

## 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*

June 2019



### SUNDAES ON SUNDAY

Free Family Fun

17<sup>th</sup> Annual Ice Cream Social and Open House

August 25: 12 noon – 4:00 PM

Cool off with your family, friends and neighbors.

Enter our drawing for a Free Retreat Weekend!

Enjoy our choir at 1PM and 2:30PM.



Tour our Center and Windmill



We will also offer a  
**Child ID Program**  
"Trading Cards"  
provided by New York Life



For more information, please call (518) 393-4169; E-mail:  
[dslny@nybiz.rr.com](mailto:dslny@nybiz.rr.com); or visit us online at [www.dslny.org](http://www.dslny.org)

### **WEEKLONG PREACHED RETREAT FOR WOMEN RELIGIOUS**

June 17 - 23

*My God and My All: Living in God's Wholeness*

During the week, we will reflect on our theme from the vantage point of where we are both individually and as a community of faith in relationship to our ever unfolding relationship with the God who holds us in his love.

Our time together will be an opportunity to remind ourselves of the richness of God's life which we have been called to share and mature in and to extend to others.

**Directed by: Fr. Dan Nelson, O.F.M.**

### **ORGANIZING DAY WORKSHOP FOR MEN & WOMEN**

Saturday, August 10

OUT with the OLD Season...IN with the NEW!

It's the Best Time to Organize - You're NEVER too YOUNG to Start!

Remember getting ready for the first day of school for yourself, your children or grandchildren? In August you would start to determine when you would shop for the new outfit and shoes needed as well as all the school supplies. How exciting it was and still is for some of us when we entered our school year.

Our hope is that you feel this same excitement for this program as you look for that "new outfit and comfortable shoes." Once you discover what they are, you will be able to determine what items you need to complete your tasks so you will be able to start your new Season with enthusiasm and success for organizing!

**Presented by: Ceil Amendolia, OPA**



## FROM THE DESK OF THE ADMINISTRATOR

Sr. Sue Zemgulis, OP

This year, the Dominican Sisters of Peace are celebrating their 10<sup>th</sup> Anniversary! What an amazing and blessed journey it has been since 8 different congregations made a choice to let go of their longstanding identities to become something new in the world! It has strengthened our mission and given form to the many ways that we can “Be Peace, Build Peace, and Preach Peace.”

As a way of honoring the celebration, each ministry was invited to plant a tree on their property to commemorate the event. So, on April 30, after a day of rain, the sun broke out as we began the opening prayer of our tree planting ritual. We planted two Cortland apple trees in the middle of the property – a tree very much at home here in New York. We reflected on “Advice from a Tree,” which you will find hanging in the retreat house, as well as the lyrics from a song written by one of our sisters many years ago:



*“I give shade in the summer, fruit in the fall  
But when winter comes, I give nothing at all  
My branches are bare, a mere silhouette,  
Yet deep within I can never forget  
That life but sleeps and my song I must sing  
And always remember the promise of spring.”*



I invite you to visit our new trees and take some time to reflect on the cyclical seasons of your life and “May God give us grace to always be as free, as free.”

*Sr. Sue, OP*

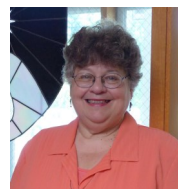
## The Happiness Project - Part 8

In March’s Good News, under the Happiness Project I presented the author Gretchen Rubin’s **THE HAPPINESS PROJECT MANIFESTO**. I hope you were able to embrace her ideas.

The Eighth Step is: *Keep a Contented Heart and Focus on Attitude*. We need to look at how ambitious we are, how dissatisfied we are, and how hard we are to please. These characteristics interfere with us being Happy. The author says it is easier to complain than to laugh, easier to yell than to joke around, easier to be demanding than to be satisfied. When I started to evaluate myself based on these characteristics I was surprised how easily I fell into this world of being ambitious, dissatisfied, and hard to please. In order to Keep a Contented Heart one needs to change their Attitude.

The Attitude adjustments that are suggested in this step are the following:

- Laugh out loud
- Use good manners
- Give positive reviews
- Find an area of refuge



Each day when you wake up, ask yourself “What makes me feel good?”  
Then desire to make it happen.

Ceil Amendolia, OPA

Email me at [ceildrh@yahoo.com](mailto:ceildrh@yahoo.com) and let me know how it is working for you.

## A Note To Our Benefactors

We are most grateful for all your financial support in the past year! Due to the transitioning of the database, we made some mistakes on the Benefactor’s List printed in the March issue of the Good News. We apologize for any concerns this may have caused. We have made every effort to make corrections, and have reprinted an updated list in this issue.

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(The following donors represent all who have contributed to this fund since its inception)

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As of May 15, 2019

(Every effort has been made to be accurate. Please inform us of any omissions or inaccuracies)

It's never too early to start thinking about our annual fund raiser, **"More than Just Desserts"**.

This year the 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.*  
*Need not be present to win.*

*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.  
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

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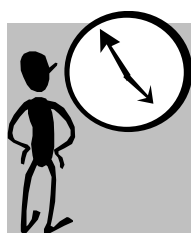
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# Day/Evening Programs June 2019 - September 2019



Times on calendar indicate the **scheduled time** for the actual beginning and end of the program.

**Registration** begins a half-hour prior to the start of the program.

## Monthly Workshop

*Ongoing Organizing, Changing, Downsizing, Rightsizing*  
June 13, September 12, October 10, November 14, and  
December 12, 2019

10:00AM-Noon \$15.00 per session  
**Ceil Amendolia, OPA**

## CASAC Training

*"Motivational Interviewing: An Interpersonal Clinical  
Approach to Empower & Promote Change in Others."*

Friday, June 14 9:00 AM-4:00 PM  
**Frank Pouliot, MS CASAC** \$60 before June 7, \$65 after

## 12 Step Presentation for Men and Women

*From Self-Reliance to God-Reliance*

Sunday, July 14 1:00 PM-4:00 PM  
**Mary Gleason** \$20.00

## Sung Vespers in the Spirit of Taize

*Singing, quiet time, scripture, and intercessory prayer*

Thursday, June 13 7:00 PM - 8:00 PM

## Dream Group

Meets Monthly \$25/class

TO REGISTER:

**Contact: Sr. Carol Davis (518) 393-5517**  
**CarolDavisOP@gmail.com**

## Card-Making Workshop for Men & Women

*An Afternoon of Making Greeting Cards*

(All supplies provided)

Saturday, July 27 1:30 PM-3:30 PM  
**Brigid Meyer** \$15.00

## Vespers Feast of St. Dominic

Thursday, August 8 7:00 PM

## Organizing Day Workshop for Men & Women

*OUT with the OLD Season...IN with the NEW*

Saturday, August 10 10:00 AM-4:00 PM  
**Ceil Amendolia, OPA** \$45.00

## Marian Day

*Mary: Who was She? Who is She?*

Wednesday, August 14 9:15 AM - 3:00 PM  
**Sr. Jule Werner, RSM**

## New Cosmology

August 27; September 3, 10, 17, 24; October 1

**Sr. Victoria Battell, RSM** 7:00 PM - 8:30 PM



## ORGANIZING, CHANGING, DOWNSIZING, RIGHTSIZING

Wouldn't it be great to think about  
Organizing your office? Downsizing your spaces? Rightsizing your filing system? AND most of all, changing the things in your life that you want and need to change? Every month we will meet to answer - HOW? WHEN? WHERE? WHY? We will discuss plans, processes, concerns, achievements, and ongoing ideas to accomplish these tasks. Set aside a Thursday each month and join us as we support each other in the world of organizing - from the inside out. You may join this group at any time for as many sessions as you want.

**Directed by: Ceil Amendolia, OPA**

## CARD- MAKING WORKSHOP FOR MEN & WOMEN



Come and join the fun - an afternoon making greeting cards using stamps, ink, "bling," ribbons, etc. No experience or supplies needed. Each participant will go home with 4 cards and envelopes of your own creation! It's fun, easy, and addictive, so beware!

Saturday, July 27 1:30 PM—3:30PM **Brigid Meyer**

## WEEKEND RETREAT FOR MEN & WOMEN

*Discerning God's Will for Us*

*"I know the plans I have for you, said the Lord, plans to give you a future full of hope." Jeremiah 29:11*

God knows who we are and God calls us by name. We get involved trying to figure out what God has in store for us. Do we trust God for all we need? Do we believe we can handle what God asks of us? As we explore the topic of God's will for us we will reference Mary Katherine Deeley's book: *"Remembering God, Resting in the Midst of Life"*

Will you allow yourself to rest in the midst of life and come away on retreat to remember God?

July 12 - 14

**Directed by: Ceil Amendolia, OPA**

## Join us as we pray "Sung Vespers in the Spirit of Taize"



(singing, quiet time, scripture, and intercessory prayer)

Thursdays - June 13, July 18, August 22,  
September 19, October 17,  
**Wednesday - November 13,**  
Thursday - December 19

7:00-8:00PM

# Weeklong and Weekend Programs June 2019 - September 2019

## Weeklong Preached Retreat for Women Religious

*My God and My All: Living in God's Wholeness*

June 17-23

**Fr. Dan Nelson, O.F.M.**

\$450.00

\*\*\*\*\*

## Weeklong Silent Preached Retreat For Women

*Our Call to Be Human as Jesus Was Human*

July 1-7

**Fr. Raymond Dlugos, OSA**

\$450.00

\*\*\*\*\*

## Silent Directed Retreat For Women

*Focus on your personal relationship with God.*

July 1 - 7

**Sr. Christine Connolly, OP**

**Sr. Susan Leslie, OP**

\$450.00

\*\*\*\*\*

## Weekend Retreat For Men and Women

*Discerning God's Will For Us*

July 12-14

**Ceil Amendolia, OPA**

\$205.00\*

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## Weekend Retreat for Men & Women

*A Window Into Thomas Merton*

August 16-18

**Rev. Bill Sheehan, OMI, Doug Hertler, Sr. Sue Zemgulis, OP**

\$205.00\*

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## Theme Retreats for Women

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

(Gal. 5:6b)

September 20-22

**Anita Davidson, OPA**

\$205.00\*

September 27-29

**Sr. Katherine (Kitty) Hanley**

\$205.00\*

## \*Weekend Retreats - \$205.00

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

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

Thank for all you do to support the Retreat House.

For information on any program listed please call (518) 393-4169 between 8:30 AM-4:30 PM, Monday through Friday, or email [dslcnny@nybiz.rr.com](mailto:dslcnny@nybiz.rr.com). You can also view our calendar on the web at [www.dslcnny.org](http://www.dslcnny.org).

***Weekend programs begin Friday with sign-in at 7:00 PM and conclude on Sunday.***

Complete this **REGISTRATION FORM** and include with deposit (\$50.00 non-refundable for Weekend & Weeklong Registrations)

To save time and postage, Credit Card Reservations can be

✓ faxed (518-393-4525)

✓ phoned in (518-393-4169)

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

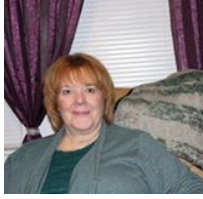
# \_\_\_\_\_ Exp. \_\_\_\_\_

***Print name as it appears on card for clarification (Office Use only)***

We kindly ask that you update your food allergies every time you register for a program. Our database does not carry this information over to the new year. This information is very important in order for our kitchen staff to properly prepare meals.

**THANK YOU!!**





## SUMMER - A TIME TO THINK AND REFLECT

Summer can be jam packed with things to do - vacations, outdoor activities, home maintenance. Everything we try to get done while the weather is nice. These can all be very stressful activities. Sometimes it is nice to just kick back and pause to reflect and rest.

Our weekends are full, but we have availability for day and or weekday overnights for your group to gather in a place of quiet and solitude to refresh and replenish your bodies, minds, and spirits. To share ideas and learn from others. To recharge yourself and get back into life and work rejuvenated and refreshed. Our facility is totally accessible and is smoke and scent free.

Barb Kerr, Hosted Program Coordinator

bkerrdrcc@gmail.com

518-393-4169



## Silence You Can Feel and Hear

Sr. Jude Kapp, RSM

Before there was Google, there was the Readers' Guide to Periodical Literature and "the stacks" in a library. As walked to the lower level of the library I can remember it got quieter and quieter. I could almost feel and hear the quiet. That is how I feel now when I am on my yearly Retreat.

The first few I went on were a bit daunting. What would I DO for a week without talking to anyone? or having TV? It is amazing what happens when I let the silence enfold me. After a day or so, I sink into the experience. The mornings pass quickly into the afternoons. Then it's dinner time and I say, "where did the day go?"

It is during this silence that I not only relax and rest, but God pretty much has my undivided attention. I can hear the whispers that I more than likely miss at other times. I entered the Sisters of Mercy 30 years ago and over those years, my Retreats have given me the opportunity to reflect on God's goodness as well as to receive God's healing when needed.

I have been known to say, "Everybody's life will be better after I go on Retreat!" I regain my perspective for sure. Once I wrote on Retreat, "If God is the wind, then I would like to be a birch tree, so that when God moves through me, other people will see God." Retreat helps that happen.

### SILENT DIRECTED RETREAT FOR WOMEN

July 1- 7

A directed retreat is an opportunity for you to focus on your personal relationship with God, particularly your prayer life. Each day there is time to meet with a director to share your experience of prayer and whatever has taken place between you and God throughout the course of the day. Suggestions for ongoing prayer or scripture passages for reflection will be offered by the director. You will have time to spend with God in silence and solitude. To rest, walk, write in your journal, etc. Prayer services and daily liturgy will occur during this time should you wish to participate.

**Directors: Sr. Christine Connolly, OP  
Sr. Susan Leslie, OP**

You chose your director preference.

### WEEKLONG SILENT PREACHED RETREAT FOR WOMEN

*Our Call to Be Human As Jesus Was Human*

July 1 - 7

Being human is a lot harder than we think. It is filled with disappoint, frustration, powerlessness, doubt, and uncertainty. Being human is being in a constant state of not having things the way we really want them to be. Being human involves separation when we long for unity; and too much closeness when we long for solitude. Being human certainly involves suffering and being human is all about dying and having that which we love die.

Being human is about being ecstatic with joy when our needs are met and bereft with sadness and anger when they are not met. This retreat will invite you to explore how you respond to your human experience and relieve the tension of being human.

**Directed by: Fr. Raymond Dlugos, OSA**





**DRCC**  
**Recovery Corner**  
 (Sr. Susan Leslie, OP)  
 susanlesliedrcc@gmail.com

On Friday, **June 14, 2019**, **Frank Pouliot, MS**, CASAC will present a CASAC Training entitled, **“Motivational Interviewing: An Interpersonal Clinical Approach to Empower and Promote Change in Others”**. Doors will open at 8:30 a.m. for check-in, with the program running from 9:00 a.m. through 4:00 p.m. Though the training is designed to provide CASAC credentialing credit, **all** are welcome to attend.

On **Sunday, July 14, 2019** we have scheduled one of our gatherings for **Men and Women in 12 Step Recovery**. The presenter, **Mary Gleason**, will lead us in the theme, **“From Self-Reliance to God-Reliance”**. Sign-in begins at 1:00 PM. The program will run from **1:30-4:30 p.m.**

Reservations are requested. Please join us!

*About our CASAC (Credentialed Alcohol and Substance Abuse Counselor) offerings...*

Due to staffing changes at NYS OASAS (New York State Office of Alcoholism and Substance Abuse Services), there is a significant delay in receiving approvals for CASAC Trainings. Consequently, at this time we are unable to list our proposed trainings, as we are still awaiting approval. Even so, we will tell you the dates that we have set aside for future trainings: June 14, 2019; November 15, 2019; January 24, 2020; April 8, 2020 (please note that the April date is a Wednesday). Once we have any information, we will post it on our webpage. The link is:

<https://www.dslcnny.org/recovery-corner.html>

Thank you for your patience!

For further information about any of our 12 Step and CASAC programs and retreats, please contact:

Sr. Susan Leslie, OP at 518-393-4169, or via email at [susanlesliedrcc@gmail.com](mailto:susanlesliedrcc@gmail.com).

<p><b>STEP 3</b></p> <p><b><i>Made a decision to turn our will and our lives over to the care of God as we understood God.</i></b></p> <p>I have come to know the unconditional love of God.</p> <p>It is a love that makes <b>trust</b> possible.</p> <p>Making a <b>decision</b> to turn my will and my life over to the care of God and actually doing it seem worlds apart but the <b>trust</b> that I have come to know makes the reality a possibility.</p> <p>Through the love of those around me I have come to know the care of a</p>	<p>tender and loving God. This care gives way to a deepening trust—a trust that allows me finally to turn my will and my life over to the care of God.</p> <p>It is clear—God’s love will not bring me where God’s love will not sustain me.</p> <p>Confidence in God’s goodness reduces fear permitting me to allow God into the driver’s seat of my life.</p> <p>I stand in submission to my Higher Power’s will for me, knowing I will never be led off course, but kept within a direction</p>	<p>that is steady, bringing healing and wholeness to a life once broken by the power of addiction.</p> <p>The awesomeness of God’s enduring love!</p> <p><b>PRAYER</b></p> <p><i>God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Thy will, not mine, be done. Amen.</i></p> <p><b>SPIRITUAL GROUNDWORK</b></p> <ul style="list-style-type: none"> <li><i>Think of a time when you felt the presence of God surrounding you, giving you comfort, and filling you with peace.</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Sit with this memory.</i></li> <li><i>Savor the memory.</i></li> <li><i>Thank God for the memory, assured that your Higher Power surrounds you each day with love and blessing.</i></li> </ul> <p>Reproduced by permission from Sister Judith A. Terrameo, OSF, <i>Pathway to Peace and Inner Freedom: Reflections on the Twelve Steps</i> (Allegany, NY: The Franciscan Sisters of Allegany, 2018).</p>
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**Dominican Retreat & Conference Center**  
*Dominican Spiritual Life Center*  
1945 Union Street, Niskayuna, NY 12309

Non Profit Org.  
U.S. Postage  
PAID  
Albany, NY  
Permit # 961

**Or Current Resident**

*Place label here*

**Feast of St. Dominic  
August 8**

Please join us as the Dominican  
Sisters and Associates celebrate  
the Feast of St. Dominic

Vespers at 7:00PM



**SAVE THE DATES - CALL FOR DETAILS**

**New Cosmology**

August 27; September 3, 10, 17, 24; October 1  
Sr. Victoria Battell, RSM 7:00 PM– 8:30 PM

***A Window Into Thomas Merton*  
Weekend Retreat for Men & Women**

August 16 - 18

Join us as we explore some of the concepts that Thomas Merton has developed in his own spiritual journey: the concept of true self and false self; the necessary balance between being and doing, and the freedom to find that balance and awake to the ongoing transformation of rebirth. The weekend will include time for input, reflection, and group sharing.

**Rev. Bill Sheehan, OMI, Doug Hertler, Sr. Sue Zemgulis, OP**

**\$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**

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