

# Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309  
(518) 393-4169 [www.dslcny.org](http://www.dslcny.org)

*Solitude on a Busy Highway*

## The Good News

September 2022

*May the God of Truth be with you, enlightening your heart, clearing your vision,  
calling you beyond yourself, and gently leading you to the truth at the heart of your being.*

*May fidelity to this Truth be your gift to others and the source of your own peace.*

*May the blessing of Truth be with you. Maxine Shank, OP*

From the desk of the Administrator:



When I was very young, one of the things that would upset me the most was if someone did not believe that I was telling the truth. As an adult, friends were unsure I could pull off a lie to get someone to a surprise birthday party his family was having for him. I guess it is not a surprise that I was drawn to the Dominican Order, one of whose mottos is "Veritas" – Truth. What is truth? Is it facts? Is it objective? Does it depend on perspective? Does it depend on experience? Is it personal or universal? Is it held by one person or by multiple people? Is there a single truth or multiple parts? There is not a simple answer to the question of "What is truth?" Even Jesus does not respond when Pilate asks him the question.

St. Dominic based our order on the truth of the Gospels. Jesus, himself was the way, the truth and the life. We look to Jesus' actions and teachings as a means to guide our own values, beliefs, words and actions as we strive to live and speak truth.

Who and what is the basis that you use when you are seeking the truth?

*A. Shank, OP*

### Virtual Centering Prayer via Zoom

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

7-7:30 PM Wednesday nights:  
Sept. 28, Oct. 12, Nov. 9, Dec. 14

### Sung Vespers in the Spirit of Taize

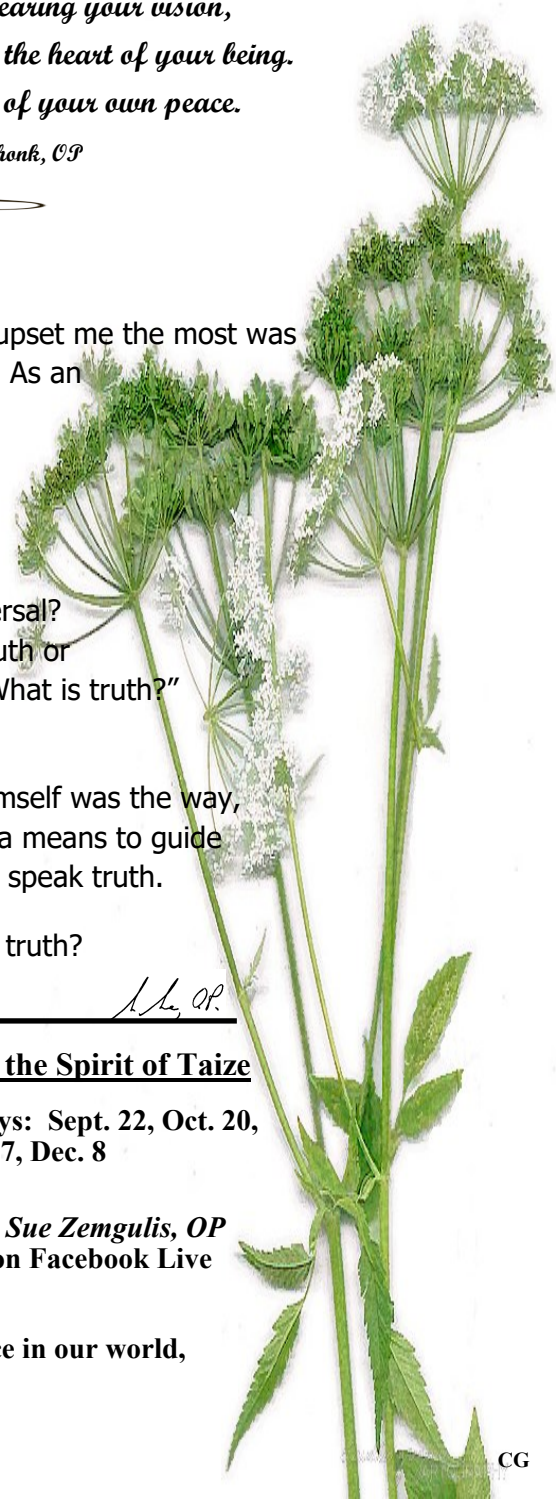
7-8 PM Thursdays: Sept. 22, Oct. 20,  
Nov. 17, Dec. 8

*Presented by Sr. Sue Zemgulis, OP  
In House and on Facebook Live*

**PAUSE FOR PEACE...a brief monthly pause to pray for peace in our world,  
in our communities and in our hearts.**

Tuesdays, 7-7:15 PM ~ Oct. 4, Nov. 1, Dec. 27

Presented by Dominican Sisters via Facebook Live





CG

It is our pleasure to introduce our new 12 Step Program Director, Dr. Susan Barber Skinner...

*As the Big Book promises have come true in my life over the past 20 years, I've found myself humbled and amazed; the opportunity to join the ministry team as 12 Step Coordinator takes it all a step further and for that I am grateful and excited! I come to this role with experience as a therapist, counselor, sponsor, and person in recovery. In all things I blend the clinical with the creative, with an eye toward empowering people with skills to help them heal and grow. I hold a PhD in Psychology from Walden University, an MA in Clinical Mental Health Counseling from Union Institute and a BA in Political Science from St. John Fisher College.*

*I look forward to working on the familiar 12 step programs offered by DRCC and to creating new programs – I welcome your suggestions. Get in touch at 12stepDRCC@gmail.com. - S.B.S-*

### The Jesus of John's Gospel

Scripture Study Series Guided by Victoria Battell

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".



Sept. 13 ~ Intro to John's Gospel and themes.

Sept. 20 ~ Women

Sept. 27 ~ Discipleship, Unity, Service

Oct. 4 ~ Facing Hypocrisy

Oct. 11 ~ Union and Love

Oct. 18 ~ The Passion and Death of Jesus

Oct. 25 ~ Transforming Love, Community Relationships, Lessons from the Resurrection

7- 8:30 PM—In house and via Zoom \$15 per session/\$90 for all 7

### Making Final Preparations:

*Praying through those things that no one wants to think about*

Sept. 14, 21, 28 ~ 10 AM-1 PM ( lunch at noon)

Sept. 14—Honoring our bodies: advanced directives, MOLST forms, organ donation, burial practices

Sept. 21— Honoring our lives: writing our own obituary

Sept. 28— Honoring our spirits: planning our final services and celebrations

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

Cost: \$25 per session



### Womens' Theme Retreat

In house and Zoom

Sept. 23-25 Directed by Anita Davidson, OPA

*do justice. love mercy. walk humbly.*

Retreat offering: In house \$205 (65+\$190)Virtual \$75

\$50 deposit due at time of registration

*The Blessings of Generations:  
A Day of Reflection for Grandparents*

Join director Joyce Solimini in an exploration of the blessings and challenges in our personal journeys, grandparenting in our culture today, and our hopes as we go forward in our relationships with our grandchildren and their parents.

October 5 ~ 9:30 AM—3:00 (lunch at noon)

Cost: In house \$25/Virtual (Via Zoom)\$15

**Coffee House with *Running the River...***

a fun powerhouse band with a unique blend of classic Country, Rock, Folk, Irish, Blues, and Fiddle tunes.

Join us and Neil Yetwin (Guitar and Vocals), Barry Weinstein ( Fiddle and Vocals) and Fred Woodward (Bass, Guitar and Vocals) for a fun-filled musical evening.



Sunday, October 9th 7:00 – 9:00 PM

Cost \$20.00 adults

**A virtual Evening of Reflection ~ Via Zoom**

**Joy is an inside Job!**

October 27 ~ 7-8:30 PM

*No one can find it for you, but once you have it, no one can take it away from you.*

*Joy comes when we turn from looking outside ourselves and discover the source of joy within our spirit and in our relationship with God.*

*Join Health and Wellness Consultant, Linda Borowsky to explore how to make the "Joy Choice".*

Cost: \$15

***More Than Just Desserts ...  
is making a comeback!***

For the last two years, More Than Just Desserts has been "eventless." While we can only allow a limited number of participants in house for our event on October 30<sup>th</sup>, we can have a large number of people participating in our online auction.

If you would like information on how you can bid virtually on some great items such as: a handcrafted vase by potter Jill Fishon-Kovachick, cookware by Emeril, a yearlong retreat pass, jewelry and more - contact Sr. Sue at (518) 393-4169 for details.

***The truth is an objective standard by which reality is measured;  
it's God's point of view on any subject.***

Tony Evans



## The Way of Truth

It seems that reliable truth is in short supply these days and, if you are like me, it disturbs one's peace. There are mounting tensions in the very systems we thought would keep us safe, healthy, and free from violence, yet my confidence has been shaken by headlines, broadcasts and posts.

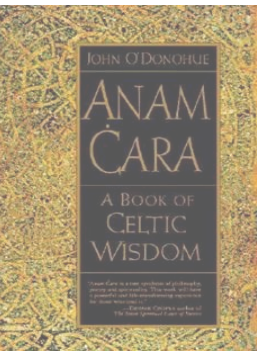
Recently, as I was reeling from the news, I thought of Jesus' words to His apostles who told Him of their confusion and asked how they would be able to go forward. In John 14, Jesus reassured them, "Do not let your hearts be troubled..... I am the way, the truth and the life."

As always, His words brought me peace and I thought how we can count on God to be our anchor of truth in a life worth living. Knowing that Jesus is the Way, the Truth, and the Life brings great comfort as we remember His wisdom and leadership is founded on peace. Moving through the uncertainties of today's unrest may leave us feeling sad and a bit lost, but we are never alone. Truth be told, God is with us always. Perhaps we could use this time of trouble and turmoil to pray and reflect on our own faith and mission that we carry forward as we follow Jesus.

### □ *Prince of Peace,*

*Throughout our life, our faith principles promised at Baptism have formed us in The Way of mindful reverence for all life. This may be a delicate time as we search our treasure trove of faith and allegiance to You, O God. Yet we are comforted and grounded in knowing that no one is more important or less important in the family of God. You look beyond our limitations and love all of us abundantly and deeply. We are counting on You, O Holy One, to strengthen and support us as we dare to journey onward as people of peace. Amen.*

- Mary Anne Brown -



## Virtual Book Club via Zoom

**Thursdays  
10 AM—Noon  
October 6, 13, 20, 27**

**The book we will be reading is:  
*Anam Cara: A Book of Celtic Wisdom*  
by John O'Donahue**

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

*The great enemy of truth is very often not the lie, deliberate, contrived and dishonest, but the myth, persistent, persuasive, and unrealistic. JFK*

If only you could give the gift of peace, rest, renewal, solitude and tranquility....YOU CAN...by giving friends and loved ones a gift certificate to one of our numerous programs and retreats. They're perfect for Christmas and all occasions.

Please contact the office for further information.







You are invited to an  
Advent Wreath Lighting

By the Galarneau-Braungard Family:  
Joy, John and daughter Georgie

They welcome you to join them as they light the  
candles of hope, peace, joy and love. Share prayer  
and reflection as you journey together through this  
holy season of waiting. All ages welcome.

Sundays, Nov. 27, Dec. 4, 11, 18  
7-7:30 PM.

RSVP to (518)393-4169

Free will offering



\$15 per session/\$55 for all four

**An Advent Scripture Study  
With the Book of the Prophet Isaiah**

“They shall beat their swords into plowshares  
and their spears into pruning hooks; one  
nation shall not raise the sword against  
another, nor shall they train for war again.”  
Isaiah 2:4

Nov. 29, Dec. 6, 13, 20

10 AM—Noon via Zoom

Facilitated by Dr. Joy Galarneau,

Zoom in on any session or all four  
\$20 per session/\$75 for four



**A**dvent and Christmas are  
like a keyhole through which a  
ray of light from home shines  
and brightens our path.  
Friedrich von Bodelschwingh

**ADVENT SILENT RETREAT**

**DECEMBER 2-4**

*Learning to wait joyfully is no easy task! We live in a world that is constantly moving, usually at breakneck speed, and we're all expected to keep up. Advent turns that notion on its head. Advent invites us to pause, to make space for anticipation, to enjoy the journey rather than focus only on the destination. During this silent weekend retreat, we will explore the scriptural themes of the season as we reclaim the spirit of Advent and wait together in joyful hope.*

Directed by author, podcast host, mindfulness coach, Mary DeTurris Poust

Cost: In house \$205 (65+ \$190)/Virtual \$75



# FESTIVAL OF LEARNING IN HOUSE & VIRTUAL VIA ZOOM

COST: \$20 EACH/\$55 FOR ALL THREE



**Chanukah**  
December 1 ~ 7-9 pm

*How do we make miracles?*

During our time together, we will look at miracles past, hopes to come, and what we contribute to make miracles happen. We will explore the sights and sounds, symbols and tastes of this holiday.

Presented by **Bonnie Cramer**,  
Mashpi'ah Ruchanit (Certified Spiritual Director),  
Director Union College Hillel, and current student at  
Academy for Jewish Religion.



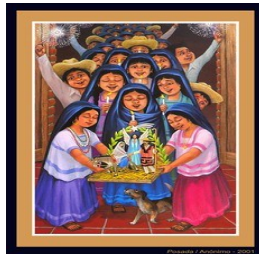
**Kwanzaa**  
December 16 ~ 7-9 pm

Kwanzaa is an annual celebration of African-American heritage, unity and culture from December 26 to

January 1, culminating in a communal feast called Karamu, usually on the sixth day.

We will explore the seven principles as well as the history, purpose, traditions, colors and symbols of this celebration.

Presenter: TBA



**LAS POSADAS**

**Saturday, December 10 ~ 1:30-3:30**

Join us as we learn about the religious festival Las Posadas: Celebrated in Mexico and parts of the United States, Las Posadas commemorates the journey of Mary and Joseph from Nazareth to Bethlehem, and their search for the shelter where Jesus, the Christ child, would be born.

*Sr. Ana Gonzalez, OP* will present the history of Las Posadas and lead us in an experience of this festival. We will pray the rosary, sing traditional songs, sample delicious traditional treats, and go on our own posada with Mary and Joseph!



**Celebrating the Gift of the Nativity: Creating a Nativity Triptych**

**December 15 ~ 7-8:30 PM via Zoom**

Artists have created triptychs for generations; these three panel creations share a narrative, display a sequence of events, or show different elements of the same experience. In this class, led by Dr. Susan Barber Skinner, you will have an opportunity to explore your experience of the nativity by creating a unique triptych to keep for yourself or share as a gift. *Kit and instruction will be provided to create a visually pleasing project, no matter your skill level.*

**Cost: \$20 includes class & materials. To assure prompt arrival of your kit, please register by Dec. 5**



## 12 STEP PROGRAMS

### Women's 12 Step Retreat ~ *Journey to Wellness* October 7 -9

*This weekend will focus on all aspects of recovery—physical, emotional, and spiritual. It will include presentations, discussion, quiet time and a 12 Step Meeting Saturday night. Directed by Sr. Kay Kanick, RSM*

**Cost: \$205 in house or \$75 online**

#### Creating a Recovery Mask

Presented by Dr. Susan Barber Skinner  
October 13 ~ 7-8:30 Via Zoom

In this season of masks and costumes we will explore the masks we wear in recovery. What masks did we create while using? When do we remove those masks? What do we keep behind the mask? What mask might we use to keep ourselves safe? Participants are invited to consider these questions while working with paper, paint, and scraps to create a mask.

Cost: \$20 includes class & materials.

To assure prompt arrival of your kit, please register by Oct. 3

#### November 1 Evening of Gratitude

Dinner at 6 PM—Program 7-8:30 PM

Join us for dinner, or via Zoom, for a special evening with Mark T. Scannell, author of *The Gratitude Element: A New Look at the Serenity Prayer*, who will join us via Zoom. Scannell explored the origins of the Serenity Prayer and came to believe that this age-old prayer was missing a vital element. He invites us to take a fresh look at an old prayer and see how gratitude is a natural and essential ingredient in finding serenity.

Cost: In house \$25 (includes dinner)  
Via Zoom \$15

#### Celebrating in Recovery: *Five Candles of Hope and Peace* November 22 ~ 7-8:30 Via Zoom

Moving into times of family celebrations and traditions can be challenging for newcomers in recovery as well as long timers. Family traditions, expectations, and assumptions can cause discomfort, anxiety and bring out old behaviors. One can move through the seasons if you are willing to 1. Place yourself and your recovery in the forefront of your days in self caring ways, 2. Set boundaries with self and others, 3. Examine choices, and 4. Look at creating new traditions for you, your loved ones and those who support you, 5. Use your spiritual practices daily.

Join *Ruth Hoenick*, Spiritual Companion and facilitator of 12 Step retreats throughout the country, for this gathering of information and discussion to help support you and your recovery in the upcoming times.

Cost: \$15

#### *How to be Your Own Santa Claus* ~ December 7— 5:30-8:30 PM

The idea of a merry old elf delivering a perfect holiday is appealing but often leads to disappointment. YOU have the ability to be your own Santa Claus, to determine what elements You need for the holidays to have both meaning and magic. In this workshop you will have an opportunity to acknowledge your feelings, consider how to allow others to be responsible for their own holiday celebrations, and take care of yourself during this busy season. All of this work will be done in the larger context of recovery and self-care. Presented by Dr. Susan Barber Skinner

**COST: In house \$30 (dinner included)/**



**Peace is the beauty of life. It is sunshine. It is the smile of a child, the love of a mother, the joy of a father, the togetherness of a family. It is the advancement of man, the victory of a just cause, the triumph of truth. (Menachem Begin)**

**Registration Form for ANY Program:** \_\_\_\_\_ in-house  
**Please fill out** what applies to you & the program you are attending and mail with your payment to: \_\_\_\_\_ virtual

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

Mrs. Ms.  
 Name Other \_\_\_\_\_

Address \_\_\_\_\_

City/ST/Zip \_\_\_\_\_

Phone(h) \_\_\_\_\_

(w) \_\_\_\_\_ (c) \_\_\_\_\_

Email \_\_\_\_\_

(Email is necessary for virtual retreat)

Program Name \_\_\_\_\_

Retreat Date/s \_\_\_\_\_

Promoter \_\_\_\_\_

Diet Needs \_\_\_\_\_

Special/Room Requests \_\_\_\_\_

Deposit: \_\_\_\_\_ coupon

Amount \$ \_\_\_\_\_ Check # \_\_\_\_\_

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

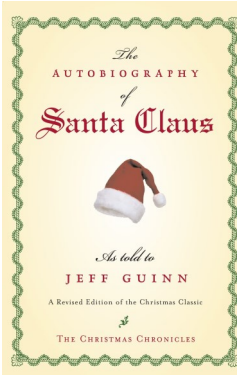
Credit Card: M/C \_\_\_\_\_ Visa \_\_\_\_\_ Discover \_\_\_\_\_

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Expiration Date \_\_\_\_\_

*Please print name as it appears on card for authorization.*

*Credit Card Reservations can be made via website (www.dslcny.org), fax (518-393-4525) or phone (518-393-4169) to save time and postage.*



**Get in the Christmas Spirit!**

**Join us for a very jolly book club featuring:**

***The Autobiography of Santa Claus* by Jeff Guinn**

**Thursdays Dec. 1, 8, 15 ~ 10 AM—Noon Via Zoom**

*From the publisher: "This Christmas classic combines solid historical fact with glorious legend to deliver the definitive story of Santa Claus. For anyone who has ever wondered, you're right to believe in him!"*

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



***Join us and the DRCC Choir as we usher in the season at our annual***

***Christmas Concert***

***Sunday, December 18 ~ 2-4PM***

***In house and virtual via Zoom***

**PLEASE ANSWER BELOW!**

**For Grant purposes:**

**Age: Under 65 65/+**

**Veteran? YES NO**

Program \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

*(Office Use Only)*

BK \_\_\_\_\_ DB \_\_\_\_\_ CONF. \_\_\_\_\_ List \_\_\_\_\_

**Or Current Resident**



*The thankful heart opens our eyes to a multitude of blessings that continually surround us. J.E. Faust*

*Happy Thanksgiving  
from the staff of DRCC*

**\$5.00 Coupon**

Present this coupon to receive \$5.00 off  
a day or evening program at:  
**Dominican Retreat & Conference  
Center  
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*The Good News*  
published four times a year  
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www.dslcny.org

**\$10.00 Coupon**

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