

Dominican Retreat & Conference Center



1948-2025



76 years of Caring for the Spirit

The Good News

June 2025



May you be made holy when you know failure, when the object of your dream eludes you or your hopes dissolve in mistakes or shortfalls. May you learn resilience in letting go and hope in giving over to a God who knows you well and loves you. May you know the eagerness of God to embrace you and to guide you into fresh perspectives and new ways to minister to those around you. May you give yourself the gift of compassion and may the God of RESILIENCE bless you.

~Maxine Shonk, OP~

From the Desk of the Administrator:



Pope Francis encouraged us, “Always to start over after our falls. God is patient.” It is a reminder of how resilient we are as human beings, and that the strength and ability to get up and go on again is possible because we do not do it alone. Our God is with us in every moment. As I write this article, we have buried this holy man and have elected another. We pray for our new pope and we remember that the Church is also resilient. For thousands of years, the Spirit has accompanied the People of God through a multitude of transitions. We call on that Spirit now as we ask for the grace to continue to be light, hope, and compassion to a divided and war-torn world. May we be bearers of peace and respect to all we encounter. May we honor our earth and all creatures who inhabit it. And may we carry Pope Francis’ call, “Never forget to smile, even when life is hard.”

A. M. P.

*~In Memory~
Pope Francis
Jorge Mario Bergoglio
1936 - 2025*



*Welcome
Robert Prevost
Pope Leo XIV*





REMINDER OF JUNE PROGRAMS AND EVENTS

June 19 ~ 7- 8pm *Sung Vespers in the Spirit of Taize*
with Sr. Sue Zemgulis, OP

June 20 ~ 1 - 4pm *Card Making Program (in-house only)*
with Dr. Susan Barber Skinner

June 21 ~ 10am - 3pm *Pilgrims of Hope:
A Journey of Renewal and Reflection*
with by Dr. Susan Barber Skinner
**Following the passing of Pope Francis, we honor his invitation to embrace 2025 as a Holy Year and to walk forward as Pilgrims of Hope. Join Dr. Susan Barber Skinner for a day of reflection, renewal, and inspiration. Together, we'll explore the meaning of hope, how to nurture it, and how to bring it to life through reflection, conversation, and creative expression. Open to all seeking a deeper connection to hope and practical ways to meet life's challenges with greater clarity, resilience, and strength.*
(in-house with lunch & via Zoom)

WHAT IS SPIRITUAL DIRECTION?

A presentation on what spiritual direction is (an what it is NOT) followed by a Q&A will help our understanding of what this practice is and how it can help draw us closer to God. Afterwards, there will be time to sign up for a brief spiritual direction session to experience what it is like with a Certified Spiritual Director.

*Presented by Kristine Rooney, Deacon Nicholas Ascioti, and
Deacon Paul Cerosaletti*

Sunday, June 22 ~ 1:30-4:30pm In-house & via Zoom

Free will offering



This program is being co-sponsored by The Consultation Center of Albany and the DRCC

Week-long Silent Preached Retreat for Women Religious ***June 23 - 29***

*This retreat will be focused on Listening:
listening to the Word in the Scriptures,
listening to the shifting culture
we live in, and listening to the
movement of the Spirit in ourselves*

*Directed by Sr. Joan Scanlon, OP,
In-house (\$550) and via Zoom (\$275.)*

Silent Directed Retreats for Women

June 23 - 29

directed by Mary Reichley, OPA

Or

July 7-13

directed by Sr. Mary Ann Collins, OP

In-house (\$550)/via Zoom (\$275)

"In the depth of winter, I finally learned that within me there lay an invincible summer"

~ Albert Camus ~

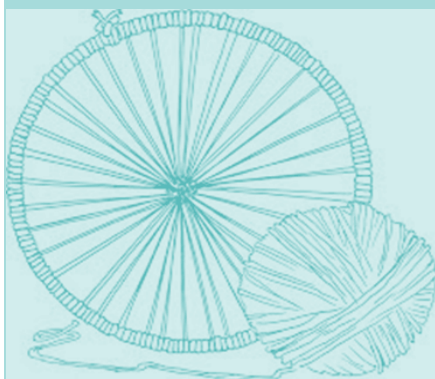
Week-long Silent Preached Retreat For Women

July 7-13

Walking in Hope, Resting in Hope, Returning to the Land of your Soul

Elevate your spirit as you take a break from the routines of daily life and make room for the Divine.

Directed by Joan Horgan, LMSW (\$550)/via Zoom (\$275)



Peaceweavers: Weaving Your Prayers

Join Dr. Susan Barber Skinner for an extended day of spiritual reflection and creative practice. In this program you will work with a round loom, yarn and fabric to create a woven prayer—a tangible expression of your hopes, intentions, and personal reflections. As we weave, we will explore the meditative qualities of this ancient craft, deepening our connection to prayer and mindfulness through the rhythm of creation.

In-house July 15 ~ 10am-3pm (lunch included) Cost: \$35

Travels with St. Kateri Tekakwitha

In this week of St. Kateri's Feast Day, join us as we travel back in time, over three hundred years ago, on a journey to the places where Kateri lived, died and discovered Jesus. Our "armchair pilgrimage" will include presentation in the morning, a break for lunch, and an afternoon of shared reflection, prayer and contemplation led by Karen Bond.

July 16 ~ 10am - 2pm (lunch included)

Cost: In-house \$30/via Zoom \$20



From a Heart of Stone to a Heart of Flesh:
Praying with Pierre Teilhard de Chardin ~
an afternoon of reflection and prayer for the children of Earth

Led by Sr. Barbara Harrington, OP

In-house July 20 ~ noon - 5pm (lunch at noon)

Cost: \$35

Life doesn't get easier or more forgiving. We get stronger and more resilient."

~ Steve Maraboli ~

The Bible's Most Misunderstood Book?
A Summer Scripture Study featuring the Book of Revelation



Shooting stars, seven-headed dragons, 666???

For centuries, the Book of Revelation has fascinated, mystified, and even terrified its readers. Join us as we encounter this enigmatic text anew—studying it in the light of its original context to better understand how it might continue to speak to us today. Together we will uncover the *consolation, invitation* and *hope* at the heart of Revelation.

Facilitated by Dr. Joy Galarneau

Thursdays: July 17, 24, 31 ~ 10am - noon via Zoom

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

Day of Reflection ~ Mary Magdalene

"I have seen the Lord!" John 20:18



July 22 ~ 10am -3pm

Disciple of Jesus, Companion at the Cross, Witness to the Resurrection, Apostle to the Apostles, Sister in Faith:

Join us as we gather to celebrate the feast day of St. Mary Magdalene on this day of prayer, study and reflection. Together we will remember and honor Mary of Magdala, Tower of Strength, as we contemplate our own journeys of faith in the light of her courageous and holy life.

**Led by Joan Horgan & Dr. Joy Galarneau
Cost: In-house (with lunch)\$35/via Zoom \$25**

**The Caregivers Retreat Day:
*Restoring Strength and Spirit***

July 29 ~ 10am -3pm

As caregivers, we pour out love and energy every day, but true rest is essential to sustain the journey.

This retreat is a day set aside just for you to explore the emotional realities of caregiving, reconnect with your inner resilience, and most importantly, to rest.

You'll learn about seven Types of Rest, create a Personal Rest Plan, and discover simple ways to bring micro-rests into your daily life.

Through honest conversation, meaningful reflection, and a closing compassion meditation, you'll leave the day feeling renewed, supported, and equipped to care for yourself as you care for others.

**Led by Dr. Susan Barber Skinner
Cost: In-house \$35 (lunch included)
via Zoom \$25**



ORIGINAL GOODNESS: A Biblical Journey of Self-Discovery

Come home to your center during this retreat weekend of prayer, reflection and rest. Companioned by our Sacred Scriptures, we will re-discover the gift of original goodness at the heart of all creation. We will open our minds and hearts to recognize and receive God's gift of original goodness as an invitation to compassionate self-care, cherished belonging and courageous love.

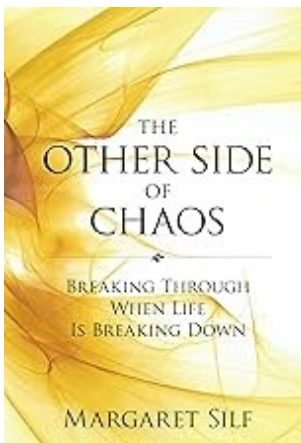
Weekend Retreat led by Dr. Joy Galarneau

August 1 - 3

Cost: In-house \$225 (65+ \$210)/via Zoom \$90



"God saw everything that he had made and indeed, it was very good." Genesis 1:31



Virtual Lunch Time Book Club

August 5, 12, 19, 26 ~ noon - 1:00pm via Zoom

From satisfying work to unemployment, from good health to chronic illness, from independence to care-giving—these are a few of the countless ways life hurls us into chaos, where certainties fail and faith may falter. This book and our discussion will help us to see our "messes" as something that will help us break through to where God makes all things new. Facilitated by Joyce Solimini via Zoom

Cost: \$10 per session/\$35 for all four

Back by request:

MAKING FINAL PREPARATIONS

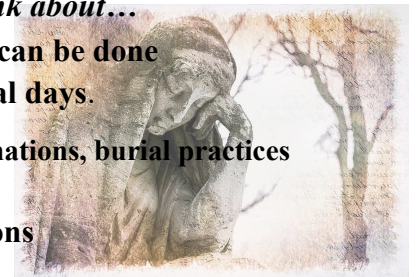
~ Praying through those things that no one wants to think about...

Final arrangements don't have to be morbid tasks. They can be done in a reflective, prayerful manner long before our final days.

August 13 ~ *Honoring our bodies*: Advanced directives, MOLST forms, organ donations, burial practices

August 20 ~ *Honoring our lives*: Writing your own obituary

August 27 ~ *Honoring our spirits*: Planning our final services and celebrations



Guided by Sr. Sue Zemgulis, OP and invited guest speakers

In-house only ~ 10am-1pm (lunch at noon) Cost: \$25 per session/\$70 for all three

An Evening of Reflection with *Miryam of Nazareth—mother, sister, friend and guide* August 14 ~ 7 - 9pm



Join us for an evening of reflection using music, art, scripture and poetry to expand our relationship with the woman we know as the Mother of God—the vessel for the Incarnation. How might artists and writers allow us to see her with new eyes, allowing our connection with this companion in our faith to deepen and broaden?

Led by Joan Horgan

In-house and via Zoom Cost: \$35

SUNDAES ON SUNDAY ~ August 17 ~ Noon-4pm

- Enjoy free ice cream and music!
- Tour the Center, walk the grounds, learn more about us
- Attend our choir concerts at 1pm and 2:30pm
- Enter our drawing for a Free Weekend Retreat
- Check out our used book sale
- Bring the kids for stories and activities



“Life is like ice cream, enjoy it before it melts.” Unknown

Retreat to the Movies

Critics have called *Arrival* a “sophisticated, grownup sci-fi: a movie about aliens for people who don’t like movies about aliens”.

Join us as we explore this movie that stretches our imagination and understanding of life as we know it.



Presented by Author,
Educator Jim Dillon

September 9, 16, 23
In-house 6:30-8:30pm

Free will offering

Virtual Book Club

Featuring James Martin’s book
*Between Heaven and Mirth: Why Joy,
Humor, and Laughter Are at the Heart of
the Spiritual Life.*



Led by Dr. Joy Galarneau

Sept. 11, 18, 25 ~
Noon-1:00pm via Zoom

Cost: \$10 per session/
\$25 for all three

Women’s Theme Retreats

“Come away and rest awhile” Mark 6:31

September 19-21 ~ Guest Director: Sr. Marilyn Vassallo, CSJ

September 26-28 ~ Guest Director: Mary K. Rosmus

In-house \$225 (65+\$210)/via Zoom \$90



RECOVERY PROGRAMS

Becoming Whole: Reclaiming Your Personal Voice in Recovery

Recovery often reveals the ways people-pleasing behaviors can limit personal growth, deepen feelings of resentment, and undermine authentic relationships. In this workshop, we will explore the roots of people-pleasing, how it emerges in recovery, and the subtle ways it can sabotage our progress. Through guided reflection and discussion, participants will gain insight into their own patterns and begin to imagine a healthier, more empowered way of living and relating.

This program offers practical tools for setting boundaries, speaking with clarity, and honoring one's truth with compassion. Whether you are early in recovery or have been walking this path for years, you are invited to reclaim the strength of your own voice and deepen your connection to self and others. Join us for an evening of encouragement, support, and empowerment as we move from silence to self-expression on the journey of recovery.

Presenter: Dr. Susan Barber Skinner
July 14 ~ 7–8:30pm in-house and via Zoom
Cost: \$15



Care of the Spirit *Solitude on a Busy Highway*

Life rushes past in a blur of noise and demands — yet the spirit quietly seeks strength and peace. Spiritual resilience isn't about escaping life, but about rooting ourselves in faith, even amid challenges.

Here at our Spiritual Sanctuary, both retreatants and staff often speak of how God meets them in stillness — offering strength, clarity, and comfort for whatever life holds. Time and again, faith becomes the quiet anchor that steadies the heart. One retreatant arrived weary from caregiving and grief. “I didn't know how much I needed quiet,” she said. “But in the silence, I felt God's peace holding me.”

When the world grows loud, when you are worn thin, when you are simply seeking peace, come. Let your spirit breathe. Let the Real Presence of the Holy One restore you with the resilience only God can give.

~ Mary Anne

Dominican Star Pass

Entitles

winner

to attend any and all programs at the
Dominican Retreat & Conference Center
free of charge

Valid 1/1/2025–

12/31/2025

OR

\$500 in Gift Cards for
“Gas, Food, and More”

**Drawings will be held on
Sunday, October 26, 2025 at our Fall Benefit,
“More Than Just Desserts”**

*On each ticket please put a check mark
before the drawing of your choice
(Year Long Pass or “Gas, Food and More”)*

Tickets: \$2.00 each /3 for \$5.00.

Need not be present to win.

Donation not required for participation.

Dominican Retreat & Conference Center 2025 Drawing

☐ Year Long Pass OR ☐ “Gas, Food and More”

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 26, 2025

Donation not required for participation

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Drawing: Sunday, October 26, 2025

Donation not required for participation

Registration Form for ANY Program:

Please fill out what applies to you & the program you are attending and mail with your payment to:

**Dominican Retreat & Conference Center
1945 Union St., Niskayuna, NY 12309**

Mrs. Ms. Mr.

Name Other _____

Address _____

City/ST/Zip _____

County _____

Phone (h) _____

(w) _____ (c) _____

Email _____

(Email is necessary for virtual retreat)

Name of Program _____

Check one: ☐ in-house or ☐ virtual

Retreat Date/s _____

Promoter _____

Dietary Needs _____

Special/Room Requests _____

Deposit: _____ coupon

Amount \$ _____ Check # _____

N.B. There is a \$20.00 fee for returned checks.

*Credit Card Reservations may be made via
website (www.dslcny.org)*

or

phone (518-393-4169).

For Grant purposes:

Age: Under 65 65/+

Veteran? YES NO

(Office Use Only)

BK _____ DB _____ CONF. _____ List _____

**When thinking about estate planning, please
consider including DRCC in your final wishes.
Your gift will enable our ministry to continue for
future generations.
Contact Sr. Sue Zemgulis, OP for information**

Sung Vespers in the Spirit of Taize

In-house and via Zoom

Thursdays: July 24, Aug. 28, Sept. 11

7- 8 pm Free will offering

Virtual Centering Prayer

Wednesdays: July 2, Aug. 6, Sept. 17

7-7:30pm via Zoom

Suggested offering \$5

Pause for Peace

Tuesdays: July 15 Aug. 12, Sept. 2

7-7:15pm

Via Facebook Live

**If you would prefer to receive your "Good News"
as an e-mail rather than a paper copy
please contact the office at 518-393-4169**



From our Sister Retreat House in Great Bend, Kansas:

Shiny Bits of Scripture

June 22-27 Via Zoom and In-house

Directed by Alice Camille

for more information visit:

<https://heartlandspirituality.org/annual-preached-retreat/>

**When we learn how to become resilient, we learn how to embrace the
beautifully broad spectrum of the human experience.**

~Jaeda Dewalt~

Address Service Requested

Or Current Resident

Place label here



VESPERS FOR THE FEAST OF ST. DOMINIC
AUGUST 8
7 - 7:45PM
IN-HOUSE AND VIA ZOOM

~ A Dominican Blessing ~

May God the Father bless us. May God the Son heal us.
May God the Holy Spirit enlighten us,
and give us eyes to see with, ears to hear with,
hands to do the work of God with, feet to walk with,
a mouth to preach the word of salvation with,
and the angel of peace to watch over us
and lead us at last, by our Lord's gift, to the Kingdom.
Amen.

(13th Century)

\$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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