

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 2021

U

nifier

We need you, divine Unifier,
To join what has broken apart
In our human relationships.
Perceived wrongs separate.
Jealousies increase hostility.
Misuse of power divides.
Selfishness easily isolates.
Disloyalty dissolves trust.
Bring us closer to one another.
Unify us in your one great heart.

Nan Merrill (as quoted in Fragments of Your Ancient Name)



Weeks II, III & IV of the Art Journaling Series—

Sept. 23—*Journaling on the Important Things*

Oct. 7—*Journaling on Our Times and Fear*

Oct. 21—*Journaling on Hope and the Future*

7-8:30 PM—via Zoom

SUNG VESPERS IN THE SPIRIT OF TAIZE

Thursdays—October 28, November 18 & December 9

Onsite or Online via Facebook Live
Free will offering

Centering Prayer via Zoom

*For those who simply want to
pray with the group*

Wednesdays, 7-7:30 PM

Sept. 29, Oct. 20

Nov. 10, Dec. 15

Suggested offering \$5



Pause for Peace—a brief pause to pray
for peace in our world, in our
communities and in our hearts.

Tuesdays, 7:00-7:15

Oct. 12

Nov. 23

Dec. 21

Presented by Dominican Sisters
Via Facebook Live



From the Desk of the Administrator

One of the things that meditation and contemplation teach us is to attempt to be in the present moment. It is not an easy thing to do. That's one of the reasons I think that this pandemic has been difficult for so many. It has forced us to be in the present moment in so many ways. Many of you have asked, "Well do you think next month we will still have to mask? Do you think in February we will be able to have that retreat in person? Do you think by December you can raise the number attending?" And my response is, "I just don't know." I don't like not knowing. I don't like having to make a contingency plan for each retreat/each circumstance/each variance. All I know is what is happening in the present moment - where things stand today and what the plan is for tomorrow. While I can make sure that our Covid precautions are in place so that anyone coming to the retreat house is as safe as possible, I can't, with any degree of certainty, guarantee which or when any of those precautions will change. We will continue to try to make our programming as accessible as possible for all those wishing to attend in house or on line. In the meantime, I need to rely on God in the present moment. I am reminded of the refrain of a song I wrote many years ago: "Trust in me moment by moment – every minute of the day. I will give you all you need in your life – my love and my grace."

A. L. O.P.

It is with great joy that we share the latest project of our *Dominican Associates of Peace*. Knowing the importance of nature's beauty as part of the retreat experience, our Associates adopted the garden by the front door, so that all might be welcomed by that beauty upon entering. Their generosity, planning and planting of this garden will be enjoyed by everyone for years to come! We cannot thank them enough!

Before



After



Photos by Claudia Gregoire



Pictured from left to right: Kathy Barrans, Marylyn de Gonzague, Doreen, Murdock, Lorraine Gorton, Pam Dintrone, Annette Wheat, Sr. Sue Zemgulis, OP



In-house Scripture Study Series

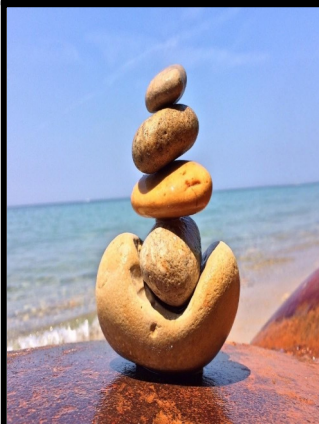
I Am Who I Am: Witnesses in the Gospel of John

John's gospel presents some interesting named and unnamed characters who all witness to Jesus out of their unique stories and encounters with him. This series studies some of the key figures in this powerful gospel to help each of us discern our calling as unique and beloved witnesses to Christ.

Presented by Victoria Battell, an experienced educator and Chief Mission Officer at Maria College

Tuesdays, 7-8:30 PM: September 14 ~ *Witnesses in the early chapters of John*
 September 28 ~ *Nicodemus and the Samaritan Woman*
 October 19 ~ *Mary, Martha and Lazarus*
 October 26 ~ *Peter and Judas*
 November 9 ~ *Thomas and the Beloved Disciple*
 November 16 ~ *Mary Magdalene*

Cost: \$15 per session/\$85 for all six



A Resilience Toolkit for the People of God

A Four Part Resilience Training for enduring hard times and thriving during and after with Mary Anne Brown, RN, BSN, MA

Thursdays ~ September 23, Oct. 7, Oct. 21, Nov. 4
 1-4 PM Onsite or online via Zoom

Come, sit down for a spell, put back your burden and rest awhile. Your body, mind and spirit are counting on this wise gift of Temple Care.

Cost: \$20 per session/\$75 for four

CELEBRATING SIMPLE LIVING

An In-house and On-line Presentation with Sr. Linda Neil, CSJ; educator, hiker and naturalist.

Tuesday Evening October 5 ~ In-house Dinner at 6 PM, online sign-in 6:45 PM
 Program 7 -8:30 PM

The presentation will weave art, music, poetry and story to engage our hearts, inform our minds and fire our passions for transforming and celebrating our relationship with the Earth Community.

Cost: \$25 in-house with dinner /\$15 Virtual via Zoom



More Than Just Desserts Fundraiser

More Than Just Desserts will once again be *eventless* this year. Although we would love to gather with all of you in October, the current state of unknowns and adjustments makes it impossible to plan for an evening where everyone's health and safety is assured.

We rely on your continual support of this event through financial donations. If you would like to donate, go to our website dslcn.org and look for More Than Just Desserts where you will find a link to a donation form. If it is more convenient, you can call us at (518) 393-4169 and we can assist you.

The name of every donor will be put in a raffle and several lucky winners will receive some type of "Treat". Please respond by October 1st so we can include your name in the listing of supporters and add it to our special treat raffle!

Indigenous Peoples Day ~ An Introduction

Some have wondered why Columbus Day has a new title and why it has been important to make that change. Join Sr. Kateri Mitchell, SSA for an exploration of the Doctrine of Discovery and the reasoning behind the importance of acknowledging all the historical facts and perspectives. May we, together, grow in our understanding.

Monday, October 11 ~ 7-8:30 PM via Zoom Cost: \$15

"The Best is Yet to Be": A Time of Reflection for Older Adults

Designed for people in their maturing years to gather and reflect on some realities of getting older.

Directed by Joyce Solomini who has recently retired from a 43 year career in parish and diocesan ministry where she worked, primarily, in the area of faith formation with adults and parish staffs.

Wednesday, October 20 ~ 9:30 AM-3 PM with Lunch at Noon

Cost: In house \$25/virtual via Zoom \$15. (Virtual sign-on : 9:00 AM)



A message from our new Director of Programming

Hello, DRCC Friends,

When I was asked to write a self-introduction for this newsletter, writer's block immediately set in... and then refused to leave me! Finally, Sr. Sue—with her signature wisdom—suggested that I ask my seven year old daughter, Georgie, what she thought I should write. Here's what Georgie—with her signature wisdom—said: " You should write that you are very interested in God. You love God. You love everyone. You are a theologian. You love this job. You love your family. You like being with your daughter!" My reaction? First: Why didn't I think of that? And then: Can you please repeat that slowly so I can write it down? And finally: ok Jesus, I think I'm starting to get what you meant when you said that God's kingdom belongs to children.

I am very happy and so very grateful that God has brought me here to the DRCC, where it is my honor to work and pray and journey with you. If I haven't met you yet, I can't wait to do so. If we are already acquainted, I can't wait until our paths cross again. Until then, wherever you are, wherever you go, may our God of hope, peace, joy, and love be ever with you.

With peace and all good, Joy Galarneau



MEN'S Theme Retreat November 5-7

*Jesus rebuked the wind, and said to the sea,
"Peace! Be still!" Mk4:39a*

Director: Fr. Bill Sheehan, OMI

Cost: Onsite \$205/Virtual \$75

Spiritual Sanctuary News – Veteran Program Series Begins.



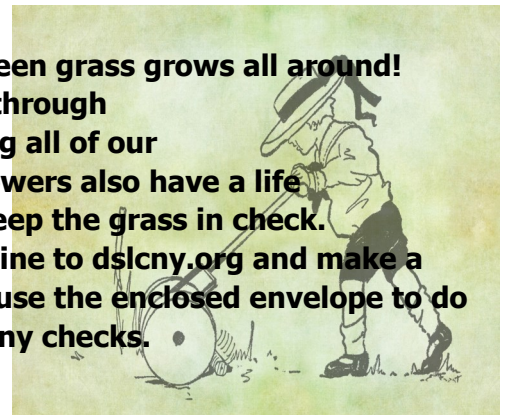
In 2020, we began the *Spiritual Sanctuary Program at the Retreat Center*. Thanks to the generous funding from Mother Cabrini Health Foundation we have been able to respond in many ways to the spiritual needs of our growing populations of Seniors, Persons Living with Disabilities, and 12-Step Program Members. This year we have expanded our focus to include Veterans and have been hard at work preparing our home to be more Veteran-friendly. We are studying military language and culture, looking to invite resources and services on-site that can support Veterans who participate in retreats and days of reflection. We are learning more about the challenges our veterans have encountered during their service. Transitioning from military to home, family, and community, living with the aftermath of combat and healing from the physical, emotional, and spiritual scars, are just a few of the serious challenges that our heroes and heroines must confront.

We are pleased that Fr. Marty Fisher, a veteran himself, will begin our Veteran Program Series with an event titled, "*We Remember*", on Nov. 10, 2021 from 9:30 – 3:30 pm.

It will be a day-long program that will include morning prayer, talks by Fr. Marty, lunch, and a Healing Service at the end of the day. On that day, we hope to honor a full house of Veterans as We Remember all those in uniform serving today, those who have served in the past and will serve in the future. There will also be a virtual option. The grant covers transportation and registration fees upon request if individuals need this support.

Please let Mary Anne know of any questions or suggestions you may have to advance our *Spiritual Sanctuary Program*. Just leave a message for her at the office.

.. and the green grass grows all around, all around, and the green grass grows all around! It's a refrain from a kid's song. It's also the refrain that goes through Scott Hotte's head all the time. Scott is responsible for keeping all of our green grass at a manageable height. But tractors and lawnmowers also have a life cycle and we are purchasing a new zero-turn lawnmower to keep the grass in check. If you would like to help us with that purchase, you can go online to dslcny.org and make a donation via our website specifying "Lawnmower" or you can use the enclosed envelope to do the same. Please specify "Lawnmower" on the memo line of any checks. For more details, contact us at (518) 393-4169.





Evening of Reflection for Women

Wednesday, November 17 ~ 6-8 PM

***Join us for an evening of sharing, conversation,
thought-provoking input, and a good cup of tea!***

**Presenters Victoria Battell and Dr. Anne Jung will explore the
inspirational female writers and wisdom figures who have
empowered and informed our journey and works of mercy.**

**Cost: Onsite with dinner—\$25
Virtual—\$15**



Heart and Soul Quest

November 19-21

Home Isn't Always a Place

***Coming home to ourselves is a lifelong journey involving our bodies, minds hearts and souls.
What does it mean to be at home with ourselves?***

Join Sr. Sue Zemgulis, OP to explore when and where and how we experience ourselves at home.

**Cost ~ In House \$205 (age 65 & over—\$190)
Virtual ~ \$75**

***November 23 ~ 7:30-8:30
In person or virtual via ZOOM***

Sweet Hour of Music and Prayer With Mary Anne Brown

***By connecting through word and music, people of every age and belief continue to grow healthier in body,
mind and spirit***

***(In house seating limited, please reserve in advance)
Free will offering***

Our next Book Club:

***Building a Bridge: How the Catholic Church and the LGBT Community
Can Enter into a Relationship of Respect, Compassion and Sensitivity*
By James Martin, S. J.**

Coming in the new year...stay tuned for details





Advent Silent Retreat ~ December 3-5

Advent Hope in a Time of Disillusionment

Fr. Ray Dlugos, OSA invites you to allow the great scripture passages of the season of Advent to see the signs of God coming into our personal and Collective history and to hear the sound of God's voice calling to us and directing our hearts and minds to hope.

Cost: Onsite \$205/Online via Zoom \$75

Advent Scripture Series

*Mary of Nazareth,
Mother of Jesus
God called...she answered*

*Tuesdays ~ November 30, December 7, December 14
10:00—Noon via Zoom*

Led by Joy Galarneau, PhD

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

Lectio Divina

November 30,
December 7 and 14
7—8:30 PM
With Sr. Sue Zemgulis, OP
Via Zoom

**LECTIO
DIVINA**

\$15 per session/\$40 for all three

You are invited to an Advent Wreath Lighting

Hosted by: Joy & John Galarenau and daughter, Georgie

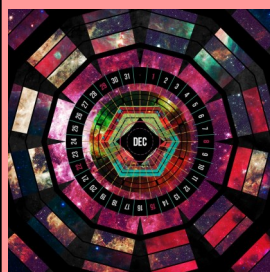
Where: Their home via Zoom

When: Sundays, Nov. 28, Dec, 5, 12, 19 at 7 PM

*They welcome you to share a simple prayer and time of reflection
with them as they light the candles of hope, peace, joy and love.*

RSVP to: DRCC (518)393-4169





Advent Day Retreat

Conscious, Cosmic Love

This day-long retreat explores the meaning of incarnation within the context of the new cosmology, exploring the evolution of cosmic love and its power to transform the whole universe.

Presenter: Victoria Battell, an experienced educator; currently Chief Mission Officer At Maria College

Saturday, December 11 ~ 10 AM-3:30 PM

Cost: In-house \$30, Virtual \$20



The EMPTY CHAIR

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.

Saturday, December 18 Via Zoom

**Two parts with time in between to stretch and get away from your screen
10 AM—Noon and 1:30-3:00 PM**

Presenter: Maggie Whelan is a retired teacher, writer, veteran workshop presenter and a Dominican Associate of Peace.

Cost: \$25

CHRISTMAS CONCERT DECEMBER 19 ~2-4 PM

SAVE THE DATE—STAY TUNED FOR DETAILS



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 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 _____

For Office Use only:

_____ BK _____ DB _____ List _____ Conf Code: _____



Step 12

Having had a Spiritual Awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all of our affairs.

As I engage in the work of Step 12, I am aware of the spiritual awakening that has taken place in my life through the working of the previous eleven Steps. Step 12 is to the end of the Journey, I have not graduated. It is the beginning of Harmonious living. These twelve Steps, worked to the best of my ability, one day at a time, will guarantee continued peaceful living. This is the promise of the program

Having had a spiritual awakening, Step 12 entrusts me with a two-fold directive: First, that I carry this message to others; and second that I practice these principles in all my affairs.

Aware of the many gifts that my Higher Power has given to me through the work completed in the course of these Twelve Steps, I am eager to share my experience, strength and hope with others that they too may come to know and experience the freedom and joy of living that I have come to know in my own life.

The most practicable way of carrying the message to others is through the example of my life – the patience I use dealing with others; the care and compassion that I demonstrate in my relationships with family and friends; the kind word I speak to and about others; as well as the sharing of trust and faith I have in my Higher Power.

I also carry the message by companioning others through the process of working these Steps in their own lives. The task of Sponsorship is an awesome responsibility requiring commitment, presence, a listening ear, as well as honest feedback. Knowing my own time constraints, I choose to work with only one or two people at a given time so that I can give them the best of who I am. This role of sponsorship is humbling as I am privileged to hold sacred the story of another's life.

Another way that I am able to carry the message is by sharing my own experience, strength and hope at Twelve Step Meetings which I attend, especially for the benefit of new comers whose lives are spiritually drained, physically wearied, and emotionally spent that they may see the miracle of God's hand at work. For those who suffer the pain and affliction of addiction.

And how critical it is for me to practice all of these principles in all of my affairs of my life. This is the crux to on-going recovery as well as living with gratitude to my Higher Power.

PRAYER

Good and gracious God, I thank you for the gift of recovery that is mine. Help me to articulate my heartfelt gratitude in the manner in which I live the principles of these Twelve Steps in my life and the way in which I am willing to carry the message that has been passed on to me. Amen

SPIRITUAL GROUNDWORK

How will you articulate your gratitude to your Higher Power for the grace and blessings given to you through the working of these Twelve Steps?

Reproduced by permission from Sister Judith A. Terrameo, OSF, Pathway to Peace and Inner Freedom: Reflections on the Twelve Steps (Allegany, NY: The Franciscan Sisters of Allegany, 2018)

12 Step Presentation for Women and Men Via Zoom

Some Who Came to Believe—What Does Akron Have for Us?

Presenters: Peg Conners Harrigan, Margaret Maniaci and Fr. Chris Welch will explore the early years of AA through the eyes of three important participants... Henrietta Seiberling, AA number 3, and Sister Ignatia.

Saturday, October 9 ~ 12:30-3:00 PM

Cost \$20



Or Current Resident

Place label here

May the God of *Thanksgiving* be with you, bringing you to a place in your heart that bursts with profound appreciation.

May you be moved to say "Thank you" to your spirit, to your creation, to your struggles, and to your history for the gifts with which they have blessed you.

May your grateful heart spill out into the world that waits for your word of affirmation and your hand of healing love.



May the God of *Thanksgiving* be with you.

Maxine Shonk, OP

\$5.00 Coupon

Present this coupon to receive \$5.00 off
 a **day** or **evening** program at:
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\$10.00 Coupon

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