

Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309
(518) 393-4169 www.dslcny.org

The Good News

December 2017



From our Administrator

Sr. Sue Zemgulis, OP

Do you know the song, Patience People? It's a lovely advent song, but I started singing it long before advent. It has become my mantra during the database transfer from one system to another. Yes, you read that right! Any of you who have done such a thing may feel the hairs on the back of your neck go up when you see the words "database transfer". All of us on the staff, including myself, had to focus on that phrase "Patience People". It can be challenging and exciting to learn something new. Our great expectations of an improved system that will accommodate our ever growing database are offset by the short term frustrations of not knowing where to find a piece of information, or finding a glitch in a record that has to be worked out. Patience People!

So that is what we are asking of you as well – Patience People. If we have to ask you for specific information that you have given in the past, sing our mantra along with us! If you receive multiple mailings of the same thing – let us know. If all of a sudden, you are not getting *anything* from us – call us and check it out. It will probably take a few months until things are moving more smoothly.

In the meantime, sing along with us...Patience People...



Sue, OP

Come join us for our
Annual
Christmas
Concert !



On a new day and time:

SUNDAY AFTERNOON

December 17, 2017

2-4 PM (Doors open at 1:30 PM)

Bring the family and join the
Dominican Retreat & Conference
Center Volunteer Choir
in celebration of this joyous season.
Sing along, or just sit back and listen
to this program of sacred music.



A free-will offering
will be taken to benefit
a local charity.

We wish you
the gifts of
Peace,
Hope
and Joy
during this
Sacred Season!



"Peace in our Hearts
and in Our World"



Music.
Presentation.
Prayer.
Refreshments.

~ All are welcome. ~

Come be in a peaceful setting
and pray for peace with us!

Sunday, December 10th

1:00PM-3:00PM

**Led by Dominican Sisters and
Associates of Peace**

Oh What an Evening!

Neither rain nor wind nor inclement weather will keep our friends from attending More Than Just Desserts! Despite the weather forecaster's dire predictions of heavy rains and flash floods, a record number of people turned out for our 19th Annual More Than Just Desserts event to support the ministry here at the Dominican Retreat and Conference Center.



There were some wonderful auction items to bid on, including a vast array of gift certificates to local restaurants and area attractions, grilling sets, jewelry, works of art, children's items - even a Vatican Cookbook! There was something for everyone!



And that is only the beginning... Accompanied by the music of classical guitarist, Ed Munger, guests had the opportunity to delight in some delicious hors d'oeuvres and delectable desserts while sharing conversation with friends.

We are so grateful for all of you who attended or supported this event in any way, and we hope you had fun doing so! If you weren't able to join us this year, there's always next—you won't want to miss it!



TRUCK UPDATE! Purchase is in process. Look for a photo of our new truck in the next Good News! Thank you to all who donated!



Dominican Retreat and Conference Center Peace Award 2017



Andy and Claudia Gregoire

During this year's More Than Just Desserts we were happy to present our Second Annual Peace Award! The award goes to someone who exemplifies the Chapter Commitments of the Dominican Sisters of Peace in service to the ministry of the retreat house and/or in the community.

We, Dominican Sisters of Peace, claim our charism to preach truth with hope in God's promise for the future...

Radically open to ongoing conversion into the peace of Christ, we commit ourselves to be women of peace who:

Study, contemplate, and preach God's revelation discovered in the unfolding mystery of creation and in Sacred Scripture.

Create environments of peace by promoting non-violence, unity in diversity, and reconciliation among ourselves, in the Church and throughout the world.

Promote justice through solidarity with those who are marginalized, especially women and children, and work with others to identify and transform oppressive systems.

Foster God's web of life personally, communally and ministerially by advocating and supporting just policies and decisions to reduce the impact of global climate change.

Congratulations Andy and Claudia!

Goodbye From our Conference Center Director (Shawn Palleschi)

Merry Christmas and Happy New Year everyone! I can't believe that it is this time of year already! Speaking of NEW, I will be having new things to do in 2018. My husband retired in June and I will be following suit in January I look forward to traveling, sewing, and just relaxing.

We have been very busy at the Retreat House, but you can always make us busier. Have you all looked at our web site www.dslcn.org? You can take a tour of the retreat house and reminisce about your favorite retreat, meet the staff and see our new smiling faces, and look up programs that you would like to attend. On the calendar there are also hosted programs that are booked. You can look for open days or get ideas for programs of your own to have at our beautiful facility. We welcome Confirmation Retreats, Church staff meetings, and not for profit board meetings to name a few. Be creative and talk to the "new face" who will be taking over, about your next program.

I am sure I will see you around! Shawn





2018 Theme: ...and after these...a tiny whispering sound (1 Kings 19:12)

(Ceil Amendolia, OPA)

We have busy lives, and live in a busy world. We are always talking about how busy we are. Being busy interferes with us hearing the tiny whispering sound. Why don't we hear the whisper, is it because we can't listen or we just don't listen?

I believe when I have a WOW moment, when I have an AHA moment and when I experience epiphanies, they happen because God is whispering to me and I am listening. Listening for me is not easy. I get involved in the day-to-day living and I tend not to pay attention to the whispering voice of God. I expect the voice of God to be loud and definite and when that does not happen I am not in communication with God. In order to hear God whispering, I must be quiet and still enough to listen. I must listen with an open mind and an understanding heart.

Did you ever notice when someone is whispering you tend to listen more attentively? Knowing this it would make sense that God would always be in the Whisper. Throughout scripture the people of God heard God whisper. God whispered in visions, in dreams, sending messengers to inform the people. I think God's whisper goes something like this: "I have called you by name and you are mine. I am with you always. I am holding you in the palm of my hand."

Plan to take sometime in this year of 2018 to slow down, come on retreat, step out of the business of life to hear what God's tiny whispering sounds like.

2018 Theme Retreat Weekends for Women:

January 26-28, Sr. Kay Kanick, RSM

February 2-4, Sr. Carol Gaeke, OP

April 6-8, Sr. Maureen Murphy, OP

April 27-29, Sr. Carol Davis, OP

September 21-23, Sr. Kitty Hanley, CSJ

September 28-30, Sr. Monica Murphy, CSJ

2018 Theme Retreat Weekend for Men: November 2-4, Fr. Lou Sogliuzzo, SJ

WHAT'S A BUSY PERSON'S RETREAT ALL ABOUT?

(Sr. Chris Connolly, OP)

If you have been to the retreat center in the last several months, you may have noticed a brochure advertising a Busy Person's Retreat. Since this is a different type of retreat for our center, I thought it would be helpful to provide some explanation of the retreat.



Many of us are living busy lives with little time to stop for a few moments just to sit and breathe. Our lives are filled with the demands of family, the workplace, the social world, and other activities that are meaningful and life-giving for us. The thought of trying to find time for a retreat can seem like one more thing that I need to add to the to do list. Every person is entitled to a half hour a day for themselves no matter how busy one may be. This precious half hour a day provides you the opportunity to catch up to yourself, God, and your life.

This retreat is designed to meet your needs and is flexible so that it will fit into your daily schedule. The core of the retreat is a commitment by the retreatant to pray for a half hour each day at **HOME** and to meet each day for half an hour at the Dominican Retreat Center with Sr. Chris Connolly, OP for spiritual guidance. The individual meetings with Sr. Chris are designed to be flexible and can take place at any time of the day. Materials to assist your prayer including Scripture passages and reflection questions will be provided.

If you have any questions, please contact Sr. Chris at the Retreat Center: 518-393-4169. The Busy Person's Retreats are scheduled for: January 21 - 26, 2018 and February 11 -16, 2018. The cost of the retreat is \$125 per person.





by Annette Brooks, Program Director

I am always amazed at how quickly a year can fly by. It is hard for me to believe that we are already in the liturgical season of Advent. How about you? Has it flown by for you as well? So, where has your journey taken you since the last Good News?

I recently was reading a book, "Deserts of the Heart" by Pamela Reeve, and what the author wrote spoke to me. Basically, she wrote about walking on a trail in the woods. She walked along the trail feeling very comfortable since the trail seemed to be leading her in a specific direction. She had a sense of where she was and where she was going. All seemed to be well, and she was very much at peace. As she walked on, she was able to reflect on where she had been and where she was heading. How many of us can relate to that same scenario? We have probably all had that same experience of traveling - having the sense of where we are going. We can envision where our journey is leading us and what we can expect along the trail we are traveling on.

As the passage continued in the book, the author shared that the trail that she was traveling on ended and as she stepped out of the woods, what laid before her was not what she had envisioned. There was no more path, no trees in the distance, but rather, a vast open uncharted desert land. Somehow, her journey had taken her to a dry

barren place. On your own journey have you ever experienced a "desert"? Many times, we have no idea of how we have gotten there. What we know is that we experience a barrenness, and that we are in a strange unconnected place that we need to explore. Yet, we have no idea where to begin to chart out a path into the unknown. Just as the desert was a growing place for the Israelites over 40 years, so the desert can be a growing place for us as well, and hopefully our desert or dry place will *not* last for forty years.

So, what can we do? We continue to pray and not lose hope, because our God is with us, even if the experience is somehow different from our previous experiences. We WAIT and reflect. And it is in the waiting and the reflecting, that much is revealed. One begins to discover that what is uncharted, and unplanned, holds a new adventure. A richness that one could not even have imagined. It is a time of hoping and trusting in the God who has called you 'Beloved'.



I invite you to refer to our calendar, listing the upcoming programs that are being offered here. These will provide an opportunity for you to take the time—to reflect, pray, uncover, and discover what God will reveal to you in uncharted lands as you journey into the unknown, knowing that God will refresh and provide for you.

Edwina Gateley returns to Dominican Retreat & Conference Center

Thursday, March 1, 2018
7:00—9:00 PM

Evening Presentation

Call to Personal and Global Transformation

In the midst of our violent and hurting world we will explore how God as Lover, Healer and Seducer ever invites us to new possibilities and to believe in our potential to make a difference. Through scripture and contemporary stories, we will explore how we are called to recognize and nurture God's presence in our world and in ourselves.

Edwina Gateley is a poet, theologian, artist, writer, and lay minister. She spent over a year on the streets of Chicago walking with the homeless and women involved in prostitution. In 1983, Edwina founded Genesis House – a house of hospitality and nurturing for women involved in prostitution. She has been featured on CBS's "60 Minutes" and "48 Hours", has authored many books and CD's and has received many awards for her outstanding service to communities. Edwina is currently writing, giving talks and leading retreats nationally and internationally.

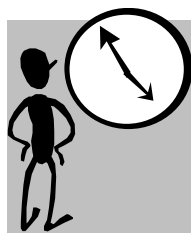
March 2-4, 2018

Weekend Retreat for Women

Mystics, Rebels and Prophets: Women of Spirit who have gone before us and walk with us today.

We explore Hildegard of Bingen, Brigid of Kildare, Julian of Norwich, the Beguines of the Middle Ages and contemporary prophetic women. Their stories will make a profound impact on our lives today as we draw on their witness and courage.

Day/Evening Programs December 2017-March 2018



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.

Afternoon of Prayer

Peace in our Hearts and in our World

Sunday, December 10 1:00 PM-3:00 PM

Dominican Sisters and Associates of Peace

Advent Day of Reflection

Do you hear what I hear?

Wednesday, December 13 9:45 AM-3:00 PM

Rev. Tom Berardi \$30.00

Monthly Workshop

Ongoing Organizing, Changing, Downsizing, Rightsizing

December 14 January 25 February 22 March 22
10:00AM-Noon \$15.00 per session

Ceil Amendolia, OPA

Evening for Trauma Survivors and Their Allies

From Darkness to Light

Friday, December 15 7:00 PM-9:00PM

**Sr. Carol Davis, OP; Br. Mickey McGrath, OSFS;
and Sr. Sue Zengulis, OP** \$25.00

Day for Women Survivors of Sexual Abuse

Maternal Womb of Mercy

Saturday, December 16 10:00AM-4:00PM

**Sr. Carol Davis, OP; Br. Mickey McGrath, OSFS;
and Sr. Sue Zengulis, OP** \$40.00

Annual Carol Event

Sunday, December 17 2:00PM-4:00 PM

(Doors open at 1:30PM)

New Year's Evening of Reflection

Behold, I Make All Things New

Sunday, December 31 7:30 PM-1:00AM

Rev. Dan Dwyer, OFM \$25 eve/\$50 overnight

Day Program for Men and Women

A Winter's Pause: Post--Holiday Respite

Saturday, January 6 10:00AM-4:00PM

Sr. Susan Leslie, OP \$40.00

12 step Sunday afternoon Presentation

Resilience & Recovery: Integrating Gratitude, Grace

and Mindfulness in the Practice of the Twelve Steps

Sunday, January 7 1:30 PM-4:30PM

Diane Cameron \$20.00

Evening Presentation

Beyond Trauma & Loss

Tuesday, January 30 7:00 PM-9:00 PM

Dr. Gregory Masiello, Ph.D \$15.00

CASAC Training

*The Wounded Observer: Accumulated Trauma
and the Search for Meaning*

Friday, February 2 9:00 AM-4:00 PM

John Crowe (fee paid by 1/26: \$60/after 1/26: \$65)

Evening Presentation

For International Day of Human Trafficking

Thursday, February 8 7:00 PM-9:00 PM

Annu Subramanian \$15.00

Presentation on Abraham Lincoln

Lincoln on the World Stage

Monday, February 12 7:00 PM-8:30 PM

Tuesday, February 13 10:00 AM-11:30 AM

Tom Hoffman \$15.00

Evening of Reflection for Married/Engaged Couples

Heart Speaks to Heart

Tuesday, February 13 6:20 PM-9:15 PM

Rev. Tom Berardi \$45 per couple

Ash Wednesday Evening of Reflection

Stations of the Cross with 3 Popes

Wednesday, February 14 6:20 PM-9:15 PM

Rev. James Kane \$25.00

Lenten Evening of Reflection

You Shall Not Make Idols for Yourself

Tuesday, February 27 6:20 PM-9:15 PM

Rev. Chris DeGiovine \$30.00

Evening Presentation

Call to Personal and Global Transformation

Thursday, March 1 7:00 PM-9:00 PM

Edwina Gateley \$15.00

Lenten Day of Reflection

Following in the Footsteps of Christ

Tuesday, March 6 9:45 AM-3:00 PM

Rev. Bob Longobucco \$30.00

Celtic Day of Reflection

The Wisdom of the Celts

Wednesday, March 14 9:45 AM-3:00 PM

Sr. Jane Comerford, CSJ \$30.00

Join us as we pray

"Sung Vespers in the Spirit of Taize"

(singing, quiet time, scripture and intercessory prayer)

2017: Dec. 7

2018: Jan. 11 Feb. 1 Mar. 15

Time: 7:00-8:00PM



Weekend Programs December 2017-March 2018

Yoga Overnight for Women and Men

Yoga and Guided Meditation for the Mind, Body and Spirit

December 8-9

Sonya Boesse \$100.00*

Dreaming in Winter: Weekend for Men and Women

January 12-14

Sr. Carol Davis, OP \$205.00*

Directed Retreat Weekend for Men and Women:

January 12-14

Sr. Chris Connolly, OP \$205.00*

Busy Person's Retreat for Men and Women:

January 21-26

OR

February 11-16

Sr. Chris Connolly, OP \$125.00

Women's Theme Weekend

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

January 26-28

Sr. Kay Kanick, RSM \$205.00*

Women's Theme Weekend

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

February 2-4

Sr. Carol Gaeke, OP \$205.00*

Retreat for Men Concerned with Alcoholism

Sought Through Prayer and Meditation

February 9-11

Rev. Emmet Murphy, OFM \$205.00*

5 Day Centering Prayer Silent Retreat

Finding the Place of the Heart in service of Transformation

February 16-21

Rev. Bill Sheehan, OMI \$425.00

Per diem \$65 w/overnight \$90

Weekend for Women

Mystics, Rebels and Prophets

March 2-4

Edwina Gateley \$225.00

Weekend for Women Survivors of Sexual Abuse

From Death to Life

March 16-18

Sr. Carol Davis, OP \$205.00*

Knitting and Crocheting Weekend

Knitting - A Spiritual Way

March 23-25

Martha LaVallee \$205.00*

Journaling Weekend for Men and Women

Connecting with the Psalms

March 23-25

Maggie Whelan, OPA \$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 you for your understanding and for all you have done in the past 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 dslcny@nybiz.rr.com. You can also view our calendar on the web at www.dslcny.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 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: _____

Dreaming in Winter



Many of you know that **Sr. Carol Davis, OP** is a life-long dream explorer and is gifted in her ability to guide others in their own dream exploration. Carol reminds us...

“The New Year stretches before you offering hope and another chance. Guidance for how to move forward in this New Year comes nightly in dreams and daily in daydreams.

This retreat weekend provides creative ways to explore those dreams...the dreams of new beginnings that are fresh as new fallen snow as well as the treasured dreams of old that are worth keeping and deserve a fresh view. Bring a journal and your sense of adventure. We'll explore dreams, play in dream theatre, share, and pray together. **Dates: January 12-14.**

Silent Directed Weekend Retreat

Does the idea of having a weekend of quiet and time to be alone with God sound attractive to you?

This weekend retreat may be what you are looking for. Designed similar to a week-long directed retreat, 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. Christine Connolly, OP** will guide you through this weekend. **Dates: January 12-14**

“A Winter’s Pause: Post-Holiday Respite”
Day of Reflection

Worn out from the holiday rush?

Come and re-energize!

As much as we enjoy time with family and friends, the busyness of the holidays can drain us of our energy and scatter our attention. During this day of reflection we will experience some *down* time that will *lift us up!*

Sr. Susan Leslie, OP will lead this re-energizing experience. **Date: January 6, 2018**

Human Trafficking Presentation

We acknowledge the Feast of St. Bakita and International Awareness Day of Human Trafficking with a presentation by **Annu Subramanian**. *“Another Heaven, a thought-provoking novel by Annu Subramanian, addresses the horrors of human trafficking and terrorism. Focusing primarily on three factors—human rights abuse, fanatical religious beliefs, and the psychological fraud of terrorism—the narrative objectively speaks to a universal audience”* Annu is also the author of Waiting for the Perfect Dawn and will be available to sign books. Proceeds from books go to anti-trafficking projects.

Date: Thursday, February 8, 7-9 pm

Lincoln on the World Stage



As daunting as Lincoln’s domestic political and military challenges, was the critical international importance of preserving the neutrality of the great world powers, England, France and Spain. If any of these nations intervened or recognized the independence of the Southern Confederacy, then the War could not have been won. This year we will discuss how Lincoln, despite having no foreign affairs experience, used diplomatic tact to keep these great powers neutral and to navigate through several global crises that included a French Army in Mexico, a Spanish armada in the Caribbean and England threatening War. **Tom Hoffman** will offer his presentation on Monday evening, **February 12** and will repeat his program on Tuesday morning, **February 13.**

Heart Speaks to Heart

Evening of Reflection for Married and Engaged Couples

Fr. Tom Berardi will lead an evening for couples to reflect on how their hearts listen, speak and encounter each other as a reflection of the heart of God.

Since Valentine’s Day falls on Ash Wednesday, celebrate **Your Valentine** a day early on Mardi Gras! The evening will include prayer, a lovely dinner, presentation by Fr. Tom and Eucharist .

Date: Tuesday February 13, 6:20-9:15 pm



Dream Group - with Sr. Carol Davis, OP

December 11, 2017

January 8, February 5, March 5, April 9 in 2018

Meets monthly / \$25 per class

CarolDavisOP@gmail.com OR call:(518) 393-5517

Interfaith Community

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

Dates for 2018: January 10, February 15, April 17

Lenten Offerings

Ash Wednesday Evening of Reflection.

Date: Wednesday, February 14

Theme: *Stations of the Cross with 3 Popes*

(Pope St. John Paul II, Pope Benedict, Pope Francis)

Director: **Rev. James Kane**



Lenten Evening of Reflection

Date: Tuesday, February 27

Theme: *You Shall Not Make Idols for Yourself*

Director: **Fr. Chris DeGiovine**

Lenten Day of Reflection

Date: Tuesday, March 6

Theme: *Following in the Footsteps of Christ*

Director: Rev. Bob Longobucco

The Wisdom of the Celts

Come explore the wisdom of the Celtic spiritual tradition with **Sr. Jane Comeford, CSJ**. This **Celtic Day of Reflection** will introduce you to some of the key elements of the Celtic tradition and share about life from the perspective of St. Patrick and St. Brigid.



Date: **Wednesday, March 14, 9:45—3:00 pm**



Organizing, Changing, Downsizing and Rightsizing Monthly Workshops for Men & Women

Ceil Amendolia, OPA continues to facilitate this monthly gathering designed to encourage us as we experiment with new possibilities. We will discuss plans, processes, concerns, achievements and ongoing education to accomplish these tasks.

Feel free to join this ongoing group for as many or as few sessions as you like. Time 10:00 - 12:00

Dec. 14, 2017 Dates for 2018: Jan. 25, Feb. 22, Mar. 22

Knitting / Crocheting Retreat for Men & Women

March 23-25, 2018



Knitting - A Spiritual Way

We will explore the many ways God moves in the work of our hands and our hearts.

Directed by: **Martha LaVallee**



Journaling Weekend Retreat for Men & Women

March 23-25, 2018

Connecting with the Psalms

Mary Kathleen Glavich, author of *The Catholic Companion to the Psalms* writes: *The psalms show that all the stuff of our everyday lives is material for prayer and dialogue with our ever-present God.*"

We will spend time this weekend delving into the psalms through prayer, music, journaling and sharing with one another.

Directed by: **Maggie Whelan, OPA**

The Happiness Project – Part 2

Cecelia Amendolia, OPA

In the September's Good News, under the Happiness Project it was stated "The project of being Happy starts with loving yourself as God created you."

There are many things that make us happy but a major one is AFFIRMATION. Affirmation has two meanings. The **FIRST** is the practice of internalizing a positive statement. The **SECOND** is the active encouragement of others or ourselves through explicit recognition or rewards.

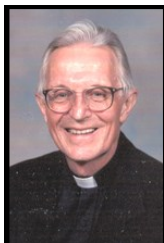
So, the second step is to treat others as you wish to be treated. Remember Love -Relationships

Quit nagging: Don't expect praise or appreciation

Fight right: No dumping: Give proofs of love

Increase your Daily prayer time.

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



5 Day Centering Prayer Retreat - February 16-21

Finding the Place of the Heart in the Service of Transformation

The demands of our world pull at us from every side, catering to our egos. Only by repeatedly letting go of this identification, can we continue to go deeper and deeper into our hearts. There, in that silence, will we encounter the Divine One in a sacred place of healing and transformation.

During this contemplative retreat, we will experience periods of centering prayer in a climate of silence and solitude. Come join us for these days of prayer, community and worship.

Note: If you are unable to attend the full retreat, it is possible to attend as many days as your schedule allows.



DRCC Recovery Corner

(Sr. Susan Leslie, OP)

During the next issues of Good News, for our common reflection we will print parts 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)

We admitted we were powerless over our addiction—that our lives had become unmanageable.

You are my strength, O Divine Being. You are my Inward Source of Love, gracing my life. You give me the spiritual energy I need to overcome all that keeps me from being more fully yours.

Came to believe that a Power greater than ourselves could restore us to sanity.

On those days when I think that I can go it alone and when I want to rely on only myself, draw me to you, Spirit of Life. Remind me of this basic, essential truth: you are the way to my inner serenity and peace.

Made a decision to turn our will and our lives over to the care of God as we understood God.

I desire to surrender my whole and entire self to you, my Higher Power. Take the fear and shame in me and help me to entrust myself to you.

In December, **Sister Carol Davis, OP, Brother Mickey O’Neill McGrath, OSFS, and Sister Sue Zemgulis, OP** will be leading two programs of interest. **See below**



FROM DARKNESS TO LIGHT **Evening for Survivors of Trauma & Their Allies** **OPEN TO MEN & WOMEN**

Join us for a quiet evening of peace and prayer designed specifically for survivors of trauma of any kind and their allies and supporters. This beautiful season of light in the days before Christmas is the perfect time to remind yourself that all darkness leads to light. Open the door to hope, inner peace, and spiritual transformation.

Friday, December 15, 7:00 - 9:00 PM \$15.00 per person

THE MATERNAL WOMB OF MERCY

Day for Women Survivors of Sexual Abuse

Join us in this beautiful season of light in the days before Christmas for a time of quiet peace and healing transformation. Renew your hope and re-discover beauty through guided reflection, art, and story.

Saturday, December 16, 10:00 AM - 4:00 PM

\$40.00 per person (includes lunch)

**Presenters of both: Sr. Carol Davis, OP;
Sr. Sue Zemgulis, OP; Bro. Mickey McGrath, OSFS**



For those of you who participated in the Women Concerned with Alcoholism retreat weekend in October, there will be a Day of Reflection on **Saturday, January 6** entitled **“A Winter’s Pause: Post-Holiday Respite”** in which Sr. Susan will lead those present in a shorter version of what you did that weekend. Though this is not specifically a 12-Step program, you might want to come to experience anew, and perhaps deepen, some of the things you focused on that weekend.

Sunday, **January 7, 2018** we will have an afternoon for women and men in 12-Step Programs on **Resilience & Recovery: Integrating Gratitude, Grace and Mindfulness in the Practice of the Twelve Steps** led by Diane Cameron.

The retreat weekend for **Men Concerned with Alcoholism** will take place **February 9-11, 2018**. **Fr. Emmet Murphy, OFM** will facilitate the weekend with the theme **Sought Through Prayer and Meditation**.

March 16-18, 2018, Sr. Carol Davis, OP will lead a weekend for Women Survivors of Sexual Abuse focusing on the topic of **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.

CASAC Training

*These trainings are designed to provide 6 hours CASAC credentialing credit through NYS OASAS. However, **all** are welcome to attend.*

Friday, February 2, 2018

The Wounded Observer:

Accumulated Trauma and the Search for Meaning.

Workshop Directed by: **John Crowe, LMHC, BCSA**

Early registration on or before 1/26/18.

Trainings run from 9:00AM to 4:00PM.

Coffee, tea, lunch, and snacks are included.

Early registration \$60.00 per person.

Dates to save for future CASAC Trainings:

Friday, April 6, 2018

Workshop Directed by: **Debra Ouimette** – details TBA.

Friday, June 15, 2018

Workshop Directed by: **Frank Pouliot** – details TBA.

Beyond Trauma and Grief

From Trauma and Grief into Wholeness and Love

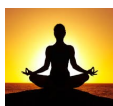
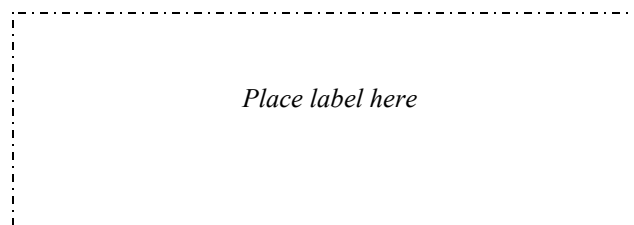
“The program’s goal is to provide an evening’s discussion on transforming hardships with spiritual resources.

Tuesday, January 30, 7:00 - 9:00 PM

\$15.00 per person

Directed by: **Gregory J. Masiello, PhD**

Or Current Resident



**Yoga and Guided
 Meditation for the
 Mind, Body and Spirit**

We welcome **Sonya Boesse** back to the retreat house to lead us in a *Yoga Overnight Workshop for Men and Women*. Relax, renew, restore and reflect with gentle easy yoga, deep relaxation, breath-work, healing guided meditation, intention setting, silence & stillness away from life's responsibilities, worries and distractions.

**Dates: Friday, Dec. 8 at 7:30 PM to
 Saturday, Dec. 9 at 4:00 PM**

**“DO YOU HEAR
 WHAT I HEAR?”**

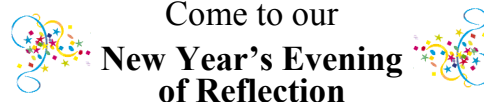


Advent Day of Reflection

*Preparing,
 Waiting and
 Listening.*

An Advent retreat day to spend some time reflecting on the great themes of this season.
 with **Fr. Tom Berardi**
Wednesday, December 13
9:45 AM—3:00 PM

Looking for something different to do for New Year's Eve?
 Come to our



**New Year's Evening
 of Reflection**

Behold I Make All Things New

Fr. Dan Dwyer, OFM will discuss how to cope with change when all things seem constantly new, and explore how all things can be made New when Christ is the same yesterday and today!

December 31, 2017

Come for just the evening, or stay overnight and leave after breakfast the next morning (see details on calendar)

\$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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\$10.00 Coupon

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