

Dominican Retreat & Conference Center

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

Solitude on a Busy Highway

The Good News

September 2019



CELEBRATE!



*Our 21st Annual
"More Than Just Desserts" Benefit
Sunday, October 27, 2019
at the
Dominican Retreat &
Conference Center*

5:00 - 7:00 PM

SILENT AUCTION



**Hors d'oeuvres & Dessert Buffet
(Gluten Free Options Available)
Wine & Light Beverages
Music by Ed Munger, Classical Guitarist**

Come bid on a wide range of items.
Watch our website and Facebook page
for an enticing partial list of items.

If you would like to participate in this fund raiser
to benefit the Dominican Retreat and Conference Center,
please complete the R.S.V.P. form and send it
with your check to:

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

"More Than Just Desserts" Reservation Form

R.S.V.P. before Monday, October 21

Name _____

Phone _____

Address _____

I/We **will** attend as:

____ Friend - \$50 per person \$ _____

____ Partner - \$75 per person \$ _____

____ Patron - \$100 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 con-
tribution is the amount in excess of \$25 per person.)

(For office use only) DB _____ BC or BC ANON p&e

l copy copy prog LT _____

sent _____ by _____



From the Desk of our Administrator

Sr. Sue Zemgulis, OP

You've heard the phrase, "Every little bit counts." And it does! I count on little bits all the time. Here's what I mean. Sometimes I can get discouraged when I look at a whole project and it seems so big that I start to think it will never happen. Then I break it down into little bits and life becomes manageable again – like at the beginning of summer when it felt like there was no time to plant flowers, but with the help of one of our associates, the purple whirlwind were in the courtyard in no time! That burst of color and success gave me the motivation to tackle the bed by the front door that was overgrown with weeds from the abundance of rain. Again, the task seemed enormous, so I didn't tell myself I had to do the whole thing. Instead, I went out for a half hour many mornings - weeding a little section and mulching around the surprise flowers that had re-seeded themselves. By the time you read this, it will look great! And I'm OK with that. I trust that the little bits and small parts will add up to the whole.

And I think that *that* is all God is asking of us...that we do our little bit:

- ◇ that we take a little time in prayer each day to deepen our relationship with God
- ◇ that we open our eyes and extend one small kindness to someone who's having a rough day
- ◇ that we take a few moments to appreciate the beauty of creation around us
- ◇ that we remind ourselves often that we are each created in the image and likeness of God

Who we are and what we do with the life we are given matters! And God will take all the parts we offer to create a "whole" that we cannot even imagine, because...every little bit counts!



There is something about Fall....

I have not been in a classroom in over 8 years. However, at this time of year, I do think about it more often. I used to love getting my "back to school supplies." (There are many of my friends who think I may have a problem with that, but that's a story for another time!) I am not a shopper, but when those flyers came out, I compared prices. It was so very exciting.

Although the first few weeks of school can be grueling after weeks of summer vacation. It seemed at times like it was going from reverse to overdrive without barely touching the clutch! I loved getting to know, not only each student, but each class. As the students got to know each other and I got to know them each class developed their own personality. It was very exciting! I'm not sure the students realized it, but teachers also spent time finding out who had which lunch and which free periods. New friendships would form. Again, very exciting.

So, now that I am not going back to school, I wonder how can I capture that excitement? Can I look at this time of year when the weather gets a little crisper and the days a little shorter as a time of new beginnings? Is there a friend I haven't heard from that I can reach out to? Perhaps I can have coffee or lunch with someone who maybe doesn't get out much. And, of course, it is a perfect time to say to God, "So, how was YOUR summer? When are you free for a chat?"

Sr. Jude Kapp, RSM



HOSTED PROGRAMS - Barb Kerr

"If only we had 20 more weekends each year" - I say this almost everyday as our weekends fill up very quickly. Some groups return the same time every year. If you plan to hold a retreat or conference for 2020, please know there are very few weekends available at this time. We do have many weekdays and full weeks available, but full weeks will also fill quite quickly. Our facility is available for day-long/evening meetings with lunch and/or dinner, weekday overnights with meals, and conference area. The Center is conveniently located near all major highways, the airport, and the train station. We accommodate special dietary needs and offer healthy meal choices. We are also a smoke and scent free facility. In short, we offer everything you need to hold a meeting or just have a quiet, calm place to reflect and renew. I know it is hard to think of events for next year when we are preparing for the glories of fall and all its wonderful colors. Pumpkin pie and crisp apples. Holidays to celebrate with friends and families. BUT, the old saying, "the early bird catches the worm," still holds true. Call to get your event reserved. If you or someone you know would like to tour our facility and see what we have to offer, tours can be arranged at your convenience.

Please feel free to call or e-mail me: bkerrdrcc@gmail.com (H) 518-372-9471 (C) 518-2-522-6866

SOME GOODBYES



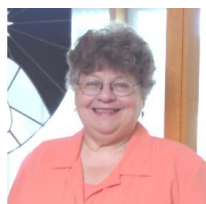
Dear Friends of the DRCC,

It has been my pleasure and privilege to spend these past two years ministering at the Dominican Retreat and Conference Center. Greeting you as you arrived for a retreat or program, listening to you one-on-one as you shared something of your life's journey, preparing prayer experiences to help you grow and deepen your relationship with God, and the list goes on...

As Dominican Sisters of Peace, one of our values is that of "itinerancy." Essentially this means that we are willing to pick up and move someplace else if there is a particular need that we can help meet. In a recent conversation with our Prioress (Congregational Leader), I was asked to consider relocating to St. Catharine, Kentucky to assume the role of Mission Group Coordinator for our sisters at our licensed long-term facility, Sansbury Care Center. I accepted this new assignment.

For me this is bittersweet. I will miss you and all that you brought into my life in such a short time with you, even as I look forward with joyful anticipation to this new chapter in my life. My ministry here ended on July 7. I pray for God's continued blessings on all of you! Please pray for me as well!!

With gratitude and peace,
Sr. Susan M. Leslie, OP



The year was November 2008; I received a phone call that was about to take me on a wonderful journey. The phone call came from Sr Sue Zemgulis, OP who asked if I was interested in cooking at DRCC until the end of the year. The current cook was leaving and there were a handful of programs that needed meals prepared until the end of the year.

I was not working at that time and jumped at the opportunity to be in ministry at the Dominican Retreat and Conference center. So, a few days later I left Philadelphia PA and drove to Niskayuna NY for a three-week tour. Well, I did not get stranded and I really enjoyed my time at DRCC. On my way home for Christmas that year, and with the knowledge that I was returning for the New Year's Eve program, I was extremely happy.

As I was driving down I-87 heading home to Philadelphia I was staring at the blue sky, the large white clouds, and the wonderful mountains. I started to realize that the prayer I had been praying for many months of "Please God help me find a Ministry close to home." was coming to be. I had been in Retreat work for many years and the Retreat House had closed in 2007. I was missing the Dominican Retreat House of Elkins Park, PA and now here I was in New York at DRCC. It was then I realized that God was going to move me to my home close to the Ministry. Remember be careful about what you ask for. I called Sr Sue and said to her that I would come and stay until a cook was hired. I would live in the Retreat House. Her response was this is the best Christmas present ever. It was for both of us.

So eleven years later, I am embarking on another journey called retirement and once again God has answered my prayer as to where will I go. At the end of the year I will be leaving this wonderful place I call home. I am leaving my family of Dominican Sisters and Dominican Associates along with the thousands of people I call my friends and moving to Delray Beach Florida. I will continue to journey with the Dominican Congregation of Peace as an Associate.

My time at the Dominican Retreat and Conference Center has helped me grow as a Dominican Woman. It has allowed me to use all of my time, treasures and talents in so many ways. I have grown in my love and relationship with my God and I have been touched by so many people that I have grown to love and respect. I am not saying Good-bye, I am saying "see you later" as I don't know what God has planned for me. I am blessed and grateful for all that has been these past eleven years. I wish each of you health and happiness and many blessings in the months and years to come. May God's Peace be with each and every one of you.

As of January 1, 2020 my new address will be Cecelia Amendolia – 4 Valencia A – Delray Beach FL 33446
ceildrh@yahoo.com.

From the Heart of Christ:

Love at the Center of the Universe

Tuesdays: 9/17, 9/24 7 - 8:30 PM

Join us for the remainder of this series which looks at some of the questions the new cosmology raises for believers. The program draws on the gospel and Ignatian spirituality in order to understand the questions and searching of believers in the modern world who seek answers and meaning to life, its purpose, and its struggles.

Sr. Victoria L. Battell, RSM

Evening Prayer with Therese of Lisieux

"love is repaid by love alone"

Sr. Therese

October 1 7 - 9 PM

Celebrate the feast of this remarkable saint with an evening of prayer and reflection on her spirituality. Therese is one of the few female Doctors of the Church and her theology of love can offer us much inspiration and reassurance in these times.

Sr. Victoria L. Battell, RSM

Senior Day of Reflection

Embracing the Grace of Years

Wednesday, October 9

9:15 AM - 3 PM

The grace and working of God's Spirit continues throughout the entire experience of our lives. This senior day of reflection will focus on the "third half of life" as the opportunity and challenge to deepen our gratitude for what has been and for what has yet to be in the fullness of God's time.

Fr. Dan Nelson, O.F.M.

Silent Weekend Directed Retreat

October 18 - 20

Does the idea of having a weekend of quiet and time to be alone with God sound attractive to you? This weekend retreat may be what you are looking for. It will provide you an opportunity to spend time with God in silence and solitude so you can focus on your personal relationship with God.

Sr. Christine Connolly, OP

Program Highlights

Eleanor Roosevelt -

First Lady of the World

Thursday, October 10 7 - 8:30 PM

OR

Friday, October 11 10 - 11:30 AM
Experience "First Lady of the World," Eleanor Roosevelt, as we celebrate the 135th Anniversary of her birth. Hear the presenter bring to life the wife of the 32nd President of the United States. We will discuss who she was as a person, as well as her enduring legacy. If you have any memorabilia or special pictures or primary sources of Mrs. Roosevelt, please bring them to share. The Program will end with a birthday cake in her honor.

Anna Marie Collins

Visiting Ministers

Evening of Reflection

Who Will I Visit Today?

Wednesday, October 23 6 - 9:15 PM

Sr. Judith Kapp, RSM

We don't always know what to expect when we visit at home, in the hospital, or a nursing facility. We will reflect on "Who will I visit today?" through the lens of our experience and Scripture.

Theme Retreat for Men

*The only thing that counts is faith
expressing itself through love.*

(Gal. 5:6b)

November 1 - 3

44 hours away from your daily routine for rest, quiet, learning, reflection, inner healing, growth, prayer, and sharing with other retreatants.

Rev. Bill Sheehan, OMI

Thanksgiving Day of Reflection

Thanksgiving:

What's It All About, Alfie?

Tuesday, November 5 9:45 AM - 3 PM

A life of thanksgiving is a life of is a life of... Too often self-indulgence prevails over self-giving. Consider the word itself: Thanks. Giving. It's not: Thanks. Taking. Holiday vs. Holyday

Rev. Ed Deimeke

(P.S. Thankful people build bridges, not walls.)

Creative Day of Reflection for Men & Women

Contemplative Creativity

Saturday, November 16

10 AM - 3 PM

Join us as we discover new ways of thinking, seeing, and doing what we love.

Claudia Gregoire, OPA

Day of Reflection for Women

ENCORE! The Woman God Sees

Is

Merciful and Forgiving

Sr. Sue Zemgulis, OP

Beautiful

Maggie Whelan, OPA

Saturday, November 16

10 AM - 3 PM

This day of reflection will use the morning presentations previously given. Our time together will include prayer, presentation, and reflection.

Card-making Workshop

For Men & Women

Sunday, November 17 1:30 - 3:30 PM

A fun afternoon making greeting using stamps, ink, "bling," ribbons, etc. No experience or supplies needed.

Brigid Meyer

Heart and Soul Quest

Re-awakening Our Instinct for

Finding Joy

November 22 - 24

A retreat for Women with:

Sr. Sue Zemgulis, OP

What exactly is joy? How do you experience joy in YOUR life? Do you intentionally look for it or do things that will make it more present? How do you remain joyful in the midst of struggles? Come explore the roots of joy together as we reflect on the ways we experience joy in our lives.

*"Joy is the infallible sign of the
presence of God."*

Pierre Teilhard de Chardin

Day/Evening Programs September-December 2019

FYI: times on the calendar indicated the **scheduled time** for the actual beginning and end of the program.



Vespers in the Spirit of Taize

Thursdays: Sept. 19, Oct. 17, **Wednesday Nov. 13**,
 Thursday - Dec. 19 Free Will Offering
Dominican Sisters 7:00 PM - 8:00 PM

The 12 Steps CAN BE for Everyone!

Wednesday September 25 7:00 - 9:00 PM
OR

Thursday, September 26 10:00 AM - Noon
Sr. Judith Kapp, RSM

Ongoing Monthly Workshops for Men & Women

Organizing, Changing, Downsizing, Rightsizing \$15.00
 9/12, 10/10, 11/14, 12/12 10:00 AM - 12:00 PM
Ceil Amendolia, OPA

From the Heart of Christ:

Love at the Center of the Universe:

Tuesdays 9/10, 9/17, 9/24 7:00 - 8:30 PM
Sr. Victoria L. Battell, RSM \$15.00/session

Evening Prayer with Therese of Lisieux

Tuesday, October 1 7:00 PM
Sr. Victoria L. Battell, RSM Free Will Offering

Senior Day of Reflection

Embracing the Grace of Years
 Wednesday, October 9 9:15 AM - 3:00 PM
Fr. Dan Nelson, O.F.M. \$25.00

Eleanor Roosevelt - First Lady of the World

Thursday, October 10 7:00 - 8:30 PM
OR
 Friday, October 11 10 - 11:30 AM
Anna Marie Collins \$15.00

12 Step Presentation for Men & Women

Three Key Ingredients for Spiritual Growth:
Gratitude, Obedience, and Discipline
 Sunday, October 13 1:30 - 4:30 PM
Sr. Maureen Murphy, OP \$20.00

Coffeehouse featuring.....

Running the River 7:00 PM - 9:00 PM
 Sunday, October 13 \$20.00

Benefits Dominican Retreat & Conference Center

Visitation Ministers Evening of Reflection

Who Will I Visit Today?
 Wednesday, October 23 6 - 9:15 PM
Sr. Judith Kapp, RSM \$25.00

Thanksgiving Day of Reflection

Thanksgiving: What's It All About, Alfie?
 Tuesday, November 5 9:45 AM - 3:00 PM
Rev. Ed Deimeke \$30.00

Evening of Gratitude

What Are YOU Grateful For?

Tuesday, November 12 6 - 8:30 PM
Sr. Judith Kapp, RSM

Creative Day of Reflection for Men & Women

Saturday, November 16 10:00 AM - 3:00 PM
Claudia Gregoire, OPA \$30.00

ENCORE! The Woman God Sees is:

Merciful and Forgiving **Sr. Sue Zemgulis, OP**
Beautiful **Maggie Whelan, OPA**
 Saturday, November 16 10:00 AM - 3:00 PM \$30.00

Card Making Workshop for Men & Women

Sunday, November 17 1:30 - 3:30 PM
Brigid Meyer \$15.00

Advent Day of Reflection

While We Wait
 Wednesday, December 4 9:45 AM - 3:00 PM
Sr. Lois Barton, CSJ \$30.00

Advent Evening of Reflection

TBD

Program for Peace

Friday, December 13 7:30 - 9:30 PM

Day of Reflection

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

New Year's Eve - Evening of Reflection

Tuesday, December 31 \$25.00 for the evening
Fr. Dan Nelson, OFM \$50.00 - overnight & breakfast



Grounds Day at DRCC

Monday

October 7, 2019

10:00am to 7:00pm

Come for ANY PART of the day!

Lunch and dinner provided..

Bring your gloves, rakes, hedge trimmers, etc. and your energy.

Contact Ceil at:
518-393-4169 Ext. 231,
if you can help.

Many Hands Make Light Work!

Weekend Programs September-December 2019

Women's Theme Weekend

The only thing that counts is faith expressing itself through

Love (Gal. 5:6b)

September 20 - 22

Anita Davidson, OPA \$205.00*

Women's Theme Weekend

The only thing that counts is faith expressing itself through

Love (Gal. 5:6b)

September 27 - 29

Sr. Katherine (Kitty) Hanley, CSJ \$205.00*

Retreat for Women Concerned with Alcoholism

Harmony and Our Tenth Step

October 11 - 13

Sr. Maureen Murphy, OP \$205.00*

Silent Weekend Directed Retreat

October 18 - 20

Sr. Christine Connolly, OP \$205.00*

Men's Theme Weekend

The only thing that counts is faith expressing itself through

Love (Gal. 5:6b)

November 1 - 3

Rev. Bill Sheehan, OMI \$205.00*

Weekend for Women: Heart and Soul Quest

Re-awakening Our Instinct for Finding Joy

November 22 - 24

Sr. Sue Zemgulis, OP \$205.00*

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

✓ e-mailed (dslcnny@nybiz.rr.com)

✓ faxed (518-393-4525)

✓ phoned in (518-393-4169)

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

For Office Use only:

BK DB List Conf Code: _____

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

Weekend Retreats - \$205.00

***Seniors (65 and older - \$190.00)**

Be assured however that no one will ever be turned away for lack of funds.

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:

Some folding lawn chairs for the windmill and retreat house use	\$30 each
A number of new cotton blankets	\$40 each
A new LED projector	\$500-\$600
6 new computers	\$1,200 each
A wireless handheld microphone for chapel	\$1,300

If you would like to assist with any of these items, please contact us at the retreat house or use the enclosed envelope.

Our Annual **“More than Just Desserts”**
Committee has decided to have **two special drawings**
to be held on Sunday, October 27, 2019.

One drawing is for the popular **Year Long Pass** and the other drawing is for an
Framed 10” x 13” Print, ***Star of the Sea*** signed by artist, Michael O’Neill McGrath, OSFS.

*On each ticket please put a check mark **before** the drawing of your choice.*
You need not be present to win.

A donation is not required for participation.



Framed 10” x 13” Print,
Star of the Sea
signed by artist,
Michael O’Neill McGrath, OSFS.

Dominican Retreat & Conference Center 2019 Drawing

___ Year Long Pass OR ___ Brother Mickey’s Print

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 27, 2019
Donation not required for participation

Dominican Retreat & Conference Center 2019 Drawing

___ Year Long Pass OR ___ Brother Mickey’s Print

Name _____

Address _____

Telephone _____

Please make checks payable to: D.R.C.C.

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Dominican Retreat & Conference Center 2019 Drawing

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Address _____

Telephone _____

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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 27, 2019

Ongoing Programs



Monthly Workshops for Men & Women

Organizing,
Changing,
Downsizing,
Rightsizing

**Thursdays: Sept. 12, Oct. 10,
Nov. 14, Dec. 12
10:00 AM - 12:00 PM**



"Sung Vespers in the Spirit of Taizé"

Join us as we pray
(singing, quiet time, scripture
and intercessory prayer)

**Thursdays: 9/19, 10/17
WEDNESDAY 11/13, 12/19
Time: 7:00-8:00PM**



**Dream Group
with Sr. Carol Davis, OP
9/30, 10/28, 12/2**

Meets monthly/ \$25 per class

CarolDavisOP@gmail.com OR call:
(518) 393-5517

**Would you like an evening of
great music? Come hear ...**

Running the River

at

Dominican Retreat and Conference
Center

Sunday, Oct. 13, 7-9PM

Cost: \$20

includes music and snacks

Proceeds benefit:

Dominican Retreat & Conference
Center

Directions: Please visit
www.dslny.org



Advent Offerings

Advent Day of Reflection

Wednesday, December 4

While We Wait

Sr. Lois Barton, CSJ

Advent Silent Weekend For Men & Women

December 6 - 8

Beginning Before it Begins

The story of Jesus is about obstacles removed to allow his arrival, which is the path that is true of our own human stories. But, this is only the beginning. The Christmas story teaches us that the meaning of our lives does not come to us while we wait expectantly, it comes out of us if we would only dig deep and drink.

Directed by Rev. Louis Sogliuzzo, SJ

Advent Evening of Reflection

TBD



"Peace in our Hearts and in Our World"

Friday - December 13



Music
Presentation
Prayer
Refreshments

All are welcome ~

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

7:30 PM - 9:00 PM

**Led by Dominican Sisters
and
Associates of Peace**

The 12 Steps CAN BE for Everyone!

If you've ever wondered what the 12 Steps are or where they came from, how anyone can use them, or what a 12 Step Meeting is like, you may find this program helpful

Wednesday, September 25

7 - 9:00 PM

OR

Thursday, September 26

10:00 AM - 12:00 PM

Sr. Judith Kapp, RSM

\$15.00

CASAC Training

*These trainings are designed to provide CASAC
credentialing credit. However, **all** are welcome to attend.*

Friday, November 15, 2019

**The Need to Be Needed - CO-DEPENDENCY -
The Most Basic Addiction**

Workshop directed by: **Sue Sulzman, LCSW, CASAC**
Early registration on or before 11/8/19.

*Each of the trainings begins with registration at
8:30 AM and ends at 4:00 PM.*

*They are approved through NYS OASAS for
6 hours credentialing credit.*

Coffee, tea, lunch, and snacks are included.

Early registration \$60.00 per person.



DRCC Recovery Corner Step 4

**Made a searching and fearless moral
inventory of ourselves.**

It is only through the grace of God
that I am even able to consider
a **searching** and **fearless** moral inventory of my life.

This God of my understanding
has given me courage and strength
to withstand the journey within.

Yet, how easy it would be
to get caught up in the “blame” game,
to blame others for my actions –
“if only” they had done this or that;
“if only” they had said this instead of that,
“if only” this -
“if only that -
my reactions would have been so different,
would have caused less unnecessary pain and hurt
to those I love and to myself.

But the object of Step 4 is to look within.
Oh God, how I hate to make that journey.
The thought of it-
the thought of it just churns my stomach.

To face the reality of who and what I became
In the course of active addiction –
the things I did;
the hurts I caused;
the promises I broke.
so many regrets.
so much guilt.

Perhaps the wisdom of the step –
to accept responsibility for my many wrong-doings,
to set myself free from the imprisonment of guilt
which fills me with so much shame.

Just the awareness of this alone
brings some relief
and the courage to open myself up to the process.

The process –
a rigorously honest look at myself.
Now is the time to move into action
as I search for the “root causes and facts”
of my behavior.
Whom did I hurt?
Where was I at fault?
How did I hurt the other as well as myself?
What could I have done differently?
What defect of character caused me to
act out in the way I did?
Is there a pattern in my life that I need to be
Attentive to?

Soul-searching questions –
questions that can force me either to run;
or, if faced with all humility,
lead me to peace and inner freedom.

Through the grace of my Higher Power,
I choose the path of freedom.

PRAYER: *God, you are the way, the truth and the light. I ask you to make clear the way before me as I begin this inward journey. Help me to know the truth that I need to know about myself without guilt or shame. Give me courage to face myself honestly that I may come to see within myself the goodness that you see in me. Amen*

SPIRITUAL GROUNDWORK: *When was the last time that you felt ill-at-ease with in yourself? Or within a given situation? Using a journal, take the time to reflect on the following questions:*

*What happened to cause the discomfort?
Who was involved?
How did you respond/react?
How did it make you feel about yourself?
What could you have done differently?
What did you learn about yourself?*

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).

Our Annual **Weekend Retreat for Women Concerned with Alcoholism** will be held **October 11 - 13.**

Sr. Maureen Murphy, OP will lead the weekend, **“Harmony and Our Tenth Step”**

Maureen Murphy, OP will also offer **Sunday Afternoon For Women & Men in 12 Step Recovery** on **October 13.** Her Topic will be: **“Three Key Ingredients for Spiritual Growth: Gratitude, Obedience, and Discipline”**

Our Annual **12 Step Evening of Gratitude** is scheduled for **Tuesday, November 12** from **6:20 - 8:30 PM.** Enjoy a good meal and an interactive presentation.

Sr. Jude Kapp, RSM will present:

“What are YOU grateful for?”

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: **ProgramDirectorDRCC@gmail.com**

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Sr. Monica Murphy, CSJ

It is with great sadness that we share with you the news that Sr. Monica Murphy, CSJ died tragically in a car accident on August 5, 2019.

Sister Monica had directed many retreats here at the DRCC over the years. We will remember her creativity, compassion, and joy!

She was well loved by all who attended her programs. Our prayers go out to the Sisters of St. Joseph of Carondelet as they mourn her loss.



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