIS 3-WEEK COURSE INTRODUCES KEY THEMES FROM IGNATIAN AND BENEDICTINE SPIRITUALITY, FOCUSING ON THE PRACTICES OF DISCERNING GOD'S PRESENCE IN DAILY LIFE AND CULTIVATING DEEP, HEART-CENTERED CONTEMPLATION. THROUGH SCRIPTURE, REFLECTION, AND CONTEMPLATIVE PRACTICE, PARTICIPANTS WILL EXPLORE HOW THESE TWO TRADITIONS INVITE US TO A DEEPER RELATIONSHIP WITH GOD, OURSELVES, AND THE WORLD.

PRESENTED BY DR. VICTORIA WALSH

OCTOBER 14 21, 28 ~ 7 - 8:30 PM

IN-HOUSE AND VIA ZOOM COST \$15 PER SESSION/\$40 FOR ALL THREE

Navigating Loss: Finding Hope and Strength Through Grief

We all experience loss and grief throughout our lives. While we can't escape the pain and sorrow, there are strategies that can provide comfort, foster resilience, and help us navigate through the healing process. Join *Eileen Clinton* as she returns to the retreat house to guide participants in discovering the tools and practices that support healing, renewal, and hope in the face of loss.

October 21 ~ 10am-3pm In-house only: Cost: \$35

GROUNDS DAY

October 30 ~ 9am - 3pm

Many hands make light work!

Come for an hour or a day...every little bit helps.

Help us prepare the property for the coming winter.

Bring gloves, rakes, clippers.

Lunch will be provided.

Contact the office at 518-393-4169 so that we know when to expect your help!

We must give more in order to get more. It is the generous giving of ourselves that produces the generous harvest.

- Orison Swett Marden -

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9



DOMINICAN ASSOCIATES of PEACE - Are You Being Called?

Who are the Dominican Associates of Peace? What is that "Dominican Spirit?" What is the commitment? Where and how often do Associates gather?



If you would like answers to these questions and more information about the Associate Program, please contact Linda Borowsky, OPA at dove21@aol.com

GRATITUDE AND GROUNDING

Take a breath. Take a break. Take some time away to recenter, and renew your spirit. Together we will rediscover the spiritual practice of gratitude as a way of remaining grounded in the midst of a chaotic world.

 $\label{eq:controller} Presented by the DRCC Ministry Team \\ November 4 \sim 10 am - 3 pm \quad In-house Cost: $35/via Zoom 25

GOOD GRIEF—Navigating Loss and Finding Comfort During the Holidays

NOV. 13 ~ 10am-Noon (followed by lunch)

The holiday season can be especially challenging after the loss of a loved one. Familiar traditions, events, songs, and movies can trigger waves of grief when you least expect them. Instead of avoiding or denying the pain, there are constructive ways to honor your loved one's memory and navigate the holidays with a sense of peace. Before the holiday season begins, join others who are also seeking to ease their sorrow and celebrate cherished memories.

Led by Mary Anne Brown In-house Cost: \$25



HEART & SOUL QUEST "Did I just say that?" Using our voice... or not

All of us have spent the years we have been given navigating the landscape of our lives. Choice and experience have led us to where we are. Over time our voice may have been quieted by the words and opinions of others... or perhaps we had to shout to be heard! This weekend, join with others as, together, we reflect on how we have found and continue to find our true voice in the midst of the cacophony around us.

Led by Sr. Sue Zemgulis, OP November 21-23 In-house \$225 (65+ \$210)/via Zoom \$90

HARVESTING HOPE

One year ago, Pope Francis invited us into a year of Jubilee with our eyes and our hearts focused on HOPE. What has the word, "hope", and the experience of hope meant to you in this past year?

Joan Horgan will assist us in taking time to gather in the gifts of this past year (hidden gifts and unmistakable gifts), especially those that have expanded our connection with hope.

In-house November 25th ~ 10am-3pm Cost: \$35 (lunch included)



You are invited to an Advent Wreath Lighting
Via Zoom

Hosted by the Galarneau-Braungard Family: Joy, John, and Georgie

Sundays, November 30, December 7, 14, 21 ~ 7-7:30pm

Join us as we light the candles of hope, peace, joy and love. We will share prayer and reflection as we journey through this holy season of waiting.

All ages welcome!

Free will offering

ADVENT SCRIPTURE STUDY

"Joseph, husband of Mary" An Advent Journey into the New Testament

"Joseph, husband of Mary, plays a dramatic role in Jesus' early life. However, he is rarely mentioned and often disappears from view. Who is this often under-appreciated figure, and why is he important?" ~ Amy Peeler ~

Join us as we delve into the Christian Scriptures and beyond in order to uncover the portrait(s) of Joseph buried there...and to contemplate these treasures in light of our own journeys of faith.

Facilitated by Dr. Joy Galarneau

10AM-Noon ~ Dec. 2, 9, 16, 23 via Zoom Cost: \$20 per session/\$75 for all four



LECTIO DIVINA

Led by Sr. Sue Zemgulis, OP Scripture passages will correspond to the Advent Scripture Study Dec. 2, 9, 16, 23 ~ 7-8:30 pm via Zoom



Cost: \$15 per session/\$55 for all four

ADVENT SILENT RETREAT DEC. 5-7

TRAVEL LIGHT

SEE THE LIGHT

BE THE LIGHT

DURING THESE THREE SACRED DAYS, WE WILL JOURNEY WITH A FEW OF JESUS' ADVENT FRIENDS AS WE, TOGETHER, SEEK HOLY LIGHT.

> LED BY SR. JOAN MARY HARTIGAN, CSJ IN-HOUSE \$225 (65+\$210)/VIA ZOOM \$90



DAY OF REFLECTION FOR MEN "Christ our Divine Physician"

This Day of Reflection will begin with Eucharist, followed by talks on Christ our Savior and Friend" and "The Holy Spirit our Divine Advocate".

The day will conclude with lunch, and will end with healing prayer and anointing.

Led by Fr. Marty Fisher DECEMBER 13 – 10am-3pm In-house \$35/via Zoom \$25

CHRISTMAS CONCERT

JOIN US AS WE CELEBRATE THE SEASON WITH THE DRCC CHOIR

SUNDAY, DECEMBER 21 — 2-4PM IN-HOUSE AND VIA ZOOM



Gift someone with rest, reflection and peace this holiday! Contact us for DRCC gift certificates.



DRCC will once again be sponsoring a Tree in the Festival of Trees at the Schenectady County Historic Society. The festival runs from December 6th through December 23rd ~ 10am-5pm

Please stop by the Society, located at 32 Washington Avenue, to see Our Tree in the lovely display that rings in the Yuletide season.

NEW YEAR'S EVE EVENING OF REFLECTION This year's theme & presenter TBA

The evening begins at 7:30pm with three options:

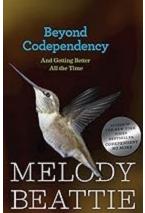
- In-house evening only \$35 (concludes at app. 12:30am)
- In-house evening program with overnight accommodations and breakfast \$70 (concludes at 10am)
- Enjoy the evening from your home via Zoom \$25



Reservations required

(518) 393-4169 Page 6 September 2025 dslcny@nybiz.rr.com

RECOVERY PROGRAMS



RECOVERY BOOK CLUB

Join us for a 4-week guided book club exploring *Beyond Codpendency* by Melody Beattie—a compassionate and insightful book for anyone on the journey toward greater freedom, clarity, and connection. Each week, we'll gather on Zoom to discuss a section of the book, reflect on our experiences, and support one another in letting go of old patterns and stepping into a more empowered life. This series is especially helpful for those in or exploring recovery from codependency or people-pleasing.

Thursdays, October 9, 16, 23, 30 ~ 7:00-8:15pm via Zoom
Led by Dr. Susan Barber Skinner

Cost: \$10 each session/\$35 for all four



JUST FOR THE FUN OF IT: A WOMEN'S RETREAT OCTOBER 10-12

When life feels heavy, fun can be a radical act. Join us for a weekend of curiosity, connection, and creative play designed to help you reconnect with you sense of wonder. This retreat includes breathwork, guided meditation, hands-on creative experience, playful exploration, and thoughtful conversation about why fun matters—especially in recovery. Whether you crave laughter, lightness, or quiet renewal, this is a space to come as you are and leave a little more alive.

Led by: Friends of DRCC in Recovery In-house: Cost: \$225 (65+ \$210)



Evening of Gratitude: Nourishing Body, Mind and Spirit

Join us for an uplifting and restorative *Evening of Gratitude*—an evening created by and for those walking paths of recovery, healing, and personal renewal. We'll begin by gathering for a shared meal, followed by a gentle program designed to nourish your whole self.

Led by friends in recovery, this evening offers a space to slow down, connect, and rediscover the strength that lives within and among us. Whether you're on a healing journey, accompanying someone who is, or simply drawn to the power of gratitude, you're warmly invited.

Led by: Friends of DRCC in Recovery
November 18 ~ 6-8:30pm
In-house cost \$25 and via Zoom cost \$15

The Gift is Peace Holiday Retreat

The Gift is Peace is a one-day retreat designed for anyone walking a path of recovery—whether from addiction, grief, trauma, codependency, or quiet overwhelm of daily life. Held during the busy holiday season, this retreat offers time to step away, breathe deeply, and reflect on how peace moves through us: sometime arriving quietly, sometimes shared in unexpected ways. Whether you arrive with a full heart or an empty one, with clarity or with questions, you are welcome.

Led by Dr. Susan Barber Skinner

December 20 ~ 10am-3pm

In-house cost \$35/

via Zoom cost \$25



MODE THAN JUST DESSERTS



Greetings!

We are inviting you to the 27th Annual More Than Just Desserts event to be held on October 26, 2025.

Please join us for fun, music, laughter and an array of delicious delights while supporting the ministry of the Dominican Retreat and Conference Center.

During the first hour of the event, you will have the opportunity to

- enjoy delectable food including many hot and cold appetizers, a carving station, soups, wine and soft drinks, as well as a hot chocolate bar
- view and select silent auction items for bidding
- purchase raffle tickets and much more

At the close of the auction you are invited to continue to share with friends, and taste many enticing, exquisitely prepared desserts available in the dining room.

We are looking forward to seeing you at this special event on Sunday, October 26 ~ 5-7pm.

The More Than Just Desserts Committee

Co-Chairs Joan Thiesen and Susan Sweeney, Jo Anne Assini, Susan Cafariella, Shannon Kelly, Jo-Anne Voris Rafalik, Cheryl Steinhorst, Kerrie Wolf-Piechota, Sr. Susan Zemgulis, OP

"More Than Just Desserts" Reservation Form

R.S.V.P. before Monday, October 22

Name
Phone
Address
I/We will attend as:
\$50 per person \$
I/We cannot attend, please accept this
contribution \$
Enclosed is my check #amount \$ or
bill my M/C Visa Discover
#
Expiration date
(Please PRINT name as it appears on card)

Please make checks payable to: Dominican Retreat & Conference Center 1945 Union Street, Niskayuna, NY 12309

(For those attending, the tax deductible portion of your contribution is the amount in excess of \$25 per person.)



Sung Vespers in the Spirit of Taize

In-house and via Zoom Thursdays: Oct. 16, Nov. 20, Dec. 11 7-8 pm Free will offering

Virtual Centering Prayer

Wednesdays: Sept. 17 Oct. 1, Nov. 5, Dec. 3 7-7:30pm via Zoom Suggested offering \$5

Pause for Peace

Tuesdays: Oct. 7, Nov. 11, Dec.. 30 7 -7:15pm Via Facebook Live

Harvest each day with enthusiasm and gratitude, for life's blessings are plentiful.

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Registration Form for ANY Program:

Please fill out what applies to you & the program you are attending and mail with your payment to:

Dominican Retreat & Conference Center 1945 Union St., Niskayuna, NY 12309

Name other
Address
City/ST/Zip
County
Phone (h)
(w)(c)
Email
(Email is necessary for virtual retreat)
Name of Program
Name of Program
Retreat Date/s
Promoter
Dietary Needs
Special/Room Requests
Deposit: coupon Amount \$ Check # N.B. There is a \$20.00 fee for returned checks.
N.B. There is a \$20.00 fee for returned checks.
Credit Card Reservations may be made via website (www.dslcny.org)
phone (518-393-4169).
For Grant purposes:
Age: Under 65 65/+
Veteran? YES NO
(Office Use Only) BK

The Harvest of the Soul: Reflecting on God's Work

During a writing retreat, I encountered the term "harvesting our journals", a practice recommended for those who regularly write. This involves rereading and reflecting on past entries to gain deeper insight into God's work in our lives. Just as we plant, water, and tend a garden to reap its bounty, our spiritual journaling offers a similar harvest—a time to reflect on the goodness and peace that God has provided, strengthening our spirits for the seasons ahead.

Thomas Merton's words reinforce this practice: "Keeping a journal has taught me that there is not so much new in your life as you sometimes think. When you reread your journal, you find out that your latest discovery is something you already found out about five years ago. Still, it is true that one penetrates deeper and deeper into the same ideas and the same experience."

Just as a crop matures slowly, so does our faith. In this harvest season, may we reflect on our spiritual journey, sowing seeds of prayer, service, and love, and reaping the fruits of a deeper, more resilient relationship with God.

~ Mary Anne



If you would prefer to receive your "Good News" as an e-mail rather than a paper copy please contact the office at 518-393-4169

Don't judge each day by the harvest you reap but by the seeds you plant.

R. L. Stevenson



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Best wishes for a Blessed Thanksgiving from the DRCC Staff

God of the harvest, once again Our joyful tones we raise, For all Thy goodness, day by day, We give Thee thankful praise.

T. F. Young



\$5.00 Coupon

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

The Good News

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\$10.00 Coupon

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