

# Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309  
(518) 393-4169 [www.dslny.org](http://www.dslny.org)

*Solitude on a Busy Highway*

## The Good News

December 2022



**M**ay the God of JUSTICE bless you. May you embrace what is true in your life and speak with an undivided heart for the cause of what is right and good on the earth. May you know the mind of God in all your decisions and the hand of God in all your undertakings.

*May the God of JUSTICE be with you.*

Maxine Shonk, OP

### From the desk of the Administrator:

As we look toward a new year with hope and anticipation of the many graces and blessings it will hold, we are well aware that far too many people struggle in this current financial milieu. The cost of everything around us is skyrocketing – food, utilities, household supplies, etc. We are experiencing those same rising costs here at the retreat house, and we have found it necessary to raise our suggested costs for our weekend and weeklong retreats. As of January 1, we will be asking \$225 for a weekend retreat or \$210 for those who are 65 and older. A virtual weekend will now be \$90. Know that no one will ever be turned away for financial reasons as we have scholarship money available and are always happy to work out a payment plan for those who would find it helpful. We look forward to having you on retreat, as together we explore all that God has in store for us in 2023!



*Maxine Shonk, OP*

### Virtual Centering Prayer via Zoom

For those who simply want to pray with the group. It will include a brief reading from one of the writings of Thomas Keating and a 20 minute sit.

7-7:30 PM Wednesday nights:  
Dec. 14, Jan. 11, Feb. 15, Mar. 15



### Sung Vespers in the Spirit of Taizé

7-8 PM Thursdays: Dec. 8 Jan. 19,  
Feb. 9, Mar. 2

*Presented by Sr. Sue Zemgulis, 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, ~Dec.27, Jan. 31, Feb. 28, Wednesday, Mar. 29

Presented by Dominican Sisters on Facebook Live

**An Advent Scripture Study  
With the Book of the Prophet Isaiah**

“They shall beat their swords into plowshares  
and their spears into pruning hooks; one  
nation shall not raise the sword against  
another, nor shall they train for war again.”  
Isaiah 2:4

December 6, 13, 20 ~ 10 am-Noon via Zoom

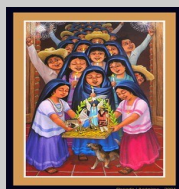
Facilitated by Dr. Joy Galarneau



**FESTIVAL OF LEARNING Cost: \$20 each**

**Las Posadas  
Dec. 10 ~ 1:30-3:30**

Join us as we learn about the religious festival  
**Las Posadas:** Celebrated in Mexico and parts of the  
United States, Las Posadas commemorates the  
journey of Mary and Joseph from Nazareth to  
Bethlehem, and their search for the  
shelter where Jesus, the Christ child,  
would be born.



**Kwanzaa  
December 16 ~ 7-9 pm**

Kwanzaa is an annual celebration of  
African-American heritage, unity and  
culture from December 26 to January 1, culminating in a  
communal feast called Karamu, usually on the sixth day.

Presented by author, artist, activist Miki Conn



**CELEBRATING THE GIFT OF THE NATIVITY ~ CREATING A NATIVITY TRIPTYCH**

**DECEMBER 15 — 7-8:30 PM via ZOOM**



Artists have created triptychs for generations. In this class, led by  
Dr. Susan Barber Skinner, you will have an opportunity to explore your  
experience of the nativity by creating your own triptych to keep for yourself or  
share as a gift.

Cost:\$20 includes materials—contact DRCC asap to insure the arrival of your kit.

**December 31st New Year's Eve Evening of Reflection  
with Fr. Marty Fisher**

***Just as you are...***

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

- ♦ ***In house evening only (concludes at approximately 12:30 am)  
\$30 per person***
- ♦ ***In house evening program with overnight accommodations and breakfast  
(concludes at 10am) \$60 per person***
- ♦ ***Enjoy the evening from your home via Zoom \$20***

***Reservations Required***



Contact us for  
DRCC  
gift certificates...

Gift someone with:  
rest,  
reflection and  
peace  
this holiday!



## WINTER WALKERS CLUB/DRCC OPEN HOUSE RETURNS!

Tuesdays , January 3, 10, 17, 24, 31 ~ 10am-Noon

Thursdays, February 2, 9, 16, 23 ~ 10 am-Noon

Mondays, March 6, 13, 20, 27 ~ 5:30-7:30 pm

During these long winter months, we welcome you to drop in for any or all of these opportunities:

- ♦ Walk our hallways for fitness...
- ♦ Spend time in our chapel in quiet prayer, reflection, and peace..
- ♦ Catch up with old friends and make new friends over a cup of tea, coffee or hot cocoa...
- ♦ Browse our gift shop...
- ♦ Rest and be renewed in your home away from home!

No cost or registration



### RETREAT TO THE MOVIES - *Meeting God in the Neighborhood*

January 10, 17, 24 ~ In house 6:30-8:30 pm

Join us as we view and discuss the movie starring Tom Hanks as Fred Rogers. Together, we will discover and explore how a visit to *Mister Rogers Neighborhood* can strengthen and deepen our relationship with others.

Presented by educator, author Jim Dillon

Reservations Required ~ Free will offering

### ***We are pleased to introduce the latest addition to the DRCC staff:***

Greetings, I'm Howard Smith the new secretary. I look forward to God using my gift, talents and years of experience in parish and school administration to be a blessing in the daily nuts and bolts workings of the office as well the big picture as stated in our Mission and Vision Statements. The verse that comes to my mind after working here for over a month is: "For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God..." Psalm 84:10a

It is truly a privilege to work in – what the Irish call – a "Thin Place." A place where years of seeking God, asking, learning, teaching, praying, worshiping, and celebrating the Mass has worn down the separation of heaven and earth like an old carpet. A place where seekers, lay leaders, and clergy alike can come and reconnect with, grow in, and be transformed by the Triune God.

I look forward to greeting and assisting you on the phone or in the office and supporting the wonderful and dynamic staff that serves you more directly.

In Christ, Howard

### ***More Than Just Desserts has made a comeback!***

*It was with great joy that More Than Just Desserts became a full-fledged event at the DRCC again! After two years of going "eventless" we were thrilled to welcome almost 40 people back into the retreat house for an evening of good food, great music, wonderful conversation, and enjoyable bidding opportunities. Others took the opportunity to use their bidding skills on a separate on-line auction of additional items from home. All told, we were able to raise over \$14,000 through your generosity! Thank you to all those on the committee, to our volunteers, and to all whose donations made this event a success. It was so good to spend the evening with you !*



***Let justice run through society unimpeded by avarice or selfishness or cruelty; let it roll on without hindrance like the waves of the sea; let it roll on unintermittently all the year round whatever be the political weather; let it roll on like a perennial stream which even in the fiercest heat of summer never dries up.***

*John Mc Fayden*



**MICHAEL MINER—COFFEE HOUSE ~ JANUARY 20—7-9 PM**

*Michael Miner is a Singer Songwriter and recording artist from the New York Capital Region who has been writing and playing music for thirty years.*

*Music is one of the greatest forms of communication, and songs tell stories in ways that are unique and powerful. In his music, Michael shares his stories of Faith, Family and Love .*

*Join us for what promises to be an enjoyable evening of fun and music .*

**Cost: \$20**

**To Wake or not to Wake: *Our Need to Ritualize Grief***

**Saturday, January 21 ~Noon-5 PM**

The session will focus on the frequently felt need to ritualize or memorialize the death of a loved one and, in particular, on the benefit to be accrued in the process of recovering from the experience of grief. There will be particular emphasis on the frequent and lamentable absence of grieving rituals in light of the parameters imposed by the Covid-19 pandemic.

**Presented by Daniel G. O'Hare, S.J., Ph.D.,**

**Program includes lunch and concludes with Eucharist ~ Cost: \$30**



**CHRISTIANITY 101 ~ January 25 ~ 7-9 PM**

**Fr. Jim Kane, Avila Resident and Ecumenical Director of the Roman Catholic Diocese of Albany, will offer an overview of the three branches of the Christian family: Catholic/Orthodox/Protestant.**

**Of the more than 1600 denominations, we will look at the 70 represented within the Diocese of Albany.**

**The session will end with the *Graymoor Week of Prayer Service of the Word*—on the last day of the Octave for Christian Unity, January 25.**

**Cost: In-house & Virtual \$15.**

A sacred command  
For the kingdom's near at hand  
Be justice for all

Ed Dugrenier

## **ART JOURNALING ~ Thursdays, 7-8:30 pm via Zoom**

Each Art Journaling session provides an opportunity to reflect and discuss the Scripture prompt along with information on a specific technique that could be used while working with the prompt.

### **January 26 ~ Yeast: Potential**

**"The kingdom of heaven is like yeast that a woman took and mixed into about sixty pounds of flour until it worked all through the dough"**

Matthew 13:33

### **February 23 ~ Bread: Unity**

**"Because there is one loaf, we, who are many, are one body, for we all share the one loaf."**

1 Corinthians 10:17

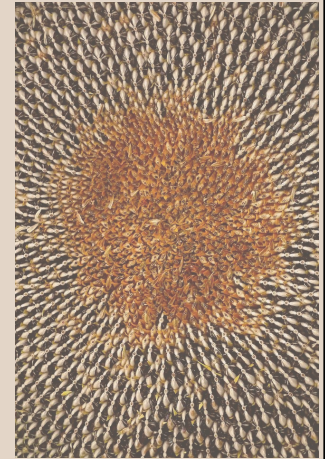
### **March 23 ~ Nourishment: Feeding the Soul**

**"I am the bread of life: you that come to me shall never hunger; and you that believe in me shall never thirst."**

John 6:35

Directed by Susan Barber Skinner, PhD

Cost: \$15 each session/\$40 for three



## **WOMEN'S THEME RETREAT**

*"Make my joy complete." Paul's encouraging words to the Philippians will be our focus for the coming 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.*

January 27-29, February 3-5 Directors: To be announced

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



Virtual Book Club *Let Your Life Speak*  
by Parker Palmer

Wednesdays, February 1, 8, 15 10 am-Noon

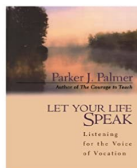
Session 1: Chapters 1-3 ~ *Listening*

Session 2: Chapters 4 & 5 ~ *The Journey*

Session 3: Chapter 6 ~ *The Seasons*

Led by Susan Barber Skinner, PhD

Cost: \$10 per session/\$25 for all three



***The one who does justice will live in the presence of the Lord***

***Whoever walks blamelessly and does justice, Who thinks the truth in her heart and slanders not with her tongue.***

***Who harms not his fellow man, nor takes up a reproach against his neighbor,***

***By whom the sinner is despised while he honors those who fear the Lord.***

***Who lends not her money at usury and accepts no bribe against the innocent.***

***Whoever does these things shall never be disturbed.***

***Psalms 15***



*O God to those who have hunger give bread; and to those who have bread give the hunger for justice.*  
-Latin American prayer



## LINCOLN PRESENTATION

FEBRUARY 13 ~ 7-8:30 pm

*The Lincoln-Douglas debates...the making of a President, and a man, and a country's struggle for it's soul.*

*Presented by Thomas Hoffman, Esq.*

*Cost: In-house and via Zoom \$15*

## VALENTINES EVENING OF REFLECTION FOR MARRIED COUPLES

FEBRUARY 14 ~ 6:15pm-9:15pm

Married couples are invited to a remarkable date night that will nurture their covenant in a unique and memorable way. Following a candlelit dinner, Don Brooks and Mary Anne Brown will reflect on their "by no means perfect" married life, knowing that God is ever-present. This evening of love, heavenly mirth and blessings will remind all who participate that we are to be a living and loving sign that says to the world, "This is the way God is."

Cost: \$45 per couple—Reservations required



## CENTERING PRAYER RETREAT ~ FEBRUARY 17-22

Presented by Fr. Bill Sheehan, OMI

### Prayer in Secret

*"Whenever you pray, go to your inner room, close the door and pray to your Father in secret and Your Father in secret will reward you." Matt. 6:6*

Our contemplative practices are our pathway to our inner room where we open ourselves to the depth and breadth of God's transforming love. Join us as we set aside time for reflection, communal contemplative prayer, and Eucharist in an atmosphere of silence as, together, we allow ourselves to go deeper.

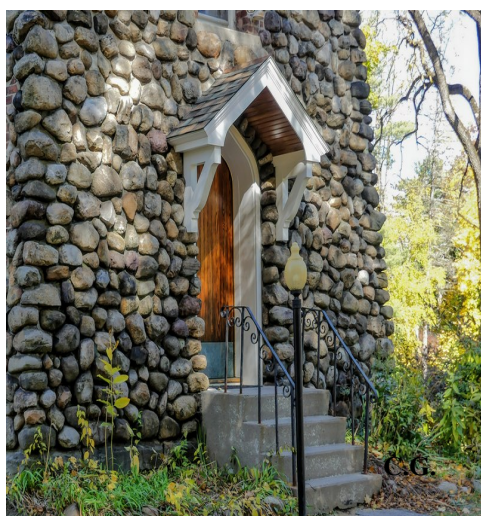
Cost: In-house \$525 Virtual \$250

Ash Wednesday Evening of Reflection with Fr. Bill Sheehan, OMI February 22 ~ 6:20-9:30 pm

*"Rend your hearts..." JI 2:13*

*Lent offers us an opportunity to look into our hearts, review our paths, and recommit to our God. How will we open our hearts to God this season?*

*Dinner, conference and Mass with distribution of ashes ~ Cost: In-house \$25/Virtual \$15*

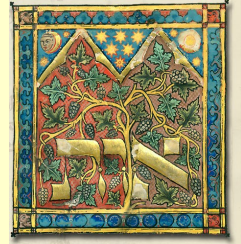


A grant from the Koch Foundation has enabled us to do some much needed repairs and renovations to the interior and exterior of the Windmill. The most prominent is the replacement of the awning over the front door constructed by Steve Zemgulis.

It has been said that a craftsman works with his hands, an artisan works with his hands and his head, and an artist works with his hands, his head and his heart...we are most grateful for Steve's artistry.

## LENTEN SCRIPTURE STUDY With the Book of the Prophet Isaiah

Facilitated by Dr. Joy Galarneau  
Tuesdays, March 7, 14, 21, 28 ~ 10am-Noon



During our Advent Scripture Study we journeyed with the prophet Isaiah, focusing on the Scriptures that we hear during Advent. Together, we explored the prophet's words in their original context and discerned their enduring power to speak to us today. Join us this Lent as we continue our journey with Isaiah: This time, we will pay special attention to the portions of the text that we hear during Lent. We will study the prophetic words that have captivated hearts and minds for millenia, in order to hear them anew with the ears of our hearts. Zoom in on any session or all four ~ \$20 per session/\$75 for four

Lectio Divina  
With Sr. Sue Zemgulis, OP

March 7, 14 21, 28

7-8:30 pm via Zoom

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

### Celtic Day of Reflection: Listening for the Heartbeat of God March 16 ~ 9:45am—3pm Led by Anita Davidson, OPA

*Celtic Christianity has, from its beginnings, had a special love for the fourth Gospel written by St. John the Evangelist, also known as John of Love or John the Beloved. He is the apostle who leaned against Jesus at the Last Supper, and so has become the image of practicing the art of listening for the heartbeat of God. This contemplative day will offer opportunities to listen for and reflect on the heartbeat of God through words, music, imagery, creative arts, conversation and shared silence.*

Cost: In-house \$30 (incl. lunch)/Virtual \$20



## YARNCRAFTERS' RETREAT

MARCH 17-19

One Stitch at a Time: Trusting in the Slow Work of God

*Every crafter knows that no project can be rushed and each loving stitch leads slowly to the completion of our beautiful creation. Do we carry that lesson into our lives? Spend some time this weekend, with Director Anita Davidson, exploring our craft as a metaphor for how God works in us and through us, slowly but surely crafting us into the best version of who we can be.*  
In-house Cost \$225 (65+\$210)



## LENTEN DAY OF REFLECTION

*Do this in Remembrance of Me*

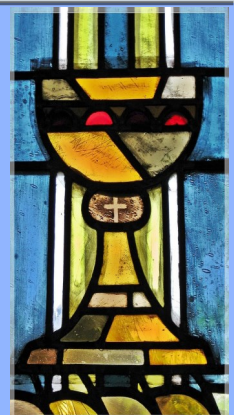
*Using the Gospel versions of Jesus' Last Supper with his disciples, this Lenten day of reflection will focus on the charge that Jesus gave. Together we will reflect on what the "this" is that Jesus is asking of us.*

Director: Fr. Christopher DeGiovine

Thursday, March 30

10 am-3pm (includes lunch at noon and Eucharist at 2pm)

Cost: In house \$30 Via Zoom \$20







# 12 STEP PROGRAMS

**YEAR-LONG SERIES**  
**Wednesdays, 7-8:30 pm via Zoom**  
***Making Peace in Recovery***  
**Presented by Dr. Susan Barber Skinner**  
**Cost: \$15 each or \$165 for all 12**



***Intention Setting***  
**January 22**  
**1:30-4:30 pm Via Zoom**

**Presenter: Dr. Susan Barber Skinner**

*Distinct from resolutions, intentions include something we aim for or plan. In medicine the word intention may be used to describe the healing process of a wound. Susan will lead us as we consider working with intentions. Intentions can be powerful tools in our daily lives and in discerning pathways to growth in recovery.*

**Cost: \$20**

**January 4**  
**Step 1: Peace in Surrender**

**February 1**  
**Step 2: Peace in Hope**

**March 1**  
**Step 3: Peace in Trust**

**April 5**  
**Step 4: Peace in Fear**

**May 3**  
**Step 5: Peace in Self-Revelation**

**June 7**  
**Step 6: Peace in Willingness**

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

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

**September 6**  
**Step 9: Peace in Building Character**

**October 4**  
**Step 10: Peace in Daily Vigilance**

**November 1**  
**Step 11: Peace in Spiritual Growth**

**December 6**  
**Step 12: Peace in Action**

## **MEN'S RETREAT**

**February 10-12**

**Sometimes Steps 6 and 7 are called the Forgotten Steps. At other times they're called the Heart of the Program. Join us as we share experience, strength, and hope about ways of incorporating those steps into our everyday lives.**

**Directed by Fr. Dennis J. Mason, OFM Conv.**

**Cost: In house \$225 (65+210)/Zoom \$90**



## **CELEBRATING WOMEN IN THE HISTORY OF RECOVERY**

**March 5—1:30-3 pm via Zoom**  
**Director: Dr. Susan Barber Skinner**

**In celebration of Women's History Month, we will look at the female pioneers in 12-Step Programs from the early days to the women speaking out about recovery today. We will discuss the women who have positively influenced our recovery and the qualities common to these women.**

**Cost: \$15**



*Twelve Step Program offerings at DRCC are open to all, from those with years of recovery to those who want to learn more about the topic being presented and have no experience with the Steps. The programs are not 12 Step meetings and may offer a wide range of information to support people as they heal and grow. Please join us; take what resonates with you and leave the rest.*



**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 \_\_\_\_\_

### 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 \_\_\_\_\_



### That Our Lives be Just

Have you noticed how so many of us seem to be remarkably tense these days? It may very well be caused by the many social troubles, worries, and uncertainties that we face. I must admit I have been caught off guard with how quickly people resort to anger and hostility, blaming and judging without pause to consider the circumstances. When witnessing these encounters, my inner dialogue goes something like this: "Uh, oh. - Are we all safe here? - God, be with us and bring us some peace." After some awkward, disquieting moments, the people in these situations go on with life, perhaps feeling justified and heard ... or not... and I reflect on these episodes as if each is a modern gospel story with a message all its own.

I wonder and pray about the individuals lashing out, those who are victims of the harsh behavior and others who witnessed the unpleasant incident. I wonder who felt unjustly treated. This has prompted me to look more deeply into my soul to determine when I am the one who lashes out unfairly and how I will correct that behavior pronto! How do I respond to others who are rude or disrespectful? Can I thoughtfully pause and consider why they hurt and what they fear? Perhaps I could lean on God to help me bring about a blessed moment of peace to this other soul. How can I better personify Micah's message: to love gently, be humble and live justly?

In times like these, I turn to Litanies and Psalms. I have found the *Litany of the Holy Name of Jesus* teaches me to serve honorably. "Jesus, pattern of patience, model of obedience, gentle and humble of heart, lover of us all, have mercy on us." As we enter this season of Advent stillness and Christmas wonder, let this be the time we recommit to our Baptismal Call to be Holy and bring Christ into our own public ministry.

**Mary Anne**



**Or Current Resident**

*Place label here*

*God grant you  
 the light of Christmas, which is faith;  
 the warmth of Christmas, which is love;  
 the radiance of Christmas, which is purity;  
 the righteousness of Christmas, which is justice;  
 the belief in Christmas, which is truth;  
 the all of Christmas, which is Christ.*  
*(W. English)*

*Seasons Greetings from the staff of DRCC*



*Join us and the DRCC Choir  
 as we usher in the season at our  
 annual **CHRISTMAS CONCERT***

**Sunday, December 18 ~ 2-4PM**  
*In house and via Zoom*

**\$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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 dslcny@nybiz.rr.com (email)  
 www.dslcny.org

**\$10.00 Coupon**

Present this coupon to receive  
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 Center**  
**Niskayuna, NY**