

Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309
(518) 393-4169

www.dslny.org

The Good News

March 2018



*A special thank you to all who made our new truck possible!
It is doing a fine job with all of our winter weather!*

A Word from One of Our Retreatants

In the last twenty years, I have been a consistent face to be seen at the Dominican Retreat and Conference Center in Niskayuna. I have attended daytime and evening presentations, day-long programs and weekend retreats.

I can attest to the fact that my spiritual life has grown tremendously. No longer am I Catholic just on Sundays but every day as I face life's ups and downs. My prayer life has increased and deepened. Through the many presenters who share their stories, I have learned how much God loves me. I feel God's compassion in the hard times and delight in the peaceful times.

I am so grateful that I have found the Sisters and other new friends who travel with me on life's journey.

Maggie Whelan

May 11 and May 12

Begin Mother's Day Weekend with Girls Night Out !

Come celebrate with the special women in your life - friends, sisters, cousins, children, etc. The evening will begin with Mass, followed by a festive dinner and a presentation during dessert.

Sr. Marilyn Vassallo, CSJ is our presenter for the evening on **May 11** as she shares with us
Finding Humor and Holiness in Everyday Moments

Sr. Marilyn will follow that on Saturday, May 12 with a
Day of Reflection for Women
Living the Christian Message with a Grateful Heart

Also on **May 12**, **Claudia Gregoire, OPA** will guide a
Creativity Day for Men and Women
Contemplative Creativity.

Jesuit theologian Walter Burghardt once described contemplation as "a long, loving look at the real." Claudia invites us to bring our journals, sketchbooks, cameras or just come and join us for a "long, loving look at the real."

Come to Girls' Night Out, stay overnight and the next day attend the Women's Day of Reflection or the Day of Creativity all for **\$80.00**.
This includes Breakfast on Saturday.



From the Desk of the Administrator

It is early in February as I write this article, and I have noticed that the gym that I attend is less crowded than a month ago. Many people have great intentions to exercise as the New Year begins, but the resolution fades...and the crowd at the gym thins out. Perhaps you made some resolutions at the beginning of the year – to eat healthier, to exercise, to get more rest, to spend more time with family, to spend less time on Facebook. The possibilities are endless!

It got me thinking about spiritual health. I wonder how many of us make a resolution to strengthen our faith – to spend more time with God in prayer, or to find ways to deepen our relationship with God? And if we do, does the resolution hold, or do other things get in the way? Have you ever said to yourself, “I’m too tired. I’ll stay in bed longer and take some prayer time tomorrow.” or “I was going to go on that retreat, but I don’t want to miss ...(you fill in the blank)” or “God already knows what I need. I don’t have to spend time telling God what’s going on in my life.”

...and the crowd begins to thin out! (or is it our soul?)

If we truly believe that we are to love God with our whole heart and our whole mind and all of our strength (Mk 12:29-30), AND if we truly believe that God delights in us (Is 65:19) and that we are precious in God’s eyes (Is 43:4), we have to spend time nurturing that relationship. We have to spend time with God!

My prayer for each of us is that our “Spiritual Exercise Plan” becomes a priority this year. May we each reap the benefits of strengthening our prayer and deepening our relationship with the One who knows us and loves us like crazy!



Recovery Corner

As mentioned in the last issue of the Good News, we continue now with the next three steps of “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.)

4. *Made a searching and fearless moral inventory of ourselves.*

As I continue to look into my life, grant me honesty so that I can see myself as I truly am: to claim my goodness and my greatness, to recognize my compulsions and my weaknesses.

5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

Surround me with you love, O Beloved, as I tell you, and others, the truth of my addictive behavior and the reality of my failures. May your gift of courage lead me to the freeing of my heart and a greater openness to receive your love.

6. *Were entirely ready to have God remove all these defects of character.*

Keep me open and ready to let go of whatever it is that needs to be given up, given over, and given away. Give me strength to not cling to, hoard, or hide what keeps me wounded and fettered to my addictions.

Our upcoming 12 Step and CASAC retreats and trainings promise to be both life-giving and healing. Take a look at what follows, and mark your calendars!

March 16-18, 2018, Sr. Carol Davis, OP will lead a weekend for Women Survivors of Sexual Abuse. The theme this year is *From Death to Life*. Sr. Carol notes that it is a journey through devastation, grief, anger, and fear... in which we are carried by hope and courage.

The Men and Women’s 12-Step retreat is scheduled for **April 13-15, 2018**. **Sonya Boesse** will guide participants in *The 11th Step Experience: Yoga, Meditation, and Prayer*. Sonya invites us to blend all three practices to add more healing, growth, and power to your Recovery in the 12 Step program.

The weekend for **Women Concerned with Alcoholism** is scheduled for **September 14-16, 2018**. The director will be **Sr. Cathy Cahill, OSF**. Stay tuned for more details!

Interfaith Community

The Interfaith Community of Schenectady holds a monthly dinner and presentation/discussion here at Dominican Retreat and Conference Center.

Dates for 2018: April 17, May 9, June 7



By Annette Brooks, Program Director

When you receive this Good News, Lent will be almost half over and daylight saving time will be starting. Amazing!!

How quickly time flies! What plans did you have when this New Year began and the days had so little light? If you didn't make resolutions for 2018, you probably had thoughts of what you would do for the liturgical season of Lent. How have they come together for you? If you have been taking the time to pray during Lent, what has God been saying to you in your quiet time? As you know it is in the silence, in the quiet, that God speaks volumes. It is when we take the time to 'unplug' and 'just be and listen' that God speaks to us. That is when God has our undivided attention. As Psalm 46:10 states, "Be still and know that I am God." That is God inviting us into a place where God can meet us and speak to us. Even back when the psalm was written, it was necessary for God to mention the importance of our being still and taking the time to stop what one was doing in order to listen and come to know this God of covenantal love.

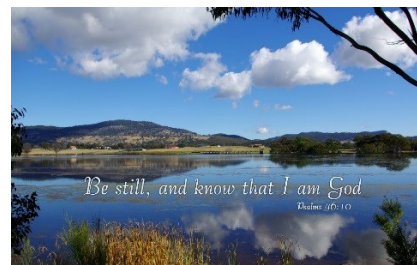
The other day, I made a call and got a voice message that made me smile. The message was very congenial. It basically said that they could not answer the phone, but then added how crocus flowers would soon be popping out

of the ground. I thought what a beautiful image. New life will be surrounding us in no time. Once again the earth will be coming alive with greenery. The snow and frosty surroundings will be disappearing for another year as the weather changes, and the buds on trees will start to reveal themselves. What within you will be coming alive as new and refreshed, as you take the time to listen and be still?

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 some time to reflect, uncover, and discover what God has planted, and is now unfolding and growing, in you.

Eckhart Tolle stated that, 'Be still and know that I am God'...contains the entire wisdom of religion.

Blessings and Peace ~*Annette*



CASAC Trainings

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

Friday, April 6, 2018 **Addiction and Spirituality**

Workshop directed by:

Debra Ouimette, PhD, CASAC, LADC, SAP
Early registration on or before 3/30/18.

Friday, June 15, 2018 **Domestic Violence**

Workshop directed by: **Frank Pouliot, MS, CASAC**
Early registration on or before 6/8/18

Friday, December 7, 2018 *Stay tuned for details!*

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 Happiness Project – Part 3

Cecelia Amendolia, OPA

In December's Good News, under the Happiness Project it was stated, "There are many things that make us happy but some major ones are affirmation, recognition and rewards."

The **Third Step** is to **AIM HIGHER**. Happiness is important for our work experience and our work experience is critical for happiness. The work we do does not need to be a job that we go to every day. It could be a hobby, volunteering, mentoring. Happier people are more effective in their work ethics. **So Aim Higher by doing something NEW.** Enjoy the process and the fun of failure. Ask someone for help, work smart, and most of all, enjoy the now. Read a book on Spirituality.

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

Grounds Day - Tuesday, May 22 10:00 AM - 7:00 PM

Come for any part of the day to help us weed, prune, rake and spruce up! Many hands make light work!

Please contact Ceil at 393-4169 to let us know when you can come!

Opportunities to Take Time to Reflect



Sr. Jane Comeford, CSJ will guide us in our reflection on ***The Wisdom of the Celts*** on **March 14**. Together we will explore the wisdom of the Celtic tradition and it's key elements, as well as learn about life from the perspective of Saints Patrick and Brigid.

Back by request, we will have our Mornings of Reflection for Women entitled ***The Woman God Sees***. These mornings include prayer, presentation and reflection and end with lunch. The topics this time are as follows:

The Woman God Sees Is: Precious and Chosen - April 10
(Sr. Susan Leslie, OP)

Merciful and Forgiving - April 17
(Sr. Sue Zemgulis, OP)

Persevering and Persistent - April 24
(Annette Brooks)

Beautiful - May 1
Maggie Whelan, OPA)

Knocking on Heaven's Door

How do we lean on God when death is staring at us? How do we let go and let God? How do we knock on God's door? Will it be with peace and joy, or turmoil and fear?

This program is for those who are looking at end of life issues for themselves and/or loved ones.

Fr. Tom Konopka will lead us through this reflection on **May 23**. Join us at 9:00 AM - 11:00 AM or at 1:00 PM - 3:00 PM.

Transformed by Christ - Annette Brooks invites us to discover the Spiritual Exercises of St. Ignatius that transformed his companions and continue to transform people to this day. Learn about the life of St. Ignatius, the Spiritual Exercises, and other types of Ignatian prayer. There will be time to pray using some of these techniques on **May 29** in the morning **OR May 30** in the evening.

Weekend Retreat Possibilities

Retreats for Women: Looking for some time away? Just you and God ... and a bunch of other amazing women to share your spiritual journey with!

Our 2018 theme is :

...and after these...a tiny whispering sound (1Kings 19:12)

Choose: April 6-8 directed by **Sr. Maureen Murphy, OP**

OR April 27-29 directed by **Sr. Carol Davis, OP**

March 23-25: Knitting and Crocheting Retreat for Women and Men

Our director for the weekend, **Martha LaVallee**, invites us to explore the many ways God moves in the work of our hands and our hearts, as we experience ***Knitting - A Spiritual Way***



Also on March 23-25: Journaling Weekend Retreat for Women and Men.

Connecting with the Psalms

Associate **Maggie Whelan, OPA** will guide us as we delve into the psalms through prayer, music, journaling and sharing with one another.

And March 23-25 or May 18-20: Silent Directed Retreat for Women and Men

Does the idea of having a weekend of quiet and time to be alone with God sound attractive to you? This retreat may be what you are looking for. The weekend will provide you an opportunity to spend time with God in silence and solitude so you can focus on your personal relationship with God. **Sr. Chris Connolly, OP** will companion you.

THE SHAPES OF FAITH, HOPE, AND LOVE

An ART and SPIRIT Weekend Retreat for Women & Men

with

Br. Mickey O'Neill McGrath, OSFS

May 18-20

From St. Hildegard of Bingen to Vincent VanGogh; from Lakota Sioux Black Elk to Georgia O'Keefe, circles and shapes are symbols of God's cosmic presence and the connecting force of all creation. Join us as we journey from the cave of our hearts to the cosmic God of the universe with our own God-given creative nature as our guides. We will explore the work of great mystics and artists AND re-discover some of our own creative nature in the process.



An Evening of Prayer and Music

Come to the peace of our chapel on **April 25** and join music minister, **Mary Anne Brown** of St. Joseph's Parish in Greenwich, as she offers her voice to calm and strengthen the soul. She will play and sing selections from her recently released CD recording, ***By the Way***, along with other gentle prayersongs that are sure to soothe one's soul.



Join us as we pray

**"Sung Vespers
in the Spirit of Taize"**

(singing, quiet time, scripture and intercessory prayer)

March 15 April 19

May 17 June 14

7:00-8:00PM

Day/Evening Programs March-June 2018

Times on calendar indicate the **scheduled time** for the actual beginning and end of the program.
Registration begins 30 minutes **prior** to the start of the program.



Celtic Day of Reflection

The Wisdom of the Celts

Wednesday, March 14 9:45 AM-3:00 PM
Sr. Jane Comeford, CSJ \$30.00

Sung Vespers in the Spirit of Taizé

Thursdays: March 15 April 19 May 17 June 14
Dominican Sisters 7:00PM-8:00PM

Monthly Workshop

Organizing, Changing, Downsizing, Rightsizing

Thursdays: March 22 April 26 May 17 June 14
 10:00AM-Noon
Ceil Amendolia, OPA \$15.00 per session

CASAC Training

Addiction and Spirituality

Friday, April 6 9:00AM-4:00PM
 (fee paid by Mar 29: \$60/after Mar 29: \$65)
Debra Ouimette, PhD, CASAC, LADC, SAP

Coffeehouse

Sunday, April 8 7:00PM-9:00PM
Mark Rust \$20.00

Morning of Reflection for Women:

The Woman God Sees is:

Precious and Chosen (Sr. Susan Leslie, OP)
 April 10

Merciful and Forgiving (Sr. Sue Zemgulis, OP)
 April 17

Persevering and Persistent (Annette Brooks)
 April 24

Beautiful (Maggie Whelan, OPA)
 May 1

10:00AM-1:00 PM \$75 for all 4/\$20 each

An Evening of Prayer and Music

By the Way

Wednesday, April 25 7:00PM
Mary Anne Brown Free Will Offering

Benefactor's Appreciation

Tuesday May 1 7:00PM-9:00PM

Girls' Night Out

Finding Humor and Holiness in Everyday Moments

Friday, May 11 6:00PM-8:30PM
Sr. Marilyn Vassallo, CSJ \$25.00

Day for Women

Living the Christian Message with a Grateful Heart

Saturday, May 12 10:00AM-3:00PM
Sr. Marilyn Vassallo, CSJ \$30.00

Day of Creativity

Contemplative Creativity

Saturday, May 12 10:00 AM-3:00 PM
Claudia Gregoire, OPA \$30.00

Eucharistic Ministers Evening of Reflection

TBA

Tuesday, May 15 6:20PM-9:30PM
Fr. Jerry Gingras \$25.00

Presentation on Ignatian Spirituality for Men & Women

Transformed by Christ

Tuesday, May 29 10:00 AM-12:00 PM
 OR

Wednesday, May 30 7:00PM-9:00 PM
Annette Brooks \$15.00

Presentation for Men and Women

Knocking on Heaven's Door

Wednesday, May 23
 9:00 AM-11:00 AM OR 1:00 PM-3:00 PM
Fr. Tom Konopka \$15.00

Senior Day of Reflection

It's Not Over Until...

Tuesday, June 13 9:45 AM-3:00 PM
Fr. Joe Busch \$25.00

Mark Rust Returns

Coffeehouse

April 8, 2018 7:00 – 9:00 PM

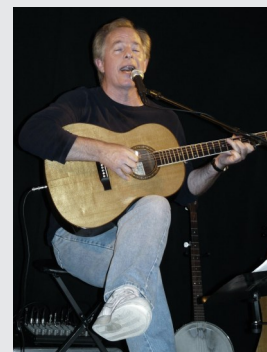
Cost \$20.00

Come join us for an evening of original songs and stories to entertain all!

Mark's performance showcases an impressive array of instruments including guitar, banjo, fiddle, mountain dulcimer, as well as some beautifully hypnotic pieces for hammered dulcimer.

For information
 call (518) 393-4169,
 email dslcny@nybiz.rr.com,
 or visit us online at:
www.dslcny.org

*Proceeds benefit
 Dominican Retreat
 and Conference Center*



Weekend Programs March-June 2018

*Weekend programs begin Friday with sign-in at 6:45 PM
and conclude mid-day Sunday.*

Weekend for Women Survivors of Sexual Abuse

From Death to Life

March 16-18

Sr. Carol Davis, OP \$205.00*

Directed Retreat Weekend for Men and Women:

March 23-25

Sr. Chris Connolly, OP \$205.00*

Knitting and Crocheting Weekend:

Knitting - A Spiritual Way

March 23-25

Martha LaVallee \$205.00*

Journaling Weekend Retreat for Men & Women

Connecting with the Psalms

March 23-25

Maggie Whelan, OPA \$205.00*

Women's Theme Weekend

...and after these...a tiny whispering sound (1Kings 19:12)

April 6-8

Sr. Maureen Murphy, OP \$205.00*

***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.**

Thank you for your understanding and for all you have done
in the past to support the Retreat House.

Clynk \$\$\$ Clynk

Some of you are aware of the Clynk Bottle Return
Program through Hannaford Grocery Stores.

By placing your returnable bottles and cans
in a Clynk bag with a specific label,
you can simply scan the label and leave
the whole bag for them to sort and count.

AND...if you pick up a label and bag here at the
retreat house or have us send some labels to you,
your bottle money comes to us!

You have earned over **\$350.00** for us
since August of 2016!

Thank you!

Retreat for Men & Women in 12 Step Recovery

The 11th Step Experience: Yoga, Meditation and Prayer

April 13-15

Sonya Boesse \$205.00*

Women's Theme Weekend

...and after these...a tiny whispering sound (1Kings 19:12)

April 27-29

Sr. Carol Davis, OP \$205.00*

Directed Retreat Weekend for Men and Women:

May 18-20

Sr. Chris Connolly, OP \$125.00

Art and Spirit Weekend for Women and Men

The Shapes of Faith, Hope, and Love

May 18-20

Bro. Mickey O'Neill McGrath, OSFS \$205.00*

Weekend for Persons with Physical Disabilities

Jesus, My Treasure

June 8-10

Sr. Lizette Hoevel, SND \$100.00

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: _____

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)

BK _____ DB _____ List _____ Conf _____ Code: _____

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**.

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 a **Original Sculpture of St. Francis with the Wolf** by Phyllis Kulmatiski.

The sculpture is 23" high and can be used either indoor or outdoor. Photo to follow at a later date.



**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 drawing of your choice.
Need not be present to win.
Donation not required for participation.*

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

__Year Long Pass OR __St. Francis Sculpture

Name _____

Address _____

Telephone _____

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

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Name _____

Address _____

Telephone _____

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

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Tickets: \$2.00 each /3 for \$5.00. Need not be present to win.

Drawing: Sunday, October 28, 2018

Donation not required for participation

We Give Thanks for all of our 2017 Benefactors

\$10,000 + Ministry Partner

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Dominican Sisters of Peace

\$5,000 - \$9,999 Benefactor

Church of Saint Thomas the Apostle
Mr. & Mrs. Philip Gibbs

\$1,000 - \$4,999 Associate

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\$60 - \$119 Patron

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