

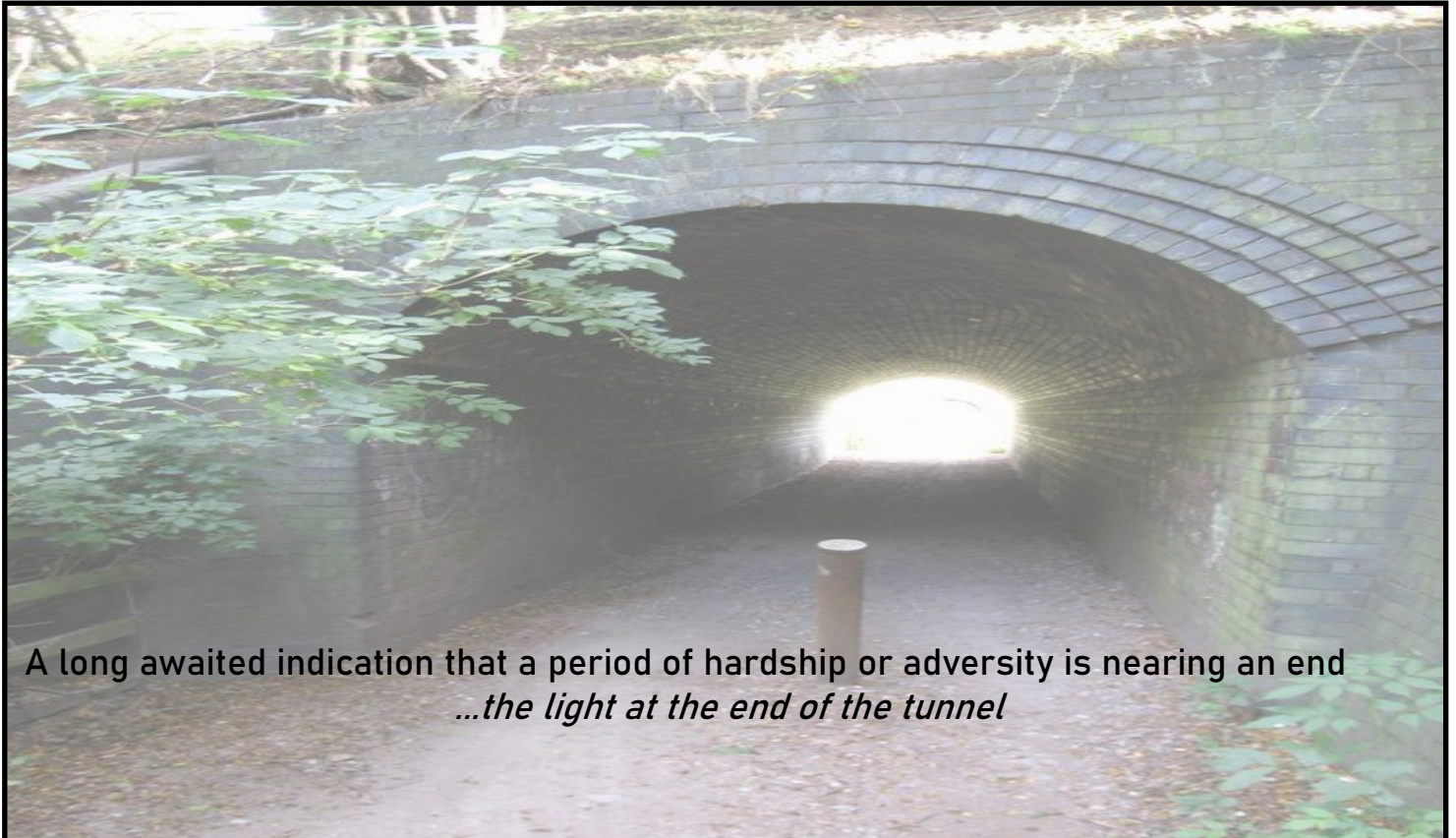
Dominican Retreat & Conference Center

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

Solitude on a Busy Highway

The Good News

June 2021



A long awaited indication that a period of hardship or adversity is nearing an end
...the light at the end of the tunnel

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

Wednesday evenings - June 23, July 14, Aug. 25, Sep. 29 7:00-7:30 PM via Zoom
Suggested offering—\$5



Week-long Hybrid Preached Retreat for Women Religious June 28—July 4

Our Call to Be Human as Jesus was human

Being human is a lot harder than we may think...it is filled with disappointment, frustration, powerlessness, doubt, and uncertainty.

This retreat will invite participants to explore how we have responded to the temptations present in every human experience to relieve the tension of being human.

Directed by Fr. Raymond Dlugos, OSA
\$450 in-house/\$240 virtual



From the Desk of the Administrator:

“Behold! I make all things new!” We hear these words both from the prophet Isaiah and in the book of Revelation. God is always creating! Sometimes it is more noticeable than others. Sometimes I like what is new, and sometimes I don’t.

Sometimes I help in creating what is new, and sometimes it happens around me.

This past year we have experienced much change at the retreat house. We have learned how to offer retreats via Zoom. While some have said it is more difficult to enter into retreat when they are attending from home, others who would not have been able to attend due to distance or health circumstances, are able to join us once more. Going forward, we want to continue to make this possible for them. Likewise, those who have been at programs in house have also found it different adjusting to social distancing and masks. But God is still here – showing up in our thoughts and prayers and reflections; whispering God’s love for us in the silence of the chapel and the beauty of the flowers. We have been trying to give our folks on line those same opportunities visually as much as possible. So, as we move into the months ahead, we will continue as we have this past year. There will be some programs that will just be on line. There will be some programs that are “hybrid”, meaning you can either attend in house or on line. And there will be a very few programs that may be in house only. We will continue to follow CDC and NYS guidelines as they pertain to our situation, to keep all our retreatants and staff as safe as possible.

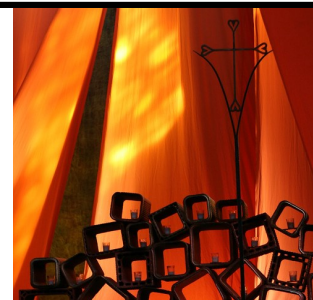
Change is always a challenge. If I trust that God is with me through the change, I will see the newness – the opportunities – things I never imagined possible - with new eyes. And I will hear God saying, **“Behold! I make all things new!”**

SUNG VESPERS IN THE SPIRIT OF TAIZE

Thursdays ~ June 17, July 22, August 19, September 16

7:00-8:00 on Facebook Live & a limited number In-house
(reservations required for in-house)

Find Dominican Retreat and Conference Center and look for live video



VIRTUAL BOOK CLUB

Book selection ~ *Grace (Eventually): Thoughts on Faith* by Anne Lamott

Tuesdays, July 6, 13, 20, August 3
10 AM or 7 PM via Zoom

Guided by Maggie Whelan, OPA

\$10 per week or \$35 for all four



Hybrid Presentation for Men and Women

**Sunday, July 11, 2021
1:00PM—4:00 PM**

CELEBRATE ST. KATERI TEKAKWITHA

**A spiritual walk with the First Native American Woman Saint
With Sr. Kateri Mitchell, SSA who was born and raised on the
St. Regis Mohawk Reservation.**

Cost: \$20

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

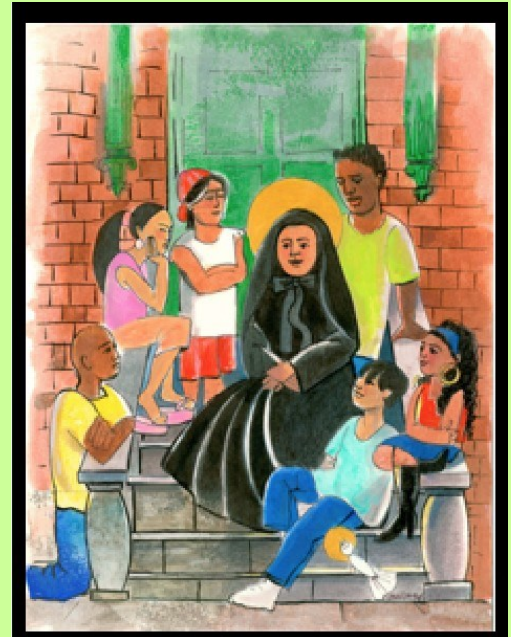


Tuesdays ~ July 6, August 10, September 21

7:00-7:15 via Facebook Live

**Join us for a
Zoom Celebration of
MOTHER CABRINI's Birthday**
featuring Art and Stories by
Brother Mickey McGrath

July 15 7-8pm \$15.00



Weeklong Hybrid Silent Preached Retreat for Women

July 26 - August 1

***You Are Precious In My Eyes
and I Love (Honor) You***

Do we really have a grasp and vision of the loving heart of God in our lives?

Summertime is the Season of Abundance...

***Come and join us for a week of prayer, quiet, and
celebration in Thanksgiving of the love of our Creator God.***



Directed by Sr. Kay Kanick, RSM who specializes in programs that help women to grow spiritually.

Cost ~ \$450 In-house

\$240 Virtual

You may come for all or part of the retreat.

Per diem rate: \$65, with overnight \$90

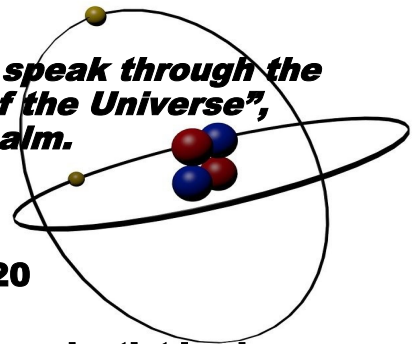
\$40 per day - Virtual

**Canticle of the Universe: Praying with Both Eyes—
Science and Theology**

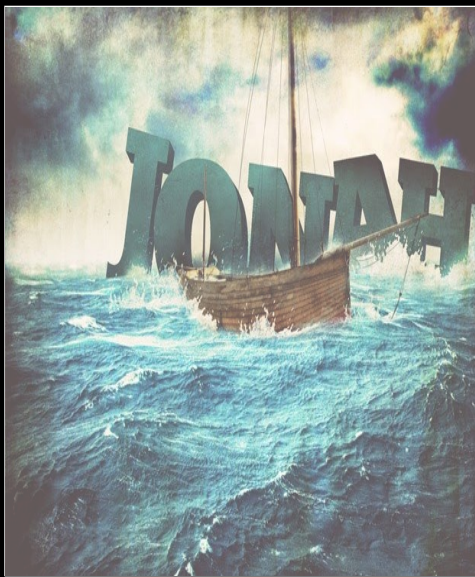
***Come spend a few hours listening to the Spirit speak through the
Book of Creation! Pray with the “Canticle of the Universe”,
a 21st century science-based psalm.***

Saturday, August 14 - 1:00-4:00 PM

In-house and via Zoom - cost \$20



Presenter: Sr. Pat Connick, OP, a theologian at heart and a scientist by degree.



Join us as we dive into the BOOK OF JONAH...

A reluctant prophet...

A remarkable journey...

Tuesdays ~ August 10, 17, 24

10:00 AM—Noon via Zoom

***Presenter: Joy Galarneau, Ph.D Contemporary Systemic Theology.
New Program Director of Dominican Retreat and Conference
Center.***

Zoom in on any one session or all three.

\$20 per session/\$55 for three



New Beginnings

It's finally here! Spring! And after one of the longest winters both personal and meteorological, it is SO very welcome. I love how nature's awakening is so gradual. Ever so slowly, we see more and more green and buds and flowers.

I think after the past year with the Pandemic, we can see the same gradual awakening within ourselves. We can now move a bit more freely. We can hug again! However, there is also a hesitancy that I am not sure nature is experiencing. Recently, after months of not seeing each other, I met a friend for dinner. We are both fully vaccinated (we seem to need to tell people this!) We stood in the parking lot. I said, "Can I hug you?" She agreed I could. Our natural instincts are kicking in, but the experience of the last year is still with us. I'm grateful that nature has not seemed to need to be hesitant. She is blooming right on cue! How are you doing?

On a personal note, this Spring is bringing another new beginning. My Community has asked me to serve in Leadership for my Sisters. It is a full time Ministry that will begin on July 1. I will be leaving the DRCC staff on 5/24. I want to thank you for allowing me to be a part of your journey. My life has truly been enriched. I wish God's choicest blessings be yours! I do hope to attend programs at the DRCC. I hope our paths will cross again soon!

~ Sr. Jude

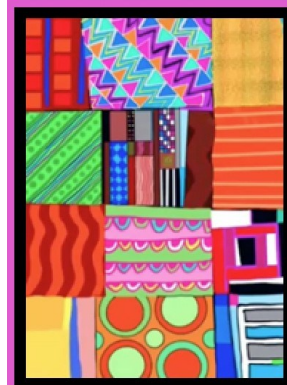
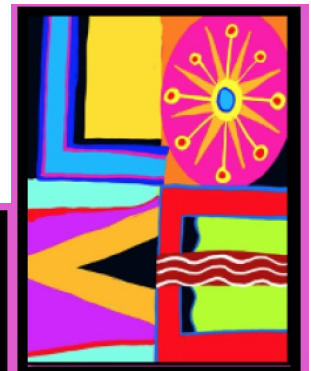


COLORFUL SILENCE:

Creating Quilt Patches on Paper to make your broken parts whole
with Brother Mickey McGrath, OSFS

Brother Mickey will share his own Art and Reflections on the Healing Power of Beauty on our journey to Holiness and Wholeness. Inspired by the Freedom Quilts, he will guide you in a creative project designed to help you find inner peace through meditation.

August 20- August 22



A Hybrid Retreat
Cost~ \$205 In-house or \$75 via Zoom



Step 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.

Step 11 suggests that I improve my conscious contact with God as I understand God. This conscious contact is made stronger through prayer and meditation.

And so, I take quiet time each morning, before the busy-ness of the day begins, to center myself in the presence of my Higher Power. I thank God for this new day, and I ask God for the grace to remain sober, just for today – for today is all I have.

In the quiet, I breathe in God's love; and I breathe out all that keeps me from becoming aware of God's love and goodness in my life: the fear, the anger, the jealousy, the hurt pride, or negative feelings.

I just breathe in and out until stillness overcomes me and I come into the center of my being where my Higher Power dwells, and I sit in the quiet.

My Higher Power and I just taking notice of each other. This is an awesome moment of intimacy where I allow my Higher Power to see into me. Where I once feared such intimacy, now I cherish it for it has become the place of authentic transformation for me.

I share everything about my life with my Higher Power, believing and trusting that all I disclose is held in loving regard. Even in those painful moments, those moments where my shortcomings are revealed, I see the tender look of my Higher Power gazing upon me.

I know that my Higher Power understands the struggle that I am experiencing, and this God of my understanding loves me in it.

It is this very love which keeps drawing me into conscious contact with my Higher Power. I know that God's love will not lead me astray. In this moment I come to know the very source of power, counsel and healing which brings peace and tranquility into my life.

In this moment of communion I come to know God's will for me. Aware of my Higher Power's strength within me, I am given the courage I need to carry out God's will for me, one day at a time.

At the end of the day, I thank God for the gift of sobriety that was mine today. I know it is only through the grace of my Higher Power that I experienced another day of sobriety – not just abstinence, but emotional balance that keeps me centered in the movement of the day.

For this I am grateful..

PRAYER

Higher Power, I thank you for your presence in my life, a presence that makes a profound difference in the person that I am becoming. I thank you for the sharing that allows me to discern your will throughout the day and the courage that you will give to me to do your holy will. I know that you are continually available to me. Give me grace to make myself continually available to you that I may walk in peace and contentment with you each day. Amen

SPIRITUAL GROUNDWORK

Make time each day for personal prayer and meditation. Take time to just be in the presence of your Higher Power so that you may come to know the voice of God among all of the other voices that try to distract you from your authentic path. Allow your Higher Power to direct your path each day.

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)

The Eleventh Step of Recovery: Prayer and Meditation

Join Brother Mickey McGrath as he shares his own art and stories of the **DRAGONS AND SAINTS** within each of us.

Through Creative Meditative Activity, explore ways to calm your inner dragons and discover the healing power of Beauty and the Creative Spirit.

Sunday, August 22 1:30-3:30 PM

In-house and Via Zoom ~ Cost \$20.



ART JOURNALING SERIES

Art journals are visual diaries that provide a place to tap into your unique well of creative energy... to explore ideas, to capture memories, and to release emotions.

SEPTEMBER 9 & 23 , October 7 & 21

7:00—8:30 PM

Via Zoom

WEEK I ~ Starting your Journal
“I am Ruth, your maidservant” Ruth 3:9

WEEK II ~ Journaling on Important Things
“In short, these are three things that last:
faith, hope and love; and the greatest of these is love.” 1 Corinthians 13:13

WEEK III ~ Journaling on Our Times and Fear
“Perhaps you have come to the throne for a time such as this.” Esther 4:14

Week IV ~ Journaling on Hope and the Future
“...take a firm grip on hope that is held out to us. Here we have an anchor for our soul, as sure as it is firm.” Hebrews 6:18-19

Presented by Susan Barber Skinner, PhD
Susan holds a PhD in health psychology and a Masters Degree in clinical mental health counseling. She currently has an online practice where she pairs her counseling skills with her interest in creativity to help women build skills and embrace hope.

WOMEN'S THEME RETREATS

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

September 17-19 ~ Director: Sr. Carol Gaeke, OP
September 24-26 ~ Director: Mary (Reddy) Reichley, OPA, D. Min.

HYBRID : Cost- In house \$205 (65 and older \$190). Virtual \$75



During our first virtual retreat in July 2020, I recall Sister Kitty Hanley naming the pandemic as an exile of our own. We were wandering in a dry and desolate time without an end in sight. However, it was reassuring as she reminded us that God is always with us.

Rather than being exiled from our homeland as the Jews were, we were told to remain home. For the sake of the health of ourselves and all others, we were sent into an internal exile. While we each have our own story of the drastic changes brought about by the pandemic, no doubt we all have similar worries, periods of confusion and significant losses. Often there was great silence over these many months. The hush of no traffic, the stillness of cities, the quiet of theaters, the empty churches; all of this could be fearsome, unsettling, and confusing. Then John of the Cross reminded me that “God’s first language is silence.” I quickly reframed the quiet, and found it to be comforting, gratifying, and holy.

Over the many months of world, national and community concerns, perhaps you have relied on the psalms and other hymns of comfort for strength, courage and wisdom. As the world around us begins to reopen, I have often reflected on a hymn from The Netherlands by Huub Oosterhuis and Bernard Huijbers called “Home from Our Exile.” Based on Psalm 126, it is a song of faith in a healing God prayed after a long period of sorrow and rebuilding caused by a major disaster. Its refrain nurtures our faith in the Real Presence of God in our lives.

“Home from our exile! God, make our dream come true: be here among us!”

Let us pray that as we emerge from this, that we will be stronger, wiser and more resilient in adversity and more confident that God, indeed, is at home in us.

Mary Anne

A Resilience Toolkit for the People of God

A Three 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
1-4 PM
Hybrid 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.
\$20 per session/\$55 for three*



*Sweet Hour of Music and Prayer
With MaryAnne Brown*

Tuesday, August 24 ~ 7-8 PM

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



We here at The Retreat House have been blessed with ten acres of nature's beauty. We are able to enjoy the ever changing scenery daily but our pleasure would be much greater if we were able to share with our friends and retreatants.

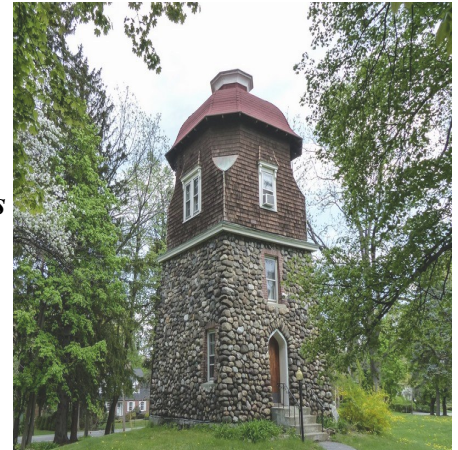
So, please let us take this opportunity to invite you to come and take advantage of our little corner of the world. Think of it as a place for your daily walk; a place to skip out with a brown bag lunch, or; just a quiet place to bring your chair and meditate or relax with a good book.



After a year of self-quarantine, working from home, kids out of school, it might be nice to have some "me time" away from familiar surroundings without a lot of travel.

Why not give some thought to a Private Retreat in the Windmill? A home away from but close to home.

Call us for reservation details.



*****SAVE THE DATE***
Saturday October 9 ~12:30—3 PM**

12 Step Presentation via Zoom

*Some Who Came to Believe—What Does Akron Have for US?
As seen through the eyes of Henrietta Seiberling, AA number 3, and Sister Ignatia*

May the *God of Summer* be with you, enveloping you with the warmth of love, filling your heart with the brilliance of light, refreshing you and cooling you in the living water of God's grace. In the shade of God's guiding, protective presence, may your deepened experience of this presence draw others to God's warm, refreshing love. May the blessing of *Summer* be with you.

Maxine Shonk, OP

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 _____

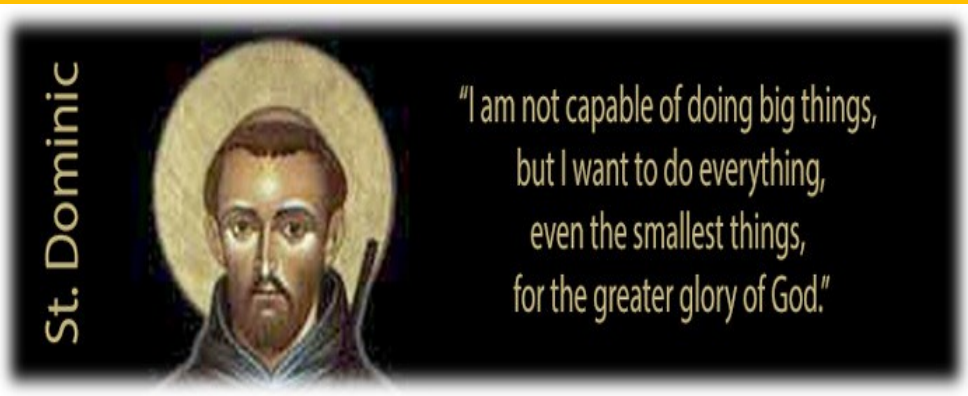
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FEAST OF ST. DOMINIC ~ AUGUST 8TH



VESPERS

7:00 PM

**ON FACEBOOK LIVE
AND IN-HOUSE**

IN-HOUSE CAPACITY LIMITED—PLEASE CALL FOR RESERVATIONS

\$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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