

Dominican Retreat & Conference Center



1948-2024



76 years of Caring for the Spirit

The Good News

September 2024



Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.

~ Melody Beattie, American Author~

From the Desk of the Administrator

As we close out our 75th Anniversary year, we are reveling in the abundance of graces and memories we have experienced during these twelve months of celebration! Memories of past Retreats and Retreatants, Sisters and Staff, Volunteers and Benefactors, Promoters and Friends have brought laughter, tears and a deep sense of gratitude. This year has been a special year of sharing stories and sharing prayer. And while our gratitude for these 75 years of Caring for the Spirit knows no bounds, we move forward into our 76th year.

We build on all that has gone before us as we continue to provide a place of spiritual sanctuary, healing, hope, understanding, and profound peace for all who walk these grounds and enter these doors. We are making plans for a variety of programs and events to meet the ever-evolving interests of our retreatants, neighbors, various faith, interfaith and recovery communities. In a world filled with division, fear and mistrust, we hope to continue building a haven where all can find peace and bring that peace with them back into their homes, their communities, and the world. We are so grateful that we have you walking with us into this future!



Sung Vespers in the Spirit of Taize

In-house and via Zoom
Thursdays: Sept. 19, Oct. 10, Nov. 7,
Dec. 5
7- 8 pm Free will offering

Virtual Centering Prayer

Wednesdays: Sept. 25, Oct. 23, Nov. 13,
Dec. 18
7-7:30pm via Zoom
Suggested offering \$5

Pause for Peace

Tuesdays: Sept. 10,
Oct. 1, Nov. 19,
And Monday Dec. 23
7-7:15pm
Via Facebook Live

“September showed up right on schedule, and lasted a whole month.” ~Jenny Wingfield~

REMINDER OF SEPTEMBER PROGRAMS & EVENTS

Sept. 10, 17, 24, Oct. 1 ~ 11am-2pm in-house only (lunch included)

500 Nations Series ~ Facilitated by DRCC Staff

Sept. 11, 18, 25 ~ 10am-1pm (lunch included)

Making Final Preparations

Guided by Sr. Sue Zemgulis, OP and guest speakers

Sept. 12, 19, 26, Oct. 3, 10 ~ 10-11am

Qigong ~ Led by Maxine Becker

Sept. 17 ~ 6:30-7:30pm

How to Retire with Joy ~ Presented by Maxine Becker

Sept. 19 ~ 7-8pm

Sung Vespers in the Spirit of Taize ~ Led by Sr. Sue Zemgulis, OP

Sept. 20-22 and Sept. 27-29

Women's Theme Retreats ~ Guest Director Sr. Marilyn Vassallo, CSJ

I am the vine, you are the branches, remain in me (Jn 15:15)

Sept. 25 ~ 7-7:30pm

Centering Prayer with Sr. Sue Zemgulis, OP



12 STEP PROGRAMS

12 Step Promises Series Continues - First Wednesdays of each month Oct. 2, Nov. 6 and Dec. 4
7 - 8:30 pm Cost: \$15 per session Led by Dr. Susan Barber Skinner

WOMEN'S 12 STEP RETREAT

October 11-13

*In Constant Contact:
Exploration and Reflection*

This year's theme focuses on deepening our understanding and experiences of conscious contact with our Higher Power. Together, we will explore how our relationship with this Higher Power has evolved before and after our engagement with the 12 Steps. We will also examine how our connection has transformed as we've progressed through each step.

We invite you to join us for a journey of renewed awareness and enriching experiences in constant contact with your Higher Power at your spiritual core.

Led by Catherine Androyna who brings her profound insights and extensive experience in spiritual guidance to this retreat.

Cost: In-house \$225 (age 65+\$210)/via Zoom \$90

12 STEP EVENING OF GRATITUDE

NOVEMBER 12 ~ 6-8:30 PM

Whether you are a longtime member of the recovery community or new to DRCC, we hope you will join us for this meaningful evening of gratitude and envisioning the future together.

Following dinner, we will present a program featuring a Panel discussion on gratitude for the decades of DRCC support. Our panel will also look ahead, exploring how DRCC can continue to meet the emerging needs of individuals in recovery. We encourage you to share your suggestions as well. The evening will conclude with an inclusive 12 Step meeting allowing us to close with shared reflection and support.

Led by Dr. Susan Barber Skinner

Cost: In-house \$35/via Zoom \$15

Gratitude is the ability to experience life as a gift. ~ J. Ortberg~



12 STEP SERIES: BIG CELEBRATIONS = BIG FEELINGS

7 - 8:30pm Mondays, Nov. 25, Dec. 9, 23 via Zoom

The holiday season can be a time of joy and connection, but for many individuals in recovery, it can also bring up challenging emotions. We invite you to join us for this three-part series designed to support individuals in recovery as they navigate the emotional landscape of the holidays.

November 25 ~ Session 1: *Exploring Holiday Feelings*

December 9 ~ Session 2: *Managing Overwhelming Emotions*

December 23 ~ Session 3: *Reflecting on the Season and the Year*

7:00 - 8:30 COST \$15 OR \$40 For all 3



A Conversation on Residential Schools

~ October 8 ~ 6:00 - 8:30pm In-house and via Zoom

We invite you to join us for this powerful and informative program where we explore the harrowing history of residential schools in the United States and Canada. These institutions were part of a broader effort to forcibly remove Indigenous children from their families and communities, with the intent to erase their cultural identities and assimilate them into mainstream society. This program is a vital opportunity to learn about a dark chapter in history, understand its ongoing impact on Indigenous communities, and engage in meaningful dialogue about the long-term effects of cultural erasure.

Our presenter is Justin Cree, Director of the Akwesasne Cultural Center. He is from Akwesasne and is of the Kanien'kehaka (People of the Flint), Wakathion:ni (I am Wolf Clan). Justin will delve into the origins and operations of these schools and provide a deeply personal perspective of the generational trauma his family has endured.

Dinner at 6pm followed by presentation—Cost: \$25 in-house and \$15 via Zoom

***Running the River* returns for another fun-filled musical evening...**

Sunday, October 13 ~ 7-9pm

Cost: \$20



“ Gratitude bestows reverence...changing forever how we experience life and the world.” ~ John Milton ~

Cultivating a Contemplative Heart: Part Two

This program will build on the foundation of Part One (2023). It is not necessary to have completed Part One as there will be a refresher at the beginning of the program. This program deepens our immersion in sacredness, simplicity, and space as understood in monastic and desert spirituality. This content encourages us to cultivate contemplative spirituality and a deeper prayer life within the context of the everyday and seasonal living. God calls us to live in abundance; this program explores how to live more whole and authentically in a fragmented world. We will continue to use *The monastic Heart: 50 Simple Practices for a Contemplative and Fulfilling Life* by Joan Chittister, OSB as a base, though other wisdom will also be used by the presenter. (While it is not required to purchase the book, having the text to reflect on and use each week will deepen the experience.)

Tuesdays, 7-8:30 pm ~ In-house and via Zoom

October 15~ Cultivating a Contemplative Heart: Part One re-immersion

October 22~ Called to the desert: Sacred space

October 29~ Healing Love

November 5~ Simplicity as a way of life

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

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



CG



Honoring the Saints in our Lives

October 30 ~ 10am-Noon (followed by lunch)

As All Saints and All Souls Days are upon us, let us gather for a variety of reflective activities to deepen our connection to those who have shaped our lives through their example, guidance and love.

You are invited to bring photos or mementoes of those persons you wish to remember.

Led by Joyce Solimini

Cost: In-house \$25/\$15 Via Zoom

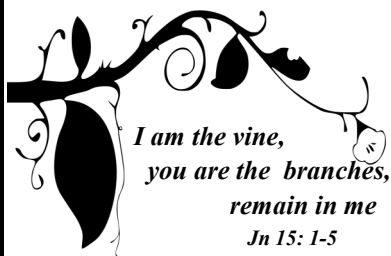
Men's Theme Retreat

I am the vine, you are the branches, remain in me (Jn 15:15)

November 1-3

Directed by Fr. Dennis Mason, OFM conv.

Cost: In-house \$225 (age 65+\$210)/Via Zoom \$90



*I am the vine,
you are the branches,
remain in me
Jn 15: 1-5*

"To be grateful is to recognize the love of God in everything." ~ Thomas Merton ~



Good Grief ~ *Navigating Loss and Finding Comfort During the Holidays*

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. Consider the Swedish proverb: "A sorrow shared is half the sorrow. A joy shared is a joy doubled." Before the holiday season begins, join others who are also seeking to ease their sorrow and celebrate cherished memories.

We invite you to a supportive gathering led by Mary Anne Brown and Don Brooks on **Thursday, November 7 ~ 10am-noon followed by lunch.**

Please bring a memento of your loved one to honor and remember them. Together, we will share stories, gain insights, and develop personal strategies for managing grief throughout the season.

In-house Cost: \$25

Peaceweavers: Weaving our Prayers

November 12 ~ 2-4pm

Join us for a unique and meditative experience. The workshop offers an opportunity to connect with your spiritual practice through the art of weaving.

Participants will work with a round loom, yarn and fabric to create a Woven prayer. In addition to the spiritual dimensions, this program will guide you through the technical aspects of weaving. Whether you are new to weaving or have some experience, come and weave with us as we create, reflect, and find peace in the rhythm of this sacred art.

Led by Dr. Susan Barber Skinner

In-house Cost: \$20



Peace in our Hearts & in Our World

November 21 ~ 7-8:30 pm



Music
Presentation
Prayer
Refreshments

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

Free will offering

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."

~ A. A. Milne



Heart & Soul Quest November 22-24

Choosing Your Now

Our whole life is measured in time. From the time on our birth certificate to the time on our death certificate.

We live in it, use it, spend it, waste it...

Time flies, crawls, slips away, drags...

The way we spend our time defines who we are, and we have only one precious life.

Come explore how you spend your time, and reflect on how you wish to spend your time. As St. Anthony Claret (1807-1870) once wrote, "Choose now what you would wish to have chosen at life's end."

Presented by Sr. Sue Zemgulis, OP

Cost: In-house \$225 (age65+)/Virtual \$90





You are invited to Advent Wreath Lighting series via Zoom
 Hosted by the Galarneau-Braungard Family: Joy, her husband
 John and their daughter, Georgie

Sundays, December 1, 8, 15, 22 ~ 7pm-7:30pm

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

All ages welcome!

Free will offering

ADVENT SCRIPTURE STUDY

Tamar? Rahab? Bathsheba? Mary?

The New Testament opens with a list of names that traces Jesus' family tree all the way back to Abraham. Hiding in plain sight within the nearly exclusively male list are five women: Tamar, Rahab, Ruth, Bathsheba, and Mary.

What do we know about these women? Why were they included in Matthew's genealogy of Jesus? Might they hold a key to understanding Jesus' identity, ministry and mission?

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

Tuesdays - December 3, 10, 17
 10am-Noon via Zoom

Led by
 Dr. Joy Galarneau

Cost: \$20 per session/
 \$55 for three



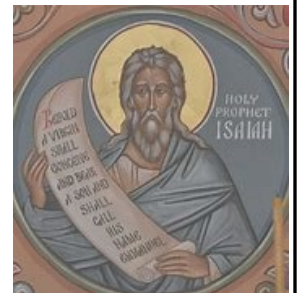
**ADVENT SILENT RETREAT
 FOR MEN AND WOMEN**

December 6-8

*Isaiah: Advent Prophet
 of Challenge and
 Consolation*

Led by Fr. Ray Dlugos, OSA

Cost: In-house \$225
 Via Zoom \$90



We are pleased to welcome and introduce our Newest Staff Member Joan Horgan...

It has been a dream of mine to be able to be part of the team of people who provide such wonderful programming for the Capital District community and beyond. We are lucky to have this haven and I am so grateful to be part of it.

After spending the last 30 years in the Office of Spiritual Life at the College of St. Rose, this welcome has been a light along the path assisting me in imagining what could be next.

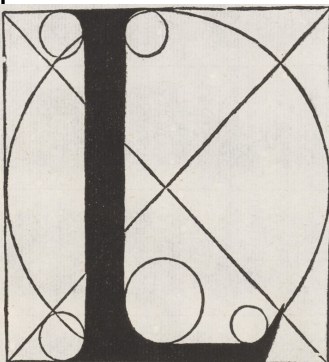
As I begin this new chapter, I've been thinking about what I'm looking forward to connecting with at DRCC. I find a lot of joy and wonder in exploring how the arts can be such great companions along the spiritual path especially during times of challenges and changes. I feel devoted to the bringing together of communities talking, laughing, crying, creating, wondering together as we encounter God in the stuff of our lives. I look forward to seeing what will take shape on the other side of this open door. Thank you for opening up this path to me and seeing what God might have in store. ~ Joan ~

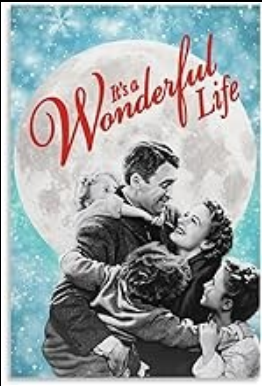
**ADVENT
 LECTIO DIVINA**

Led by Sr. Sue Zengulis, OP
 December 3, 10, 17
 7-8:30 pm via Zoom

Scripture passages will correspond to
 The Advent Scripture Study

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





A Day with "It's a Wonderful Life"

December 19 ~ 11am-3pm (In-house with lunch)

This movie 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? Join us as we watch the movie and explore this question together.

Presented by Jim Dillon, author of The Gospel of It's a Wonderful Life:

A Spiritual Journey Through the Movie

Free will offering—Reservations required

CHRISTMAS CONCERT



Blast this Christmas music! It's joyful and triumphant.

-The Grinch

Join us as we celebrate the Season with the DRCC Choir

December 21st ~ 2-4pm

In-house and via Zoom

NEW YEAR'S EVE EVENING OF REFLECTION with Fr. Dan Dwyer, OFM

This year's theme TBD



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

DRCC will once again be sponsoring a Tree in the *Festival of Trees* at the Schenectady County Historic Society. The festival runs from Saturday, December 7 through December 23

Daily 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.



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





More Than Just Desserts Committee from left to right: Sue Cafariella, Cheryl Steinhorst, Joan Thiesen (co-chair), Susan Sweeney (co-chair), Darlene Lisa, Sr. Sue Zemgulis, OP, Kerrie Wolf-Piechota. Not pictured: Shannon Kelly, Michele Shellard, JoAnne Voris Rafalik, JoAnne Assini.

Greetings!

We are inviting you to the 26th Annual More Than Just Desserts event to be held on October 27, 2024.

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**
- **view our lovely quilts 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 27~ 5-7pm.

The More Than Just Desserts Committee



“When we give cheerfully and accept gratefully, everyone is blessed.”
 ~ Maya Angelou ~

**“More Than Just Desserts”
 Reservation Form**

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

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.)



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**

Mrs. Ms. Mr.
Name Other _____

Address _____

City/ST/Zip _____

Phone (h) _____

(w) _____ (c) _____

Email _____

(Email is necessary for virtual retreat)

Name of Program _____

Check one: ___ in-house or ___ virtual

Retreat Date/s _____

Promoter _____

Dietary Needs _____

Special/Room Requests _____

Deposit: _____ coupon

Amount \$ _____ Check # _____

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

Credit Card Expiration Date: _____

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

*Credit Card Reservations may also be made via
website (www.dslcny.org) or phone (518-393-4169).*

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 _____

I Thank My God for You

As we honor the 75th anniversary of the Dominican Retreat and Conference Center, I find myself filled with deep appreciation. Every time I enter the front gate, I take in the gifts of each season. These days we feast on the splendor of this holy land, and I am thankful for the fields, the trees, and the glory that remind me of the goodness of God, our Creator. When I step into the Retreat House, I am embraced by the peace, the beauty and touchstones of grace and I am thankful for the love of Jesus, our Holy Friend and brother. As I sit in chapel in the presence of the Blessed Sacrament and the saints in the mural, I am thankful for the sacred silence and the freedom to join in prayer with the holy women and men present during worship. When we sit and listen to retreat directors, presenters and one another, I am thankful for the group wisdom that emerges through the Holy Spirit.

My litany of gratitude continues with all thanks to our foundress, Mother Catherine de' Ricci, to the Dominican Sisters of Peace, to all who keep the retreat ministry humming so well and to all who have graced these grounds by their presence, work, support, and caring stewardship over these 75 years. Because you have helped to shape this holy land and generously devote yourselves to the ongoing care of the spirit, I thank my God for you.

~ Mary Anne ~



DON'T FORGET ABOUT OUR 75TH COMMERATIVE ITEMS: T-SHIRTS, TOTES, APRONS, MAGNETS, JOURNALS, PENS

GREAT GIFTS!

YOU CAN ORDER BY PHONE OR JUST STOP BY.

Or Current Resident



***“The heart that gives thanks
is a happy one, for we cannot feel thankful
and unhappy at the same time.”***

Anonymous

**Best Wishes for a Blessed
Thanksgiving...**

from the DRCC staff

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

\$10.00 Coupon

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