

## 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*

March 2023

**M**ay God make you holy as you endure *misunderstanding* and differences of opinion with others. With God may you step back from the fray in order to see others as more than their dispute and to see the whole of who you are in God's eyes. May this divine perspective bring you to a place of discerning each one's purpose and recognizing each one's integrity as you seek resolution. May the God of *Discernment* bless you.

Maxine Shonk, OP

#### *From the desk of the administrator:*

*As we move along through this year, it is clear that there is still much division in our communities and in our world. While we may not be able to create global peace, we can be responsible for our own attitudes and actions. What we say and what we do matters. How we say it and how we do it matters. From the time of St. Dominic, Dominicans have highly valued what we know as *disputatio*. In her article entitled ["Dominican Preaching: An 800-year-old Gift Ever New."](#) Barbara Reid, OP defines *disputatio* as "entering into respectful dialogue with others who hold a differing position from our own in order to arrive together at truth." It means that we do not enter a conversation ready to prove the other person wrong. We enter into the conversation with respect for the other, and open to learning about and understanding their perspective. For it seems to me that in God's great wisdom, we all have a piece of the truth. We need each other, in all our diversity, to find moments and places of unity where we can put those pieces together. May God bless each of us with those moments and places as we continue to journey through his year.*



*Barbara Reid, OP*

#### Virtual Centering Prayer via Zoom

For those who simply want to pray with the group. It will include a brief reading from one of the writings of Thomas Keating and a 20 minute sit.

7-7:30 PM Wednesday nights:  
March 15, April 19, May 10, June 14

#### Sung Vespers in the Spirit of Taize

7-8 PM  
Thursdays: Apr. 13, May 18, June 8

*Presented by Sr. Sue Zemgulis, OP*

In House & via Zoom

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

7-7:15 pm ~Wednesday March 29, and Tuesdays ~ April 25, May 23, June 20

Presented by Dominican Sisters on Facebook Live





## REMINDER OF MARCH PROGRAMS & EVENTS

**Tuesdays, March 7, 14, 21, 28—10 am—Noon—via Zoom**

*Lenten scripture Study with the Book of the Prophet Isaiah*

We will study the prophetic words that have captivated hearts and minds for millennia, in order to hear them anew with the ears of our hearts.

Facilitated by Dr. Joy Galarneau

**Tuesdays, March 7, 14, 21, 28—7-8:30 PM VIA Zoom**

*Lectio Divina with Sr. Sue Zemgulis, OP*

**Mondays, March 13, 20, 27—5:30-7:30**

Winter Walkers ~ come and walk the hallways, spend quiet time in the chapel, catch up with friends over a hot beverage, browse the book shop, rest and relax.

**March 16—9:45 AM - 3pm—in-house and virtual**

*Celtic Day of Reflection ~ Listening for the heartbeat of God* led by Anita Davidson, OPA

This contemplative day will offer opportunities to listen for and reflect on the heartbeat of God through words, music, imagery, creative arts, conversation and shared silence.

**March 17-19**

*Yarncrafters' Retreat: One Stitch at a Time: Trusting in the Slow Work of God*

Explore the craft as a metaphor for how God works in us and through us, slowly but surely crafting us into the best version of who we can be.

Director: Anita Davidson, OPA

**March 23-7-8:30 via Zoom**

Third session of Art Journaling Series~ *Nourishment: Feeding the Soul*

"I am the bread of life: you that come to me shall never hunger; and you that believe in me shall never thirst" John 6:35

Led by Dr. Susan Barber Skinner

**March 30—10am-3pm**

*Lenten Day of Reflection: Do this in Remembrance of me*

Together, we will reflect on what the "this" is that Jesus is asking of us.

Directed by Fr. Christopher DeGiovine

In-house (includes lunch and Eucharist) and virtual via Zoom

### ***WOMENS' THEME RETREAT***

*"Make my joy complete." Paul's encouraging words to the Philippians will be our focus for the coming year. Paul goes on to explain by adding, "being like-minded, having the same love, being one in spirit and of one mind." Ph 2:2 Paul is not asking us to be clones of one another, but to have the heart and mind and soul of Jesus—to look at each other and the world through Jesus' eyes and to live as Jesus has taught. For Jesus, that meant surrendering his earthly life. For us, we may have to surrender judgements, resentments and differences in order to experience a joy that surpasses all understanding. Come join us as we respond to a call to be a more joyful people.*



*March 31—April 2 ~ Director: Mary (Reddy) Reichley, OPA*

*April 21-23 ~ Director: Sr. June Fitzgerald, OP*

*Cost: In-house \$225 (65+ \$210) Virtual \$90*



## PAINTED PRAYERS

April 20 ~ 6 -9 pm

This workshop will provide an opportunity to pray with your visual voice by putting marks to surface, guided by the prompts used during our Art Journaling series – *potential, unity, and nourishment*. Dr. Susan Skinner invites you to join us to celebrate spring in prayer.

No experience or previous attendance at Art Journaling is required.

In-house Cost: \$25. (includes dinner of soup and bread)

*We are delighted to introduce the newest member of the DRCC staff, Joyce Solimini:*

Greetings to all! I am thrilled to join the retreat staff and to collaborate with the dynamic team at DRCC. I recently retired from over 40 years of parish and diocesan ministry, primarily in the areas of adult faith formation and lay leadership development. I hold a Masters degree in Theology and I was looking for a way to use my gifts in retirement and so Sr. Sue's invitation to join the staff was truly an answer to prayer. I am involved in Christian Initiation ministry at my parish, St. Kateri Tekakwitha in Schenectady, and occasionally do freelance programs for parish ministers. I enjoy my three beautiful granddaughters – Lily, Olive and Charlotte, taking road trips with friends, and singing tenor in Rock Voices (check it out at [www.rockvoices.com](http://www.rockvoices.com)). I look forward to walking with all types of spiritual seekers through our themed retreats, days of reflection and other programs and to meeting both old friends and new ones! Be peace!

-Joyce



## PRAYING WITH THE SCRIPTURES OF THE EASTER SEASON

April 27 ~ 10am—2 pm

*Led by Joyce Solimini and using lectio divina, visio divina and imaginative prayer, we will enter the resurrection experience of Jesus' disciples and find meaning for our own walk with the Risen Christ.*

*In-house only (lunch included) Cost: \$35*



*For those of you who attended retreats in the 70's and 80's, you will remember Sr. Marie Melnick, OP. Sr. Marie was known for her humor, compassion, understanding and joyful spirit. God called Marie back home on February 5, 2023. May she rest in peace and may we continue to carry and spread that joyful spirit to others!*

**Everything we construct as a society depends on shared information, which implies an honest relaying of what is going on inside our heads. If we couldn't do so—or chose not to do so— we wouldn't be able to get anything done together.**

**~ Ann M. Garrido in *Let's Talk About Truth* ~**







## THE COUNCIL OF ALL BEINGS

May 9—10 am-12:30 pm followed by lunch

Sr. Linda Neil, CSJ will lead us through *The Council of All Beings* a colorful, sometimes solemn, creative, communal ritual that allows us to step aside from our human identity and speak on behalf of other life-forms. It is excellent for growing the ecological self, for it brings a sense of our solidarity with all life, and fresh awareness of the gifts each species brings and damage wrought by one upstart species. Participants allow themselves to be chosen by another life-form, for whom they will speak in Council. They prepare themselves to do this by reflecting on their life-form, often by making a mask or creative representation to represent it, and finally gathering in a formal, structured Council to share their reflections.

~adapted from *Coming Back to Life*, J. Macy and M. Young Brown

Cost: In-house \$30 (including lunch)/ Virtual via Zoom \$20

## Girls' Night Out May 12-13

“Self-Care Isn’t Selfish: Learning to Take Time to Restore and Recharge”

Join writer and retreat leader Mary DeTurris Poust for a conversation on self-care as it relates to the spiritual journey, and head home with some simple tips and practices for making regular rest and renewal an easy part of even the busiest day.



Liturgy at 6pm followed by dinner.  
\$25 for evening program/\$55 for program with overnight stay, morning prayer and brunch

## In-house Spiritual Spa Day for Caregivers

Tuesday, May 16 ~ 9 am– 3pm

Perhaps you are caring for loved ones in the home, or you are involved in long-distance caregiving or your loved one is in residential care. Perhaps you have professional responsibilities for patients in a healthcare setting. Because of the many demanding aspects of caregiver responsibilities, your own needs, feelings, and self-care may be lost and forgotten.

**However, caregivers need support, too!**

Join us for an event tailor-made for your needs and well-being.

No cost for Caregivers due to a generous grant from the Mother Cabrini Foundation  
Reservations Required



## ESTHER SCRIPTURE STUDY

*“Perhaps this is the moment for which you have been created...”*

From Jewish orphan...to queen of Persia...to savior of her people:  
Esther’s story has been captivating audiences for millennia.

Thursdays: 5/18, 5/25, 6/1, 6/8, 6/15, 6/22  
10am—noon, followed by lunch

We welcome you to participate in person or via Zoom

Cost: In-house \$25 each/\$125 for all six/Virtual \$20 each \$90 for six

**COFFEE HOUSE—Featuring Mark Rust**  
**Sunday, May 21—7-9PM In house and Zoom**

**Mark is a multi-talented singer and musician from Woodstock, NY. He has appeared in People Magazine, performed on Broadway and has several recordings.**

**Join us for an enjoyable evening of music and stories about experiences we've all shared while growing up in a family. Mark's performance showcases an array of instruments including guitar, banjo, fiddle, piano and mountain dulcimer.**

**Reservations required. Cost: \$20**



August 13, 2023 marks the beginning of the 75<sup>th</sup> anniversary year of DRCC (1948-2023). We have begun to imagine and discuss what we want the year to look like and have been soliciting input, ideas, expertise and memories from staff, friends and retreatants, past and present. We would like to invite everyone to be part of this joyful process in whatever capacity they desire. To this end, we ask that you let us know if you'd like to serve on a committee, assist with projects and events, share your own memories of the Retreat House or simply give us your ideas and suggestions. Please call (518-393-4169) or email us at [dslcnny@nybiz.rr.com](mailto:dslcnny@nybiz.rr.com)

**75 to 75th—May 25**

**7-8 pm**



**Join us in gratitude and blessing as we anticipate the 75th Anniversary Year events with vespers, dessert and the unveiling of the 75th Logo.**



**Retreat for Persons with Physical Disabilities**

**June 9-11**

***Jesus, my friend.***

**Come for a time away with friends to explore our friendship with God. The retreat will include time for prayer, reflection, rest and sharing.**

**Directed by Sr. Lizette Hoevel, SND**

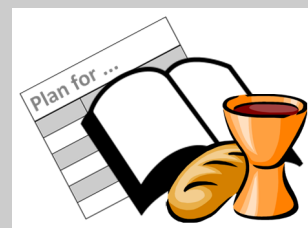
**Cost: \$100. (If you cannot afford to make an offering, you are still welcome to attend. This retreat is being subsidized through the generosity of the Mother Cabrini Health Foundation)**

**An evening of refreshment for parish ministers! June 21 ~ 6-9pm**

***Making All Things New: Reclaiming the Passion for Ministry***

**We are called to minister from a sense of mission and joy. But what if our vision gets clouded and our joy is dampened by the difficulties of the day-to-day? Let's prayerfully reflect on ways to reclaim the passion for our ministry when the flame begins to flicker. Presented by Joyce Solimini**

**Cost: In-house \$25 with dinner at 6 pm/virtual via Zoom \$15**



## SEEKING COMMON GROUND—

A retreat with the *First Nations Translation* of the New Testament

June 2–4

Guided by Terry and Darlene Wildman

Join us for a retreat with the dreamers behind the  
*First Nations Version*. Together, we will:

**Learn** the story behind the First Nations Version of the New Testament  
(FNV): Why and how did it come about?

Who were the dreamers and visionaries involved?

**Experience** the FNV of our Sacred Scriptures through  
storytelling, prayer and song.

**Reflect, dialogue and dream:**

How might the FNV inspire a path forward for all Christians—  
one of hope, healing, and reconciliation?

Program begins at 7:45 on Friday and  
ends on Sunday with lunch at noon.

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



## 12 STEP PROGRAMS

Year-long Series continues:

### *Making Peace in Recovery*

April 5 - *Peace in Fear*

May 3 - *Peace in Self-Revelation*

June 7 - *Peace in Willingness*

7-8:30 via Zoom Cost: \$15 per session

### THE IMPACT OF PERFECTIONISM

Sunday, April 16 ~ 1:30-4:30 pm

Perfectionism can impact how we live our daily lives.  
Join consultant and author Mark T. Scannell in an  
exploration of the insidious influence of  
Perfectionism and discuss tools for releasing its  
grip on our expectations.

In-house & via Zoom—Cost: \$20

### WEEKEND RETREAT FOR MEN & WOMEN

May 5–7

In this Retreat, we will explore the steps with a focus on  
how each can be used to meet challenges in recovery.

- ♦ Creating a Language that Works (All Steps)
- ♦ Moving from Fear to Trust (Steps 2 and 3)
- ♦ Going Beyond our Shame and Embarrassment (Steps 4-9)
- ♦ Developing the Divine Spark in Me (Steps 10-12)

Led by Ruth Hoenick, Spiritual Director and facilitator of  
retreats throughout the country.

Cost: In-house \$225/Virtual \$90

### THE FORGIVENESS PROCESS & THE 12 STEPS

Tuesday, June 13 ~ 7-8:30 pm via Zoom

Presented by educator, author *Christy Heacock, PhD*

We can become addicted to many things that harm  
our personal well-being. One is an addiction to  
victimhood that often comes with feelings of  
bitterness, resentment and shame. We can learn to  
overcome the burden of those thoughts and feelings  
through forgiveness of others and ourselves.

Cost: \$15





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(w) \_\_\_\_\_ (c) \_\_\_\_\_

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(Email is necessary for virtual retreat)

Name of Program \_\_\_\_\_

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Amount \$ \_\_\_\_\_ Check # \_\_\_\_\_

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**Age:** Under 65 65/+

**Veteran?** YES NO

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

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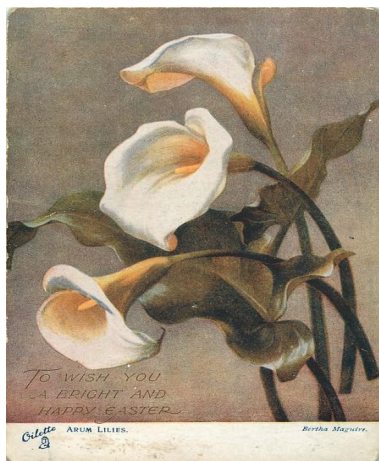
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