

# 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*

June 2023



May God's hand in yours see you through every fear. May the onset of fear be your signal to look to God standing close to you. May God's love be your shield and may the whisper of God's "Be not afraid" drown out the clamor of your misgivings and worries. May you know courage and may you, in turn, be encouragement and comfort to all those on your path who are afraid and vulnerable. May the God of *Courage* bless you.

Maxine Shonk, OP

### From the desk of the Administrator:

Have you ever noticed that if someone says you are brave or courageous, you tend to immediately refute them? (I know I do!) "I was only doing what needed to be done." Or "It was not really anything noteworthy." We think of courage as being present in big moments, moments of conflict or crisis or danger. Here is my theory: *simply living takes courage!* Getting up in the morning and being who God created us to be; walking through our days and allowing ourselves to be open to all we experience both the happy situations and the difficult situations; being vulnerable in relationships; making choices to follow our passions; taking the risk to try something new or make some changes in our lives so that we stand in our own integrity. All these aspects of being truly alive are done with courage, even if it doesn't *feel* like it. I see courageous people walk through our doors everyday – people who are simply dealing with life on life's terms; people who are relying on God to give them strength for living. There is a song by Roc O'Connor, SJ based on Isaiah in which we sing, "They that hope in the Lord will renew their courage. They'll soar with eagle's might." May you soar through your life this day, knowing that God is your hope and the wind beneath your wings!

*A.S., OP.*



### Virtual Centering Prayer via Zoom

For those who simply want to pray with the Group. It will include a brief reading and a 20 minute sit.

7-7:30 pm Wednesday nights:  
June 14, July 19, Aug. 9, Sept. 13



### Sung Vespers in the Spirit of Taize

7-8pm ~ Thursdays:  
Jul. 6 & Sept. 21  
Aug - See Vespers for St. Dominic  
Presented by Sr. Sue Zengulis, OP  
In-house & via Zoom

**PAUSE FOR PEACE...**A brief monthly pause to pray for peace in our world, in our communities and in our hearts.

7-7:15 pm Tuesdays ~ June 20, July 25, Aug. 22, Sept. 26

Presented by Dominican Sisters via Facebook Live

## REMINDER OF JUNE PROGRAMS & EVENTS



### June 13 ~ 7-8:30 via Zoom

*The Forgiveness Process & The 12 Steps*

Learn to overcome the feelings of bitterness, resentment and shame often associated with victimhood.

Presented by author, educator Christy Heacock, PhD

### Thursdays, June 15, 22 ~ 10am-noon via Zoom

*Esther Scripture Study, Continued*

*From Jewish orphan...to queen of Persia...to savior of her people:*

*Esther's story has been captivating audiences for millennia.*

*Facilitated by Dr. Joy Galarneau*

### June 21 ~ 6-9 pm

*Making All Things New: Reclaiming the Passion for Ministry*

*An evening of refreshment for parish ministers*

*Presented by Joyce Solimini*

### June 26-July 2

*Sisters' Preached Retreat - God's Ways Revealed through*

*Women in Scripture and Tradition*

*Directed by Fr. Ray Dlugos, OSA*

### **Silent Directed Retreats for Women**

**June 26 - July 2, 2023**

**OR**

**July 10 - 16, 2023**

**With Sr. Christine Connolly, OP**

**In-House \$550/via Zoom \$275**

### June 20 ~ 2-4 pm DRCC is going on the road!

Join us for a field trip to Siena College to view all seven volumes of the Saint John's Bible!

In 1998, Saint John's Abbey and University commissioned renowned calligrapher Donald Jackson to produce a hand-written, hand-illuminated Bible. Siena College is home to the Heritage Edition, a fine art edition of the original Saint John's Bible.

Our partners at Siena College have graciously invited the DRCC and friends to a special viewing of the Saint John's Bible. This is a rare opportunity to view all seven volumes together in one location, as they are usually spread throughout campus. Siena's Special Collections Librarian Sean Conley will be on hand to welcome us, guide us, on our private, curated tour of the volumes. We will be invited into immersive engagement with this astounding work of art and Word of God.

There is no cost for the even but you must RSVP to the DRCC. DRCC does not provide transportation to this



### **SILENT PREACHED RETREAT FOR WOMEN**

**JULY 10-16, 2023**

***JUST TO BE IS A BLESSING; JUST TO LIVE IS HOLY.***

***NURTURING SPIRITUAL RESILIENCE IN CHALLENGING TIMES***

**DIRECTED BY MARY (REDDY) REICHLEY, OPA, D. MIN. & LARRY REICHLEY, OPA**

**IN-HOUSE \$550/VIA ZOOM \$275**

**YOU MAY COME FOR ALL OR PART OF THE RETREAT:**

**PER DIEM RATE: \$75. IN-HOUSE (\$100 WITH OVERNIGHT)/\$40 VIRTUAL**

**FEAST OF ST. DOMINIC**

**FIRST VESPERS**

**MONDAY AUGUST 7**

**7-7:45 PM IN-HOUSE &  
VIA ZOOM**



*We Remember ~ We Celebrate ~ We Believe*

1948-2023...diamond jubilee, three quarters of a century, a lifetime.

We have experienced Vatican II, seven popes, and six Albany Diocesan Bishops. We have witnessed the progress from party line telephones to smart phones; television's infancy to the internet and the ability to bring programs and retreats to people in their homes (especially during the pandemic). We have advanced from in-house programs only to the technology which enables inclusion of audiences around the country. We have gone from Sisters in full habits to Sisters in ordinary street clothes with individual missions far afield from the traditional nurse/teacher sphere. We have journeyed through the reorganization of the Dominican Sisters of St. Catherine de 'Ricci to the Dominican Sisters of Peace and we went from Mother Superior of the convent to a neighborhood kid who frequented the Retreat House as a young girl, became a Dominican Sister of Peace and, ultimately, the Administrator of DRCC. We have acclimated and adapted with courage, fortitude and eyes on our mission to help those who desire to grow personally and spiritually in a sacred, peaceful, and safe environment.

In this our 75<sup>th</sup> Anniversary year, we can truly say we *remember* our forebears on whose backs we have built. We *celebrate* our blessings and who we are. We celebrate those who have and continue to support our work. We *believe* that our mission will continue to be a vital force in the lives of our friends and retreatants.

Our very first retreat was on August 13, 1948 and to begin our year of celebration, we will have a special mass and reception on Sunday, August 13, 2023.

*75th Anniversary Mass & Reception*

*August 13 ~ 2 pm Mass ~ reception immediately following*

*St. Kateri Tekakwitha Parish*

*1803 Union Street, Schenectady*

*Reservations requested not required*



**Courage does not always roar, sometimes courage is the quiet voice at the end of the day saying "I will try again tomorrow".**

- Maryanne Radmacheck -

**JOIN US FOR A DINNER PARTY WITH  
DOMINIC AND FRIENDS**

August 8, 15, 22, 29 ~ 4-7 pm



*Dominican Retreat & Conference Center*  
*75 years of Caring for the Spirit*

This summer, our popular “Dinner Party with the Saints” is back, with a whole new guest list: In honor of our 75th anniversary, we will welcome St. Dominic and friends to the table. Each week, members of the DRCC ministry team will creatively introduce you to some of our most beloved Dominican saints, including Dominic, our saints on the mural, and some surprise guests! Our evening will include time for prayer, presentation, conversation, and delicious dinner!

Cost: \$25 per person per evening/\$90 for all four

*The creative rendition of the mural saints is compliments of long time friend and retreatant Claudia Gregiore, OPA  
Thank you, Claudia!*

**RETREAT TO THE MOVIES August 3, 10, 17 6:30-8:30 In-House**

Many faiths and philosophies have interpreted, “Groundhog Day” as having spiritual messages about the meaning of life and how to live it. Join us to view and discuss the movie to discover and explore its message for ourselves (and share some laughs together).

Presented by author, educator Jim Dillon

Free will offering



**August 16 ~ 10 am – 3 pm**



**In-house \$20  
(lunch included)**

Led by Dr. Susan Barber Skinner

Partially underwritten by the Mother Cabrini Health Foundation

**CAREGIVERS ~**

*Rethinking Caregiver Communication*

*A caregiver will often be the lifeline of a person struggling with illness or aging. Communication is essential to the care you give and the way you care for yourself. You have all sorts of habits and skills that make talking to others easy. Are these skills serving you as a caregiver?*

*It might be time for an innovative approach. In this session you will rethink conversation with the people you care for in a way that will help you recognize the challenges they face and adapt your style accordingly. You will learn specific habits to guide you toward conversations that are less frustrating and more enjoyable.*

**Courage is nothing more than taking one step more than you think you can.**

- Holly Lisle -

## A Day of Reflection with the St. John's Bible

In 1998, Saint John's Abbey and University commissioned renowned calligrapher Donald Jackson to produce a hand-written, hand-illuminated Bible. The Heritage Edition is a fine art edition of the original Saint John's Bible. The DRCC is thrilled to partner with Siena College again to bring four different volumes of this extraordinary work back to our retreat house.

Join us for a day of reflection and immersive engagement as we explore this work of art that unites an ancient Benedictine tradition with the technology and vision of today, illuminating the Word of God for a new millennium.

Aug. 19 ~ 10am-3 pm

Guided by the staff of DRCC and Siena College

Cost: \$30 per person (includes lunch)

Back by popular request:

### MAKING FINAL PREPARATIONS:

Praying through those things that no one wants to think about...

Final arrangements don't have to be morbid tasks. They can be done in a reflective, prayerful manner long before our final days.

Sept. 14 ~ *Honoring our bodies*: Advanced directives, MOLST forms, organ donation, burial practices

Sept. 21 ~ *Honoring our lives*: Writing your own obituary

Sept 28 ~ *Honoring our spirits*: Planning our final services and celebrations

Guided by Sr. Sue Zemgulis, OP  
and invited guest speakers

In-house only ~10 am-1 pm (lunch at noon)

Cost: \$25 per session/\$70 for all three

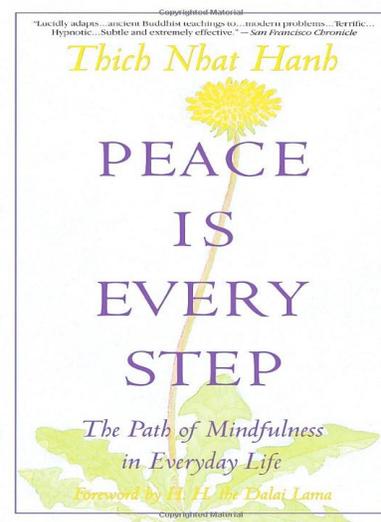
We'd like to introduce the newest member of our staff:

*Hi, my name is Jaclyn Smith. I am so ecstatic to be part of the Dominican Retreat and Conference Center as the new Food Service Director. I have a passion for cooking and serving meals brings me joy. I feel so grateful that my road has led me here. I have been welcomed with open arms and I already feel like part of the family. Other than cooking, I enjoy spending time with my husband, son and daughter.*



### VIRTUAL BOOK CLUB

Sept., 12, 19, 26 ~7-8:30 pm via Zoom



Led by Dr. Susan Skinner  
Cost: \$15 each session/\$40 for three



## WOMEN'S THEME RETREAT

*“Make my joy complete.” Paul’s encouraging words to the Philippians is our focus for the year. Paul goes on to explain by adding, “being like-minded, having the same love, being one in spirit and of one mind.” Ph 2:2 Paul is not asking us to be clones of one another, but to have the heart and mind and soul of Jesus—to look at each other and the world through Jesus’ eyes and to live as Jesus has taught. For Jesus, that meant surrendering his earthly life. For us, we may have to surrender judgements, resentments and differences in order to experience a joy that surpasses all understanding.*

*Come join us as we respond to a call to be a more joyful people.*

*Sept. 15-17 ~ Director: Anita Davidson, OPA*

*Sept. 22-24 ~ Director: Sr. Marilyn Vassallo, CSJ*

*Cost: In-house \$225 (65+ \$210) Virtual \$90*

### What are you saying about our programs?

#### Here are a few comments from participants in our 2022 programs:

**“By all means, attend! This was incredibly enriching and superbly executed on all levels.”**

*“Once you have the experience, you will want to share it with others.”*

**“A must!”**

**“Restorative, restful, spiritually educating.”**

**“Consider attending one. I found what God needed me to hear, you may too!”**

*“An excellent break from business with meaningful teaching and prayer practice to nourish the soul.”*

**“IT’S A GIFT FROM GOD THAT YOU SHOULD GIVE YOURSELF!”**

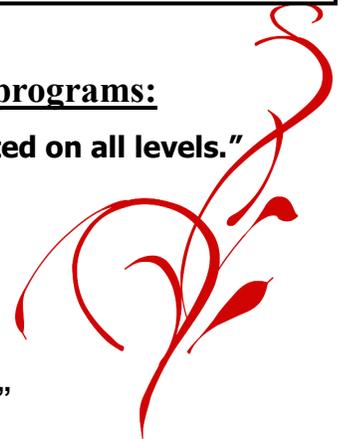
*“Participating virtually, you all do an excellent job of making those of us joining via Zoom feel very much present in the room with those who are participating in person. That is a tremendous gift and blessing. You have no idea how much we actually do take away from the retreat, even if we are not able to physically be at the DRCC. This is a testament to all of you, your hard work, and your dedication to the retreat ministry. Thank you!”*

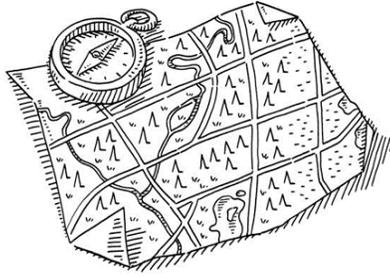
**“I feel as if I have walked into a warm embrace when I come to your place. Thank you all for making that happen.”**

**“I am grateful for the many spiritually enriching experiences that the DRCC makes available to all of us—whether we are living in the Niskayuna area or are a distance away. You are experts at helping those who need to participate virtually feel that they are in the room and among everyone physically at the DRCC. God bless you all !!!”**

**“So happy to have found the Dominican Retreat and Conference Center.”**

**“I love attending programs at the DRCC, I always feel like I’m coming home to such a warm, loving and inviting place.”**





## 12 Step Programs

### Walking Meditation Series

**Learn how to create a walking meditation practice, drawing on your own spiritual practices and interest in meditation. Sessions are offered via Zoom to allow participants to watch and walk wherever they are OR to listen and plan while watching from inside. In each session, Susan will share ideas for establishing a walking meditation practice, exercises for working with the breath, and a guided meditation.**

**June 27, July 11 & 25 ~7 - 8:30 pm**

**Cost: \$15 per session/\$40 for all three**

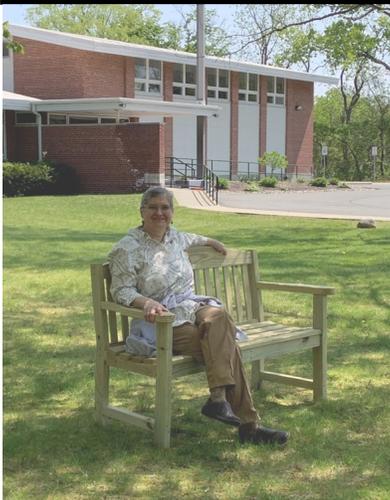
**PEACE IN RECOVERY SERIES** Continues to look at each step focusing on how it can be used to make peace: in our daily lives, our homes, and our communities.

**July 5—Step 7: *Peace in Humility***

**August 2—Step 8: *Peace in Responsibility***

**Sept. 6—Step 9: *Peace through Building Character***

**7 -8:30 pm via Zoom ~ Cost: \$15 per session**



**"Come away and rest awhile" on one of our new benches graciously donated by Julie Dzbenski and lovingly crafted by Rob Johnson. Enjoy the beauty of creation and listen for the whisper of God speaking to your heart !**



**Courage is what it takes to stand up and speak; Courage is also what it takes to sit down and listen.**

**- Winston Churchill-**

**Drawings will be held on  
Sunday, October 29, 2023 at our Fall Benefit,  
“More Than Just Desserts”**

*On each ticket please put a check mark  
before the drawing of your choice*

*(Year Long Pass or  
\$750 gift cards for groceries)*

*Tickets: \$2.00 each /3 for \$5.00.*

*Need not be present to win.*

*Donation not required for participation.*



**OR**



**Dominican Retreat & Conference Center 2023 Drawing**  
 Year Long Pass OR  \$750 grocery gift card

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Telephone \_\_\_\_\_

Please make checks payable to: D.R.C.C.  
 Mailing address: 1945 Union St., Niskayuna, NY 12309.  
**Tickets: \$2.00 each /3 for \$5.00. Need not be present to win.**  
 Drawing: Sunday, October 29, 2023  
 Donation not required for participation

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**Registration Form for ANY Program:** \_\_\_\_\_ in-house  
Please fill out what applies to you & the program you are attending and mail with your payment to: \_\_\_\_\_ virtual

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

Mrs. Ms.  
Name Other \_\_\_\_\_

Address \_\_\_\_\_

City/ST/Zip \_\_\_\_\_

Phone(h) \_\_\_\_\_

(w) \_\_\_\_\_ (c) \_\_\_\_\_

Email \_\_\_\_\_

(Email is necessary for virtual retreat)

Name of Program \_\_\_\_\_

Retreat Date/s \_\_\_\_\_

Promoter \_\_\_\_\_

Diet Needs \_\_\_\_\_

Special/Room Requests \_\_\_\_\_

Deposit: \_\_\_\_\_ coupon

Amount \$ \_\_\_\_\_ Check # \_\_\_\_\_

N.B. There is a \$20.00 fee for returned checks!

Credit Card: M/C \_\_\_\_\_ Visa \_\_\_\_\_ Discover \_\_\_\_\_

# \_\_\_\_\_

Expiration Date \_\_\_\_\_

Please **print** name as it appears on card for authorization.

Credit Card Reservations can be made via **website** ([www.dslcny.org](http://www.dslcny.org)), **fax** (518-393-4525) or **phone** (518-393-4169) to save time and postage.

**For Grant purposes:**

Age: Under 65 65/+

Veteran? YES NO

What county do you live in (if in NY) ?

(Office Use Only)

BK \_\_\_\_\_ DB \_\_\_\_\_ CONF. \_\_\_\_\_ List \_\_\_\_\_

~ Coming in October ~

*Cultivating a Contemplative Heart*

*This series will explore the beauty of monasticism and desert spirituality for the contemporary seeker. This content encourages us to cultivate contemplative spirituality and a deep prayer life within the context of the everyday. Sessions will cover how monastic and desert values and ways of being help us to live a more integrated, whole, and fulfilling life.*

**Tuesdays: Oct. 3, 10, 17, 24, 31 7-8:30 pm**

**Oct. 3—The Contemplative Call in a Chaotic World**

**Oct. 10—Silence and Solitude**

**Oct. 17—Time and Space**

**Oct. 24—Presence and Community**

**Oct. 31—Transformation:  
The Evangelical Counsels  
for Lay People**



St. Jerome with St. Paula and St. Evstochium

**Presented by educator, spiritual teacher and transformative leader, Dr. Victoria Walsh (Battell)**

**In-house and via Zoom  
\$15 per session/\$90 for the entire series**

The program will use the following text as a base:  
**Joan Chittister, OSB, The Monastic Heart: 50 Simple Practices for a Contemplative and Fulfilling Life.**

While it is not required to purchase the book, having the text to reflect on and use each week will deepen the experience.  
**(It will be available in the Retreat House Book Shop.)**

**Or Current Resident**



*Remembering this “house “ in my youth  
 Beginning to feel a sense of freedom*

*Returning again as a young mother  
 Feeling a sense of gratitude, along with sadness unknown*

*My middle years called me here  
 To pray and share in a time of recovery*

*Now I come as a woman who is as she is meant to be  
 To celebrate who I have become, despite myself.*

*Retreatant—Gerri*

**\$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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 dslcnny@nybiz.rr.com (email)  
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**\$10.00 Coupon**

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