

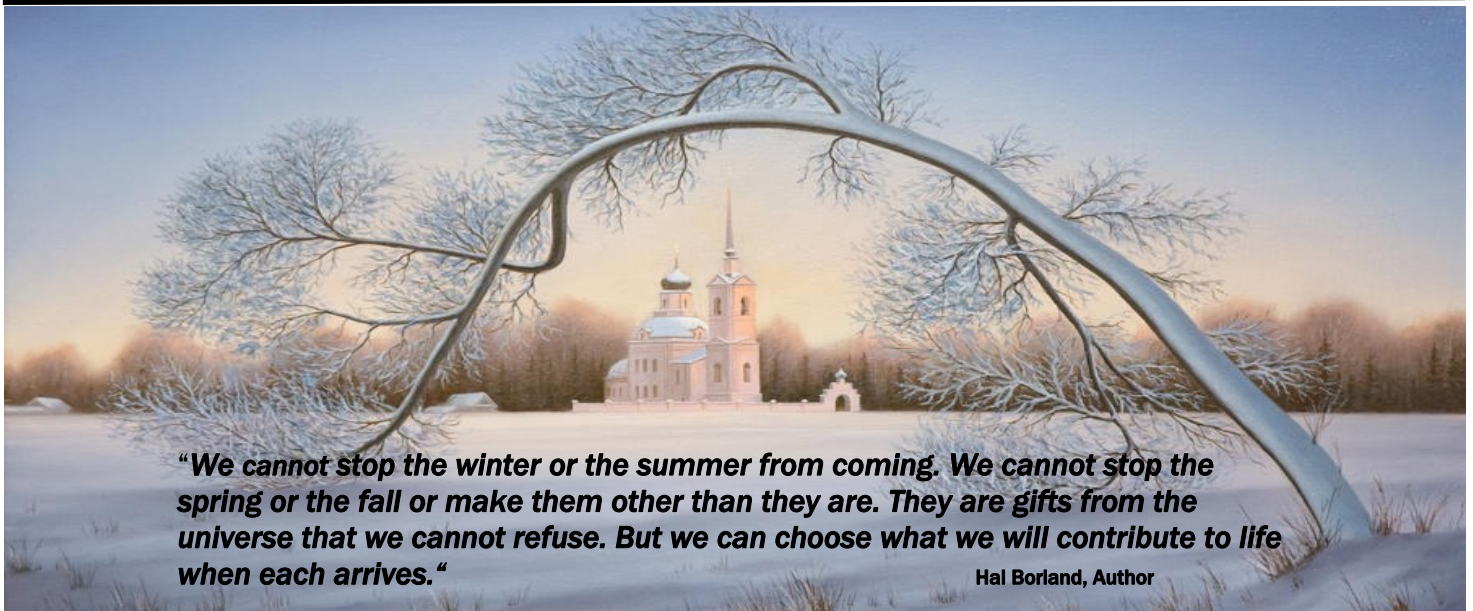
## Dominican Retreat & Conference Center

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

*Solitude on a Busy Highway*

# *The Good News*

December 2021



**"We cannot stop the winter or the summer from coming. We cannot stop the spring or the fall or make them other than they are. They are gifts from the universe that we cannot refuse. But we can choose what we will contribute to life when each arrives."**

Hal Borland, Author

### CHRISTMAS CONCERT

**In house or via Zoom**

**Sunday, December 19 ~ 2:00 – 4:00 PM**

Come, sit in the beauty of our chapel....or....sit in the comfort of your home surrounded by family as the Dominican Retreat & Conference Center Volunteer Choir raises their voices in celebration of this joyous season. Sing along, or just sit back and listen to this program of sacred music.

**The number of in house seats are limited—  
Reservations Required for both in house and virtual  
A free-will offering will be taken to benefit a local charity**

### NEW YEARS EVE EVENING OF REFLECTION

*In house or via Zoom*

The Dominican Sisters of Peace and DRCC Staff invite you to join us on New Year's Eve for an evening of prayer, reflection, and celebration as we welcome the New Year and embrace our call to...

**Be Peace, Build Peace, Preach Peace**

Program begins at 7:30 PM with Two Options:

- ◇ Evening only (concludes about 12:30 AM) \$25/\$20 Virtual
- ◇ Evening program plus overnight accommodations & breakfast \$50 (concludes at 10 AM)

**RESERVATIONS REQUIRED**

### Four Weeks to a Wonderful Life Program

Movie and discussion series presented by Jim Dillon, author of *The Gospel of "It's a Wonderful Life"*  
January 4, 11, 18, 25 ~ 6:30-8 pm in house (free will offering)

*The movie "It's a Wonderful Life" has been a beloved classic enjoyed by families during the holiday season. But why does this one movie seem to resonate so deeply with so many people? A closer examination of the movie reveals motifs and themes that lie at the heart of Christian faith. This series will guide participants on a spiritual journey that we take with George Bailey as he struggles to discover what was there from the beginning, what was always with him even in times of darkness and what would be waiting for him at the end: God's love.*

***Each session includes viewing part of the movie, engaging in discussion, and enjoying delicious snacks!***



### From the Desk of the Administrator

I love trees! I've been known to talk to them and listen to the wisdom they have to share with me. I am committed to planting trees whenever possible and am sad when a tree comes down. Recently we had to cut down the large oak by the front of the retreat house. Although it still appeared healthy and full of leaves, its trunk was splitting down the middle. If it had fallen, one half would have landed right on the chapel. Since we couldn't let that happen, the tree had to be sacrificed. As I watched them taking it down limb by limb, I thought about how many retreatants it had seen come and go through the front doors of the retreat house. I thought about how many other retreatants, sisters, staff or neighbors have stood in the shade of that tree and perhaps shared their hearts with it. I thought about the squirrels and birds and hawks that graced its branches and the deer that passed under its boughs. I thought about how it stood as a sentinel through sun and heat, snow and wind and ice. I thought about the music it might have "heard" emanating from open chapel windows. I felt like I was saying goodbye to a friend and I thanked it for the many silent, hidden gifts it had offered to the ministry on this Holy Ground. I asked the tree cutters to leave the stump. While the space seems empty, there is still something to sit on, or lean against. Perhaps we will even plant some flowers on top of the stump. We never know who or what will touch our lives and in what way. I am thankful for the lessons of this tree and am not ashamed of grieving its loss.



### Winter Walkers Club/DRCC Open House

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...

**January: Tuesdays, 9-11 AM ~ January 4, 11, 18, 25**  
**February: Thursdays, 1-3PM ~ February 3, 10, 17, 24**  
**March: Mondays, 5:30-7:30 PM ~ March 7, 14, 21, 28**

**No Cost or Registration**



*The color of springtime is in the flowers;  
the color of winter is in the imagination.* Terri Guillemets



## ART JOURNALING

Presented by Susan Barber Skinner, PhD 7-8:30 PM via Zoom

*Art Journals are visual diaries that provide a place to tap into your unique well of creative energy—to explore ideas, to capture memories, and to release emotions.*

Wednesday, November 24 ~ *Attentive Gratitude*  
Thursday, December 23 ~ *Christmas is only the Beginning*  
Thursday, January 20 ~ *Solitude*  
Thursday, February 17 ~ *Introducing the Lenten Labyrinth*  
Thursday, March 17 ~ *Journaling the Lenten Labyrinth*

Cost: \$15 per session/\$70 for all five ~ Reservations Required

*The Personal Cost of Caring: Compassion and Fatigue*  
*Join us as we explore the definition and experience of  
compassion fatigue in these challenging times.*

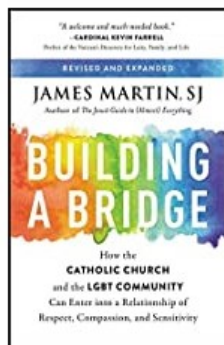
Presented by Susan Barber Skinner, PhD in health psychology  
January 22 ~ Program: 9:30 AM—Noon in house and via Zoom  
*Lunch: 12—1 PM for those in house*

Cost: in house \$25 ( Luncheon included)/Virtual \$15 ~ Reservations Required



*“In the winter she curls up around a good book and dreams away the cold.”*

———Ben Aaronovitch



## VIRTUAL BOOK CLUB

The book we will be reading is:

*Building a Bridge: How the Catholic Church and LGBT Community Can Enter into a  
Relationship of Respect, Compassion and Sensitivity*

By Fr. James Martin, SJ

February 3, 10, 17, 24 10-11:30 AM Via Zoom

Cost: \$10 per week or \$35 for all four ~ Reservations Required

If only you could give the gift of peace, rest, renewal, solitude and tranquility....

You can...by giving friends and loved ones a gift certificate to one of our numerous programs and retreats. They are perfect for Christmas and all occasions and surely a good choice for the person who has everything.

Please contact the office for further information.

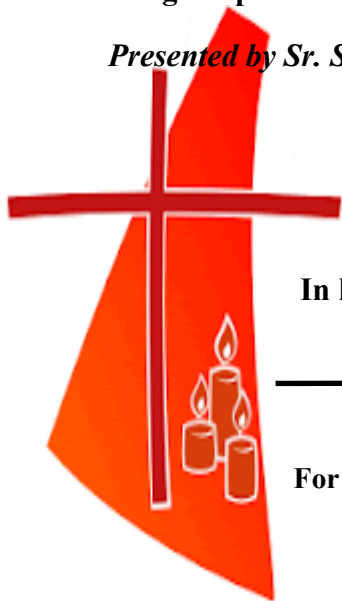


## Sung Vespers in the Spirit of Taize

*Presented by Sr. Sue Zemgulis, OP*

7-8 PM Thursdays:  
January 13  
February 10  
March 24

In house and on  
Facebook Live



## PAUSE FOR PEACE

...a brief monthly pause to pray for peace in our world, in our communities and in our hearts.

Tuesday nights 7-7:15 PM  
January 18  
February 1  
March 8

Presented by Dominican Sisters  
via Facebook Live



## Virtual Centering Prayer

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: January 26, February 16, March 16  
*Via Zoom ~ Reservations Required*

It was well past time to choose the theme for our 2022 theme retreats. We'd prayed, pondered, put forth pages of Scripture verses, voted for our favorites, and finally narrowed the list down to a handful of contenders. We were ready to make a decision - but somehow we couldn't. And that was the moment that the Holy Spirit broke



through. Mary Anne proposed a passage that had not been on anyone's list: "This is all that I ask of you..." An invitation from the heart of God to humanity by way of the prophet Micah... An invitation delivered thousands of years ago that stands to this day... An invitation that captivated our minds and touched our hearts... "What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" Come, our gracious God invites us all: Come and rest in my love as you discover what it means to do justice, to love kindness and to walk humbly with me ... here and now ... just as you are. And so we extend this invitation to you: Come on retreat this year. Come and rest. Come and pray. Come and be challenged, renewed and refreshed. Come where you are welcome. Come where you are loved. Come where you are home. "This is all that I ask of you..."

*With Peace and all good, Joy Galarneau*

## ~ Women's Theme Retreats ~

January 28-30 ~ Director: Sr. Kitty Hanley, CSJ

February 4-6 ~ Director: Sr. June Fitzgerald, OP

Cost: In house \$205 (65 and older \$190)/ Virtual \$75 ~ Reservations Required

Evening of Reflection for Married & Engaged Couples

February 14

***Real Joys, Real Sorrows, Real Faith***

*The experience of God in marriage is not meant to be a neat, merely pious concept. God is there in our day to day life.*

Presented by Rev. Rick Lesser

Program begins at 6:20 with candlelit dinner at 6:30 followed by conference and celebration of Eucharist.

Cost: \$45 per couple ~ reservations required  
In house only

**“LINCOLN’S DILEMMAS”**

We will talk about and perhaps learn from how Abraham Lincoln, when at his own crossroad, faced his moral dilemmas in regard to supporting the Mexican war, slavery and race relations, mistreatment of American Indians, and, as the Commander in Chief, a horrific civil war.



February 15 ~7-8:30 PM

Presented by Tom Hoffman  
In house and via Zoom ~ cost \$15

*“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”*

Edith Sitwell in “Taken Care Of”

Each time I drive onto the grounds of the Dominican Retreat and Conference Center, I leave the busy world of demands and stress behind. The falling leaves are showing me that it is good to let go. I often hear retreatants mention how their worries and troubles seem to melt away whenever they step into the Retreat House. I agree and understand how so many of us feel at home here, surrounded by the beauty of nature, strengthened by holy encounters, and heartened by the gentle spirit of God. Somehow, the comforts of rich spiritual experiences, loving company, good food and sweet rest, help us feel right at home.

As the circle of seasons continues, perhaps we will see you soon for a well-earned rest with God as you seek the warmth and comfort of our spiritual sanctuary where you can dream, heal and be at peace. When you open our front door, don’t be surprised if someone greets you with, “Welcome home!”

Peace,

Mary Anne



**CELTIC SPIRITUALITY and LAUDATO SI ~ a Day of Prayer and Reflection**

March 16 ~ 9:45AM-3 PM

*We will explore the connections of Celtic knots, Irish soda bread, ancient forests, and the modern quest for ecological respect and conservation.*



Presented by Sr. June Fitzgerald, OP  
Cost: In house \$30/\$20 Virtual ~ Reservations Required

**Five Day Centering Prayer Silent Retreat for Men and Women**

*Returning to Present Moment Awareness*

During this time of prayer and practice, we will revisit the topic of the foundational elements in our journey to consent to God and God’s action within us.

Directed by Rev. Bill Sheehan, OMI

February 18-23

Cost: In house \$425/Virtual \$200 ~ Reservations Required





## ASH WEDNESDAY EVENING OF REFLECTION

*Slowness is Good Medicine for the Soul*

*presented by Rev. Martin Fisher*

March 2 ~ 6-9:15 PM

*Dinner, conference and Mass with distribution of ashes*

*Cost: In house \$25/Virtual \$15.*

*Reservations required*

## Retreat for Knitters and Crocheters - *Checking Your Gauge*

presented by Dr. Susan Barber Skinner

March 4-6

*In knitting and crocheting, checking your gauge tells you a great deal about the piece that will be created from the pattern. At this retreat we will check our personal gauge by starting a journal, bending stitch markers and sharing our experiences as knitters/crocheters. And, of course, we will knit, crochet, laugh, and pray.*

*Cost: \$205 (age 65 and over \$190) ~ In house only*

*Program begins at 7:45 ~ Reservations Required*

## LENTEN SCRIPTURE SERIES

Tuesdays ~March 15, 22, 29 ~ 10 AM-Noon Via Zoom

*Mary of Nazareth, Mother of Jesus—The Journey Continues*

Led by Dr. Joy Galarneau

During our Advent Scripture Study, we journeyed with Mary from the Annunciation into the “hidden years” of her life with Jesus. Join us this Lent, as we continue the journey with Mary: from the start of Jesus’ ministry, to the cross, and beyond...

Cost: \$20 per session/\$55 for all three ~ Reservations Required



Prayer and reflection During Lent

led by Sr. Sue Zemgulis, OP

March 15, 22, 29

7-8:30 Via Zoom ~ Reservations Required

## Writing our Memoirs: An In House Weekend for Men and Women



*“A Time to Remember”*

*Whether you are an experienced writer or just want to get started, come away for a weekend to reminisce the highlights of your life with people of kindred spirits...our memories are a gift and should be written down...*

Directed by Maggie Whelan, OPA

March 25-27 ~ program begins at 7:45 PM on Friday

Cost: \$205 (65 and over \$190)

Reservations Required

# Recovery Corner

What we have heard from our 12 step friends over and over is how the pandemic moved the recovery world quite smoothly into a virtual reality. Not only did participants become adept at Zooming into meetings, those meetings included participants from across the country, AND from other countries as well! Our reality is becoming more and more global by the minute. While that can be very enriching, remember: our “Home Group” grounds us in our recovery. Our hope is that you will continue to think of the Dominican Retreat and Conference Center as a place where you feel welcome, you feel that you belong and where you feel at “home”. We hope you will join us for one of these upcoming programs! (And watch our website for new additions to come!)

## 12 Step Programs



### **CELEBRATING RECOVERY 2022:**

#### ***Remembering, Releasing and Renewing***

*Join Sr. Kay Kanick, RSM for a day of honoring what was in the past, and living in hope for the future.*

*This day will include presentation, prayer and sharing.*

*January 23 ~ 10 AM– 3 PM*

*In house \$30/Virtual via Zoom \$20 ~ Reservations Required*

### **Men’s 12 Step Weekend ~ *Here and Now, One Day at a Time*** **February 11-13**

**This retreat will pay attention to the 12 steps and 12 traditions, focusing on the practical and powerful tools of a program of recovery**

**Director: Fr. Tom Weston, SJ**

**Cost: In-house \$205 (65 & over \$190)/Virtual \$75 ~ Reservations Required**



### ***Light for the Journey***

#### **Retreat for Women Survivors of Sexual Abuse**

**March 11-13**

**This weekend we will share our light in the company of brave women who choose life and healing even after and through the effects of the trauma of sexual abuse. We will explore and share what gives light to the pathways of healing. We will specifically explore the light of compassion, self-knowledge, connection and spirituality.**

**Directed by Sr. Carol Davis, OP**

**Cost: \$205 ~ Reservations Required**

**\*The nature of this retreat does not lend itself to hybrid. Last year, during the peak of Covid, we offered this retreat virtually. This year we will be in person again.**



“HOW MANY LESSONS OF FAITH AND BEAUTY WE SHOULD LOSE, IF THERE WERE NO WINTER IN OUR YEAR!”

—Thomas Wentworth Higginson

**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)

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.

(Office Use Only)

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

**In house Scripture Study for Men and Women**

*The Last Supper*



*Join us as we journey through the New Testament accounts of the Last supper and explore the biblical roots of the Eucharist. Our morning will begin with Mass, followed by Scripture study, and conclude with lunch.*

Presented by Dr. Joy Galarneau  
Thursday, April 7 ~ 9 AM-1 PM  
Cost: \$25 Reservations Required

\*\*\***NEW! PLEASE ANSWER BELOW!**\*\*\*

**Are you vaccinated for COVID?**  
(response is for seating) **YES NO**

**For Grant purposes:**

**Age: Under 65 65/+**

**Veteran? YES NO**

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

Program \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_



# Thank You

...to all of you who supported this event! As of 11/16/2021, we have raised \$18,375. We are most grateful!

And...  
**CONGRATULATIONS**  
to all the lucky treat winners!

## Underwriters

Marylyn deGonzague  
Fr. Ed Deimeke  
Dominican Sisters of Peace  
Susan Fiore  
Judy Green  
Jean Mann

N.J. Morris  
St. Bernardine of Siena  
Franciscan Friars,  
Siena College  
Richard & Meg Sapia  
Lisa Tubbs

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## “Eventless” More Than Just Desserts

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Kathy Biondo-Palaski  
Patrick Brereton  
Karen Conners  
Jean Corlew  
Kirk Cornwell  
Pam Dintrone  
Mrs. Barbara Farrell  
J. Robert Fitzgerald  
Virginia Grover  
Arlene Hendricks  
Sue Hollander  
Phyllis Huber  
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Paul and Deborah O'Brien  
Dr. Carl & Joann Paulsen  
Joyce Sammo  
Most Reverend  
Edward Scharfenberger

Marilyn M. Shaw  
Jack & Susan Sweeney  
Frank Thomas & Nancy O'Keefe  
Laura Weaver  
Nina Whitney  
Therese Wright

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Don Brooks &  
Mary Anne Brown  
Patricia Costa  
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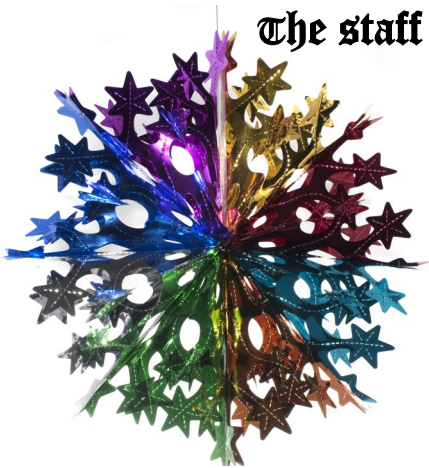
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Andy & Phyllis Kulmatiski  
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*Dominican Spiritual Life Center*  
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**The staff of the Dominican Retreat & Conference Center**

**Wish you and yours a joyful Christmas  
and a peaceful New Year.**

**\$5.00 Coupon**

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