

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

September 2018



CELEBRATE!

CELEBRATE!

Our 20th Annual

"More Than Just Desserts" Benefit

Sunday, October 28, 2018

at the

Dominican Retreat & Conference Center

NOTE NEW TIME

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

Silent Auction

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 22

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



Do you remember when you were a kid and you would trace your hand or foot and then color it in? Or maybe as a parent or grandparent you have been the model as those you love carefully guided crayons or markers around your extremities.

As we were preparing for our recent Sundaes on Sunday event, we realized we needed a new sign announcing the event as the previous one had become water-logged and had seen its last days. It was a team effort, and my part was to paint the letters on the sign. First I would trace around the letters that were created, then I would paint the outline and finally fill it in.

As usual, it had me thinking a bit – thinking about my faith and those who had taught me or guided me along the way; about scripture passages that have shaped me and the saints who I consider my friends; about how Jesus lived his life and the grace of the sacraments in mine. These are the guides or models of my spiritual life. They are what I trace

lines around to form the shapes which help me see God in my life. Then there's prayer and action– that's the filler! My prayer deepens and broadens my relationship with God, giving it body and hue so that I can live my life in **full color** and can "Go and do likewise!" acting in a manner that spreads God's love and compassion.

Have you traced your hand lately?



Welcome to our new Hosted Program Coordinator!

Barbara (Barb) J. Kerr has a diverse background in administration and has worked extensively planning, implementing, and coordinating workshops, meetings, conferences, and conventions. She attended Russell Sage College Evening Division and Empire State College.

Barb has two sons, one daughter, eight granddaughters, three grandsons, three grandsons-in-law, one great-granddaughter, and two great-grandsons. Whew!! Five of her children and grandchildren are either active duty, active reserve, or Veterans and include service in the Army, Air Force, and Navy.

Her hobbies include swimming, reading, playing tenor drum with a bagpipe band, travelling, and celebrating her Scottish Celtic Heritage.

Barb has a strong, personal faith steaming from the Scot-Presbyterian and Mennonite faiths of her parents. "I truly believe in miracles and the love of God for all his children."

Retreat and Conference Center

It's Fall again - apple and pumpkin everything. The leaves arrayed in all their splendor before their winter nap.

The Conference Center, however, never naps. We are already booking for 2019. It is never too early to plan your events. Weekday meeting dates are up for grabs throughout 2019.

We have hosted bagpipers, a week long cello workshop, our fabulous sewers, and so many more. We have very diverse groups who meet here. I am available to help you plan the perfect meeting, dinner, or retreat. Give me a call.

Barb Kerr, Hosted Program Coordinator

518-393-4169



by Annette Brooks, Program Director

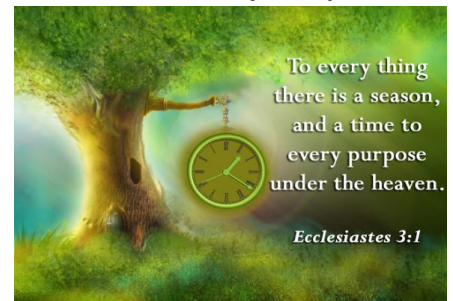
Living in the Northeast, we experience the four seasons—Summer, Fall, Winter, and Spring. Once again, Summer is ending and the season of Fall will be quickly upon us. Look how quickly, Summer has gone. Not only do seasons occur because of where we live, but seasons also happen in one's life. We have the season of being a child, of growing older, and so forth. At certain seasons of our life we are in school, at other seasons, we may be starting a new job, or discerning that it is time to venture forth and leave a position. And, at some point, we may enter a season of envisioning retirement.

To experience different seasons in one's life is very normal and all part of the great journey of life.

Over the last several months, I have been in a process of discernment to find out what season of my life I am presently experiencing on my journey. As a result of praying and discerning, I have come to recognize that, in my next season of life, it is time to leave my position as Program Director. I came in 2015 and it is now time for me to leave. It may be to envision the season of retirement or the season of a new adventure which is yet to unfold.

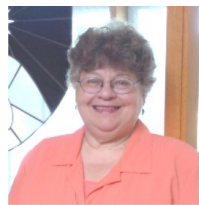
Over the time that I have been here, I have been blessed to have had the opportunity to meet and associate with each of you. You have brought a blessing to us by just passing through the doors of the retreat house. You have enriched the DRCC and the lives of the participants and staff, including my own. I will miss each of you and will remember you in my thoughts and prayers. May the road lead me so our paths may cross again.

I invite you to refer to the calendar in the newsletter listing the upcoming programs, days and evenings of reflection, along with retreats and other opportunities that are being offered at the Dominican Retreat and Conference Center. These will provide an opportunity for you to take the time to reflect, uncover, and discover what season of life you are on with God's journey for you. Enjoy the seasons of your journey with God and embrace the journey wherever it may lead you.



The Happiness Project - Part 5 Cecelia Amendolia, OPA

In June's Good News, under the Happiness Project it was stated to LIGHTEN UP. When was the last time you sat in the park and watched the children play?



The Fifth Step is to MAKE TIME FOR FRIENDS. Epicurus said, "Of all the things that wisdom provides for living one's entire life in happiness, the greatest by far is the possession of friendship." Having friendships enables us to enjoy our experiences with someone else, to work through the joys as well as the sadness of life. Friends lift us up and support us in many ways. Friends let us laugh out loud and be our true self. Due to our busy lives, we sometimes place our friends second in our lives.

In the months to come I invite you to do the following:

- ⇒ remember your friends' Birthdays,
- ⇒ be generous of your time with your friends,
- ⇒ when you make a commitment show up, keep the relationship strong.

When you are with your friend don't waste the time together gossiping about someone else. Be there for each other. Try and make 3 new friends over the next few months.

Most of all "What a Friend we have in Jesus."

You can email me at ceildrh@yahoo.com and let me know how it is working for you.

Grounds Day at DRCC Monday October 8, 2018 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!



I
 enjoy
 a simple life,
 uncomplicated,
 unmaterialistic,
 rich in experience.

Evening Presentation for Men and Women
 October 4
Living Simply in a Consumer Society

We will reflect on living in our society in a way that is free, compassionate, and truly human. The presentation weaves the art of Marion Honors, CSJ with music and poetry, story, and science. The experience fosters a deeper consciousness of our place in the web of life.

7:00 PM - 9:00 PM
Presented by Linda Neil, CSJ



Creative Day of Reflection for Men and Women
 October 20

Contemplative Creativity...

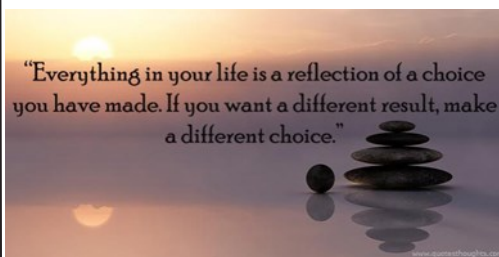
not an out of reach and lofty concept, but a real and attainable state. If you become absorbed in your art or craft, you already practice it.

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

Cameras, sketchbooks, and/or journals are welcome... or just come and be refreshed in a low-key atmosphere.

10:00 AM — 3:00 PM
Presented by Claudia Gregoire, OPA

Program Highlights



Afternoon of Reflection
 October 21
Discernment for Everyone

We all have many choices in life and want to make the best ones possible. Learn the basics of discernment — what it is and what it isn't and ways of listening to God in prayer and how others can assist you in the process of discernment.

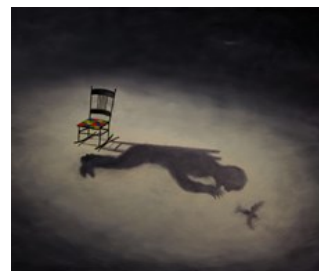
Beginning with prayer, the day will include:

- time for input
- small and large group discussion
- personal reflection time
- a discernment exercise
- introduction to several different ways or schools of discernment.

You will leave with a clearer understanding of what discernment is and some tools and resources to assist you in making good choices.

This program is open to men and women of all ages. It is perfect for those in personal discernment and for anyone accompanying others as they discern (i.e. youth and young adult ministers, faith formation ministers, catechists, etc.)

1:00 PM — 4:00 PM
Presented by Sr. June Fitzgerald, OP, MA



The Empty Chair
 December 15

In Robert Hutchinson's book, *Blue Is My Favorite Color, Sometimes*, he writes;

"I remember your eyes, your laughter. I remember so many things about you.

Remembering makes it easier to breathe. I take a deep breath. Remembering you makes me smile."

This day-long retreat will give us a break from the holiday busyness to pause and remember those we love who have passed. It will give us a chance to share the stories we cherish. We will be together with others who truly understand our feelings. This will be a day to honor our loved ones. Through prayer, song, and meditation; we will practice being gentle with ourselves in an atmosphere of hope.

(Please bring a small memento, poem, or photo of your loved one(s).)

10:00 AM — 4:00 PM
Presented by Maggie Whelan, OPA

**"Peace in our Hearts
 and in Our World"**



December 14
 Music
 Presentation
 Prayer
 Refreshments

~ All are welcome. ~
 Come be in a peaceful setting
 and pray for peace with us!
 7:00 PM - 9:00 PM

Led by Dominican Sisters and Associates of Peace

Day/Evening Programs September-December 2018

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. 20, Oct. 25, Nov. 15, Dec. 6
Dominican Sisters 7:00 PM - 8:00 PM

Coffeehouse featuring.....

Running the River 7:00 PM - 9:00 PM
 Sunday, September 16 \$16.00
Benefits Dominican Pastoral Counseling Center

Busy Person's Retreat

an "At-Home Retreat"
September 16-21 (materials provided) \$125
Sr. Christine Connolly, OP

12 Step Sunday Afternoon Presentation

Simply Sane
 Sunday, September 16 1:30 PM - 4:30 PM
Sr. Cathy Cahill \$20.00

Scripture Series for Men & Women

Love One Another—The Jesus of John's Gospel
 September 18 & 25, October 2 & 9 7:00 PM - 8:00 PM
Sr. Victoria Battell, RSM

Monthly Workshop

Ongoing Organizing, Changing, Downsizing, Rightsizing
 Thursdays: Sept. 20, Oct. 11,
 Nov. 15, Dec. 6 10:00 AM - Noon
Ceil Amendolia, OPA \$15.00 per session

Senior Day of Reflection

Walk Humbly with Your God
 Thursday, October 4 9:45 AM - 3:00 PM
Rev. Bob Longobucco \$25.00

Evening Presentation for Men & Women

Living Simply in a Consumer Society
 Thursday, October 4 7:00 PM - 9:00 PM
Sr. Linda Neil, CSJ \$15.00

Day of Creativity

Contemplative Creativity
 Saturday, October 20 10:00 AM - 3:00 PM
Claudia Gregoire, OPA \$30.00

Afternoon of Reflection for Men & Women

Discernment for Everyone
 Sunday, October 21 1:00 PM - 4:30 PM
Sr. June Fitzgerald, OP, MA \$20.00

20th Annual Fund Raiser: More Than Just Desserts

Sunday, October 28 5:00 PM - 7:00 PM
 (see invitation p. 1) \$50.00

Visitation Ministers Evening of Reflection

You Carry the Light of Hope
 Tuesday, October 30 6:20 PM - 9:15 PM
Sr. Eleanor Guerin, RSM \$25.00

Thanksgiving DR

TBD
 Tuesday, November 6 9:45 AM - 3:00 PM
Fr. Chris Welch \$30.00

12 Step Evening of Gratitude

TBD
 Tuesday, November 13 6:20 PM - 8:30 PM
TBD \$25.00

Advent Day of Reflection

Did Mary Have Other Children?
 Tuesday, December 4 9:45 AM - 3:00 PM
Fr. Pat Butler \$30.00

CASAC Training

Families, Addictions, and Wellness
 Friday, December 7 8:30 AM - 4:30 PM
Robert Woods, PhD
 By 11/30 \$60.00
 After 11/30 \$65.00

12 Step Men and Women in Recovery

Sunday, December 9 1:30 PM - 4:30 PM
*The Virtue of Humility—Recognizing the Generosity of a
 Higher Power*
Sr. Kay Kanick, RSM \$20.00

Advent Evening of Reflection for Men & Women

Ways To Pray That Make Life Better
 Wednesday, December 12 6:00 PM - 9:15 PM
Rev. Scott VanDerveer \$25.00

Prayers for Peace

Friday, December 14 7:00 PM - 9:00 PM
Dominican Sisters & Associates of Peace

The Empty Chair

Saturday, December 15 10:00AM - 4:00PM
Maggie Whelan, OPA \$40.00



Mission Statement

The Dominican Retreat and Conference Center, a ministry of the Dominican Sisters of Peace, is open to each person who desires to grow personally and spiritually in a sacred, peaceful, and safe environment. Opportunities are offered for individuals and groups to come for enrichment, reflection, and rest.

Weekend Programs September-December 2017

Retreat for Women Concerned with Alcoholism
Traveling the Road of Imperfection
 September 14-16
Sr. Cathy Cahill, OSF \$205.00*

Women's Theme Weekend
... and after these ... a tiny whispering sound (1Kg 19:12)
 September 21-23
Sr. Kitty Hanley \$205.00*

Women's Theme Weekend
... and after these ... a tiny whispering sound (1Kg 19:12)
 September 28-30
Sr. Monica Murphy, CSJ \$205.00*

Men's Theme Weekend
... and after these ... a tiny whispering sound (1Kg 19:12)
 November 2-4
Rev. Louis Sogliuzzo, SJ \$205.00*

Weekend for Women: Heart and Soul Quest
To forgive or not forgive ~ ~ that is the question
 November 16-18
Sr. Sue Zengulis, OP \$205.00*

Advent Silent Weekend for Men & Women
It's a Wonder-full World
 November 30 - December 2
Fr. Gary Gelfenbien \$205.00*

A 12 Step Overnight program for Men and Women Concerned with Food Issues
Celebrating the Holidays -Do We Create Our Own Crises?
 Friday, December 7 - Saturday, December 8
Sr. Kay Kanick, RSM \$100.00*

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.

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 (dslcny@nybiz.rr.com)
 faxed (518-393-4525)
 phoned in (518-393-4169)

Name:

Mr. Mrs. Ms. Other _____

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: _____



Will you CLYNK with us?

BAG IT, TAG IT, DROP IT

A new way to help DRCC and save the earth!

Hannaford has a new program where the money for your returnable bottles can go directly to DRCC.

Pick up your bags & tags at the Retreat House. When the bag is full, take it to Hannaford, scan the tag, and drop it. The money for the bottles will be credited to DRCC. It's that simple.

We have a supply of bags and tags at the Retreat House whenever you need them.

For more information, give us a call 518-393-4169.

★ ★

**Dominican
Star Pass**

Entitles
winner
to attend
any and all
programs
at the
Dominican Retreat &
Conference Center
free of charge

Valid 1/1/2019–
12/31/2019

★ ★

Support our annual fund raiser, **“More than Just Desserts”** by joining in this year’s raffle! This year the Committee has decided to have **two special drawings:**

One drawing is for the popular **Year Long Pass**. This pass is good from January 1-December 31, 2019 and enables you to attend any and all programs at DRCC free of charge.

The other drawing is for an **Original Sculpture of St. Francis with the Wolf** by Phyllis Kulmatiski. The sculpture is 23” high and can be used either indoors or outdoors.



**Drawings will be held on Sunday, October 28, 2018
at our Fall Benefit, “More Than Just Desserts”**

On each ticket please put a check mark **before** the raffle prize of your choice.

Dominican Retreat & Conference Center 2018 Drawing

____ Year Long Pass OR ____ St. Francis Sculpture

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 28, 2018

Donation not required for participation

Dominican Retreat & Conference Center 2018 Drawing

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Name _____

Address _____

Telephone _____

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

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Drawing: Sunday, October 28, 2018

Donation not required for participation

Ongoing Programs



Monthly Workshops for Men & Women

Organizing,
Changing,
Downsizing,
Rightsizing

Thursdays: Sept. 20, Oct. 11,
Nov. 15, Dec. 6
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: Sept. 20, Oct. 25,
Nov. 15, Dec. 6
Time: 7:00-8:00PM



Dream Group
with Sr. Carol Davis, OP
October 1, November 5,
December 3

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, Sept. 16, 7-9PM
Cost: \$16

includes music and snacks

Proceeds benefit

Dominican Pastoral Counseling Center
Questions: Sr. Carol Davis, OP
518-393-5517

Directions: Please visit
www.dslcn.org



FORGIVENESS

is not something
we do for OTHER PEOPLE.
We do it for OURSELVES
-to GET WELL and
MOVE ON.

Heart & Soul Quest
A retreat for women
November 16 - 18

To Forgive or Not Forgive - That is the Question

Forgiveness is a process and a decision. It is not something that simply happens or that is as easy as saying "I'm sorry."

Come explore the healing dynamics of forgiveness in *your* life. It may lead you to greater richness and freedom because forgiveness is at the heart of the matter.

Directed by Sr. Sue Zemgulis, OP

Advent offerings

Advent Silent Weekend For Men & Women
November 30—December 2

It is a Wonder-full World

It is a wonder-full world. Technology has brought us so many amazing ways of being "in touch" — we are never "without" — pings, dings, and emoji-ed with every sort of demand for our attention. We are Insta-crammed to distraction and tweeted to the point of becoming numb. Life is seen through the phone lens and downloaded. Hands free, yes, but how many miles do we remember nothing of what just passed us, or what we just passed. Dangerously distracted, we seem to be begging for oblivion. Elijah began a journey to find "his way" to Mt. Horeb, and Jesus invited the disciples to a deserted place — a desert of solitude to hear, see, touch, and experience the voice . . . the whisperings of God.

Directed by Fr. Gary Gelfenbien

Advent Evening of Reflection
Wednesday, December 12

Ways to Pray That Make Life Better

Learn some strategies for praying in a way that truly changes your life for the better. Approaches that appeal to a variety of personality types and are effective in connecting you with God in a deeper way. You will leave with techniques you can practice immediately with fresh hope for the road ahead.

Directed by Fr. Scott VanDerveer

Advent Day of Reflection
Tuesday, December 4

Did Mary Have Other Children?

What does Luke tell us regarding the virginity of Mary, Mother of God. Catholic tradition holds that Mary was a virgin before birth, during birth, and after the birth of Christ. Luke is interested in having us consider whether Mary had other children. His Gospel teases us to ponder upon who these children might be.

During this retreat day, we will consider Luke's account of the nativity and various references throughout the scriptures that suggest a connection between Jesus and Mary's "other children."

Directed by Fr. Pat Butler





DRCC Recovery Corner

We now share with you the three last steps from "The Twelve Steps Prayer" by Sr. Joyce Rupp as found

in her book, Out of the Ordinary, pages 176-177. (©2000 by Joyce Rupp. Used by permission of Ave Maria Press. All rights reserved.)

10. *Continued to take personal inventory, and when we were wrong, promptly admitted it.*

Divine Guide, help me to be aware of my compulsions and unhealthy actions when they push forth and wound others or myself. Remind me often that I am always unfinished, that I will constantly need you by my side in order to make good choices for my life.

11. *Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

In my busy and stressful times, draw me to you, Abiding Peace. May I find time each day for union with you in meditation and prayer. Continue to convince me of how essential this bond with you is.

12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to those addicted, and to practice these principles in all our affairs.*

Indwelling Strength, as I live these truths through what I say and do, may I be mindful that your grace is sufficient for me, that your power working through me can do more than I can ever ask or imagine (2 Corinthians 12:9; Ephesians 3:20).

In case you did not see this in any of our other means of communication, the quarterly Sunday afternoon for Men and Women in 12 Step Recovery was moved from October 7 to September 16. We apologize for any inconvenience this may have caused.

Our annual **12 Step Evening of Gratitude** is scheduled for **Tuesday, November 13**, from **6:20-8:30 p.m.** Enjoy a good meal, and an interactive presentation! Presenter TBA.

A **12 Step Overnight program for Men and Women Concerned with Food Issues** entitled, **"Celebrating the Holidays...Do We Create Our Own Crises?"** will take place from **Friday evening, December 7 through 4 PM Saturday afternoon, December 8**. **Sr. Kay Kanick, RSM** will lead the process. Kay says, "Spiritual thinking focuses on recovery, commitment, and gratitude. Let's celebrate in thanksgiving!"

Sr. Kay Kanick, RSM, will then stay with us for Sunday afternoon, **December 9**, to lead us in the topic of **"The Virtue of Humility—Recognizing the Generosity of a Higher Power"**. This is an invitation to choose to recognize this generosity in our daily lives, and to pass on this gift! This program will include shared discussion and prayer. Come, and bring a friend! This session will be geared to **Men and Women in Recovery**, from **1:30-4:30**.



Please contact us with any suggestions or comments. We welcome your feedback!

CASAC Training

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

Friday, December 7, 2018

Families, Addictions, and Wellness

Workshop directed by: **Robert Woods, PhD**

Early registration on or before 11/30/18

COMING IN 2019

Friday, February 1, 2019

Lifestyle Changes & Brief Practices to Enhance Recovery

Workshop directed by: **Warren Skov, LCSW, CASAC**

Early registration on or before 1/25/19.

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

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

Coffee, tea, lunch, and snacks are included.

Early registration \$60.00 per person.

The Good News is published four times a year.

Dominican Retreat & Conference Center

1945 Union St, Niskayuna, NY 12309

518-393-4169 dslcny@nybiz.rr.com (email)

www.dslcny.org

Or Current Resident



★ Celebrating **20** Years ★



CELEBRATE! CELEBRATE!

Our 20th Annual
 "More Than Just Desserts" Benefit
 Sunday, October 28, 2018



Dominican Retreat
 & Conference Center

NOTE NEW TIME

5:00 - 7:00 PM

(Details and reservation form inside.)

✂
\$5.00 Coupon
 Present this coupon to
 receive \$5.00 off
 a day or evening program at:
**Dominican Retreat &
 Conference Center**

✂
\$10.00 Coupon
 Present this coupon to
 receive \$10.00 off
 a weekend program at:
**Dominican Retreat &
 Conference Center**