

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 2018

Silent Retreats for Women

Gift yourself with a week of silence and reflection!

June 18-24 is a **Weeklong Silent Preached Retreat for Sisters**: **Fr. Tom Donaldson, CSsR** has titled this retreat “*Whoever Wishes to Save Their Life Will Lose It, and Whoever Loses Their Life for My Sake Will Find It*” Fr. Tom reminds us, “What you hold on to, you will lose. What you give away, you will never run out of.”

July 2-8 is a **Weeklong Silent Preached Retreat for Women**:

The Catholic Experience: Themes of Incarnation Spirituality - **Fr. Stephen Conserva, OMI**, will reflect on some basic elements of the Catholic experience of God and Life in Jesus Christ. Fr. Stephen intends to shine the light of our Catholic heritage on our personal journey so that we can discern the movement of the Spirit in our life.

July 2-8 Silent Directed Retreat for Women:

You have your choice of **Annette Brooks, Sr. Chris Connolly, OP, or Sr. Susan Leslie, OP** as your director for this retreat. On a directed retreat you meet with your director once a day and have the rest of the time for your own personal prayer and reflection. Communal prayer services and Eucharist will be available to you as well.

Please note: *If you are not able to come for the whole week, come for as long as you can and enjoy some time of silence.*

And if you are looking for some interaction with the group, it is possible to opt for conversation at the evening meal.



Busy Person's Retreat

September 16-21

Does the idea of attending a week-long retreat sound good to you, but the reality of taking a week off seems overwhelming? This At-Home Retreat may be just what you are looking for. Designed to allow flexibility, it also provides support in deepening your awareness of God's activity in your daily life.

Participants will gather as a group for an opening session and refreshments on Sunday afternoon.

During the week, at home, people will be asked to set aside half an hour each day for individual prayer and reflection. Support materials including scripture passages and reflection questions for your prayer time will be provided.

The retreat will also include the opportunity to meet with a Spiritual Director daily during the week. These appointments are flexible and scheduled for your convenience.

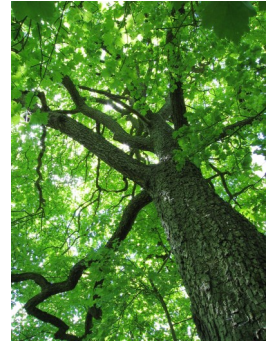
The retreat will conclude on Friday afternoon with refreshments and the closing session.





From the Desk of Our Administrator

Sr. Susan Zemgulis, OP



I'm a tree person.
They capture my attention everywhere – including in scripture!

Zacchaeus climbed a sycamore (Lk 19:4)
Jesus saw Nathanael under a fig tree. (Jn 1:48)
Elijah slept under a broom tree (1Kg 19:5)

Have you ever climbed a tree, slept under a tree, or rested in its shade?

On the banks, on both sides of the river, there will grow all kinds of trees for food. Their leaves will not wither nor their fruit fail, but they will bear fresh fruit every month, because the water for them flows from the sanctuary. Their fruit will be for food and their leaves for healing. (Ez ;47:12)

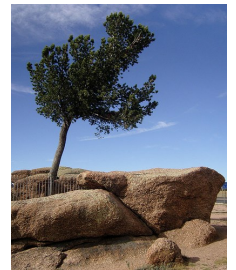
Have you picked apples or peaches or pears and enjoyed the fruit right off the tree? (or maybe oranges, mangos or grapefruit!)

The righteous flourish like the palm tree and grow like a cedar in Lebanon (Ps 92:12)



Have you watched a tree outside your window begin to bud, grow verdant and full, transform into a blaze of color, let go of everything it has only to start the cycle all over again?

I delight in all that the trees have to teach me through their strength, their flexibility, and their rootedness while reaching to the sky. They speak to my soul and God speaks to me through them. Some grow easily, others struggle to find a way to survive where they have taken root. They purify the air I breathe and hold the ground I stand on in place. I am mindful that they not only teach me life lessons, but I need them in order to live. Today, as I planted saplings on the property, I am grateful that God created trees! **May you enjoy the trees around you this day.... and perhaps you will decide to plant one or two of your own!**



S. Susan Zemgulis, OP

Other Ways to Gift Yourself with Silence

Want to turn the world off for a little bit?

Come on Saturday, June 30 2018 to

unplug

Come for a **DAY** to encounter the 3 Rs:
Rest...Relaxation...Reflection

A time for praying, reflection, sharing and creating.
Bring your journals, knitting,
or whatever you enjoy doing.

The art cart will be available for your use.

Come and re-energize!

10:00 AM—4:00 PM

*Silent Directed Retreat Weekend
For Men and Women
August 10-12*

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 just what you are looking for!

During the weekend you will have the opportunity to meet one-on-one with a director, and still have plenty of time to spend with God in silence and solitude so you can focus on your personal relationship with God.

Annette Brooks, Sr. Chris Connolly, OP and Sr, Susan Leslie, OP will be available to direct you.

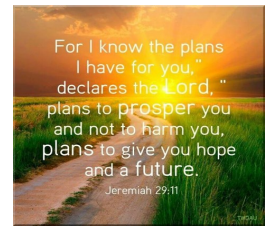
Eucharist will be available



Ordinary Time? Annette Brooks

The Easter Season of the Church's Liturgical Year has ended and now we are back in Ordinary Time. But, is any time truly 'ordinary' when you are journeying with God? The journey is one that is extra-ordinary. Do we recognize the "extra" in our daily lives or have our lives become so busy that we fail to recognize the God-moments in our lives? If that is what you are sensing in your life, then it might be a time to "unplug", to take some time to rest, to relax, and to listen.....Sounds almost like taking a vacation, vacation-time with God. It is a time of 'Mindfulness', a time to be truly mindful and aware of God and God's presence. God is always walking by one's side. Do we recognize that God is present, and walking step by step with us? How have you seen God's presence manifest in your life today?

I find that it is so necessary not to lose sight of the importance of one's own spiritual journey and where that journey, that deepening of my relationship with my God, will allow God to take me. Many times, it entails places that I would never imagine. Take some time to reflect. Where has God taken you, and how have you seen God's presence in your journey of life? It may be time for you to step back and take some vacation time with God in order to connect once again with the One who knows you the best.



I invite you to refer to the calendar in this 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 take some vacation time with God.



Making Room for God – Letting Go of the Clutter Weekend for Women and Men August 3-5, 2018

Are you ready to open your heart and let God into your clutter? Most of us know God is present in our clutter. Letting God in to help us lessen what the clutter is really about is extremely hard to do.

This weekend we will explore living an uncluttered life and moving into a deeper spiritual understanding of clutter.

We will experience lessons on care of our bodies, daily prayer, clearing out our homes, doing good works, forgiveness, resting on the Sabbath and most of all bringing our creative minds and our open hearts into a new relationship with ourselves and God.



Join us for our
Senior Day of Reflection
Wednesday, June 13, 2018

It's Not Over Until ...

Have you ever wondered,
"Did God forget me?"

What is God asking of you and me?
God still has a plan for us.

We are called to continue to live a life of gratitude, trust, and hope ... and perhaps to help others discover the presence of God in their lives.

Fr. Joe Busch will guide us through this day of reflection.

Fr. Des Rossi
will be our presenter
for our **Marian Day**
Tuesday, August 14

"Mary and the Receiving and Returning of Unhurried Divine Gaze"



We too must gaze upon God and receive the fruits of prayer so as to allow us to bring praise to God and healing to ourselves and the broken world.

Finding Joy in the Works of Mercy

Saturday, August 18

Sr. Betsy Van Deusen, CSJ asks,
"We are familiar with the Corporal and Spiritual Works of Mercy, but when was the last time we spent time considering them in our lives?"

Through prayer, reflection and conversation, we will bring them alive in our day and recognize joy in that enlivening.



★★★★★★★★★★
 ★★★★★★★★★★
Dominican Star Pass
 Entitles
winner
 to attend any and all programs at the Dominican Retreat & Conference Center **free of charge**
Valid 1/1/2019–12/31/2019
 ★★★★★★★★★★

Support our annual fund raiser, **“More than Just Desserts”** by joining in this year’s raffle!

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.



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

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 Telephone _____

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Day/Evening Programs June-September 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.

Senior Day of Reflection

It's Not Over Until....

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

Monthly Workshop

Organizing, Changing, Downsizing, Rightsizing

Thursday, June 14, September 13 10:00AM-Noon
Ceil Amendolia, OPA \$15.00 per session

Sung Vespers in the Spirit of Taize

Thursdays: June 14, August 16, September 20
 7:00PM-8:00PM

CASAC Training: Domestic Violence

Friday, June 15 9:00AM-4:00PM
Frank Pouliot, CASAC
 (fee paid by June 8: \$60/after June 8: \$65)

Unplug—a Day for Rest and Relaxation

Saturday, June 30 10:00AM-4:00PM
Annette Brooks \$30.00

Twelve Step Sunday Afternoon Presentation

Tools for Emotional Sobriety: The Welcoming Prayer and The Forgiveness Prayer
 Sunday, July 1 1:30PM-4:30 PM
Fr. Bill Sheehan, OMI \$20.00

Afternoon Card Making Workshop

Saturday, August 4 1:30PM-3:30PM
Brigid Meyer \$15.00

Vespers for the Feast of St. Dominic

Wednesday, August 8 7:00PM

Marian Day of Reflection

Mary and the Receiving and Returning of Unhurried Divine Gaze
 Tuesday, August 14 9:45AM-3:00PM
Fr. Des Rossi \$30.00

CASAC Training

Addiction and Spirituality
 Wednesday, August 15 9:00AM-4:00PM
 (fee paid by Aug. 7: \$60/after Aug. 7: \$65)
Debra Ouimette, PhD, CASAC, LADC, SAP

Day of Reflection

Finding Joy in the Works of Mercy
 Saturday, August 18 10:00AM-3:00PM
Sr. Betsy Van Deusen, CSJ \$30.00

Annual Open House

Sundaes on Sunday **FREE**
 August 19 noon-4:00PM

Scripture Study *The Jesus of John's Gospel*

Tuesdays: Aug. 28, Sept. 4, 11, 18, 25, Oct. 2, 9
 7:00PM-8:00PM
Sr. Victoria Battell, RSM
 Come to any or all! \$10 per session/\$65 for all

Coffeehouse

(To Benefit the Dominican Pastoral Counseling Center)
 Sunday, September 16 7:00PM-9:00PM
Running the River \$16.00

REGISTRATION FORM: *Please include deposit (\$50.00 non-refundable for Weekend Registration)*
To save time and postage, Credit Card Reservations can be made via:

- ✓ website (www.dslcny.org)
- ✓ faxed (518-393-4525)
- ✓ Phoned in (518-393-4169)

Name: _____
 Address: _____
 City/St/Zip _____
 Phone (h) _____ (w) _____
 E-mail _____ (c) _____
 Diet/room needs: _____

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: _____



**Would you like to receive
 The Good News via email?
 Give us a call at (518) 393-4169
 and we would be happy
 to arrange that for you!**

For information on any program, please call (518) 393-4169 between 9:00 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 June-September 2018

WEEKLONG RETREATS

Weeklong Preached Retreat for Women Religious

*“Whoever Wishes to Save Their Life Will Lose It, and Who-
ever Loses Their Life for My Sake Will Find It”*

June 18-24

Fr. Tom Donaldson, CSSR \$450.00***

Weeklong Silent Preached Retreat for Women

The Catholic Experience:

Themes of Incarnation Spirituality

July 2-8

Fr. Stephen Conserva, OMI \$450.00***

Weeklong Silent Directed Retreat for Women

July 2-8

Annette Brooks *or*

Sr. Christine Connolly, OP *or*

Sr. Susan Leslie, OP \$450.00***

*****Registration for these retreats begins at 4:30 on the
first day and retreat ends after 9:00AM Eucharist
on the last day.**

Organizing Weekend for Men and Women:

Making Room for God—Letting Go of the Clutter

August 3-5

Ceil Amendolia, OPA \$205.00*

Silent Directed Retreat Weekend for Men and Women:

August 10-12

**Annette Brooks, Sr. Chris Connolly, OP, or
Sr. Susan Leslie, OP** \$205.00*

Busy Person’s Retreat

September 16-21

Sr. Christine Connolly, OP \$125.00

Women’s Theme Weekend

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

September 21-23

Sr. Kitty Hanley, CSJ \$205.00*

Women’s Theme Weekend

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

September 28-30

Sr. Monica Murphy, CSJ \$205.00*

***Weekend Retreats - \$205.00**

Seniors (65 and older - \$190.00).

*Weekend programs begin Friday at 7:45 PM and
conclude on Sunday afternoon unless otherwise noted.*

The Happiness Project - Part 4

Cecelia Amendolia, OPA

In March’s Good News, the Happiness Project reminded us to AIM HIGHER. Happiness is important for our work experience and our work experience is critical for happiness.

The Fourth Step is to LIGHTEN UP. Being around children is a great source of happiness - your children, grandchildren, and the children you encounter when you are out and about. Watch them and pay attention to what you are feeling. Or you may lighten up by singing in the morning, acknowledging the reality of people’s feelings, holding onto happy memories, and taking time for fun projects.

So go to the park and watch children play! Find a song to sing each morning to make your day a little lighter! The next time you are with family, tell them a funny story from your memories and most of all spend time with a fun project, like putting pictures into a scrapbook! You might also spend time each day reading from Scripture.

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

Feast of St. Dominic

August 8

Please join us as
the Dominican Sisters and Associates
celebrate the Feast of St. Dominic with
Vespers at 7:00PM on Wednesday, August 8



Would you like an evening of great music?

Come hear ...

Running the River

at

Dominican Retreat and Conference Center

Sunday, Sept. 16, 7-9PM

Cost: \$16

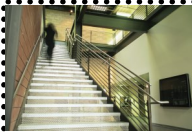
includes music and snacks

*Proceeds benefit Dominican Pastoral
Counseling Center*

*Questions: Sr. Carol Davis, OP
518-393-5517*

*Directions: Please visit
www.dslcnny.org*





DRCC Recovery Corner

Once again, we share with you three more steps from “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.)

7. Humbly asked God to remove our shortcomings.

I stand ready to be transformed in and through your love. I know that you yearn for me to be more whole. Deepen my awareness of your healing forgiveness and grant me the gift of forgiving myself.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

I remember all those whom I may have harmed by my failures, faults, and unhealthy behavior. I bring them to you, Liberating One, asking that you extend your blessing of love upon them.

9. Made direct amends to such people whenever possible, except when to do so would injure them or others.

Grant me the courage to reach out to those in my life who have been affected by my lack of spiritual freedom, Compassionate One. Lead me to ways that will promote goodness and well-being for them.



Why not join us for our Sunday afternoon session for **Men and Women in Recovery on July 1** from 1:30-4:30?!

Fr. Bill Sheehan, OMI will teach us two

“Tools for Emotional Sobriety: The Welcoming Prayer, and the Prayer of Forgiveness”.

Without *emotional sobriety*, it can be difficult to maintain *physical sobriety*.

The weekend for **Women Concerned with Alcoholism** is scheduled for **September 14-16, 2018**. The director will be **Sr. Cathy Cahill, OSF**, who had entitled the weekend:

“Traveling the Road of Imperfection”.

Sr. Cathy, who has a background in education and addictions counseling, says that there is great freedom in accepting our limitations and being at home with ourselves.

During the weekend Sr. Cathy will help participants to explore the joys of imperfection!

Please contact us with any suggestions or comments. We welcome your feedback!

CASAC Training

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

Friday, June 15, 2018

Domestic Violence

Workshop directed by: **Frank Pouliot, MS, CASAC**

Early registration on or before 6/8/18

Wednesday, August 15, 2018

Addiction and Spirituality

Workshop directed by: **Debra Ouimette, PhD, CASAC,**

LADC, SAP

Early registration on or before 8/8/18.

Each of the trainings begins at 9:00AM 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 Jesus of John’s Gospel

The Gospel of John is perhaps the most complex and theological of the four gospels, yet its fundamental message is simple: Love one another as I have loved you.. John gives a unique portrayal of the person of Jesus Christ which is very different to that of the Synoptic tradition. This series of session will select themes from John’s gospel in order to explore the image of Jesus which John seeks to portray.

Sr. Victoria Battell, RSM will lead us through this exploration.

Come to any one session or all! 7:00 PM-8:00 PM

Tuesdays: Aug. 28, Sept. 4, 11, 18, 25, Oct. 2, 9

Conference Center Update

The Dominican Retreat and Conference Center is pleased to welcome **Jocelyn Bryant** to our staff as our new Hosted Program Coordinator. You’ll hear more from her in our next newsletter!



\$5.00 Coupon

Present this coupon to receive \$5.00 off a **day or evening** program at:
Dominican Retreat & Conference Center
Niskayuna, NY

The Good News

published four times a year
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1945 Union St, Niskayuna, NY 12309
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dslcny@nybiz.rr.com (email)
w.dslcny.org

\$10.00 Coupon

Present this coupon to receive \$10.00 off a **weekend** program at:
Dominican Retreat & Conference Center
Niskayuna, NY

Address Service Requested

Place label here



Free Family Fun
15th Annual Ice Cream Social and Open House
Sundaes on Sunday
August 19: noon – 4 o'clock



Cool off with your family, friends and neighbors.
Tour our Center and our Windmill. Enter our drawing for a Free Retreat Weekend!
Enjoy our choir at 1PM and 2:30PM.

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



We will also offer a **Child ID Program** and an ***Adult Medical Safety ID Program** provided by New York Life.
For ***Adult Program**, bring a list of prescriptions you are currently taking and name/s & phone number/s of your doctor/s. This information goes on the card you will receive.