

Dominican Retreat & Conference Center

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

Solitude on a Busy Highway

The Good News

December 2018



All Things New
New Years
Countdown

Behold, I am making all things new. Revelation 21:5

Isaiah 9:6 - *For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace.*

Let there be peace on earth
and let it begin with me.

Oh, come let us adore him,
King of Kings,
Prince of Peace.



New Year's Evening of Reflection

"The Kingdom is Coming!"

December 31, 2018 7:30 PM-12:30 AM

Presenter: Rev. Ed Deimeke

Evening only: \$25.00

Evening program plus overnight accommodations and breakfast \$50.00/person (concludes at 10:00 AM).



SUNDAY AFTERNOON

December 16, 2018

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.



**"Peace in our Hearts
and in Our World"**

Music, Presentation, Prayer, and Refreshments.

~ All are welcome. ~

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

Friday, December 14th

7:00 PM - 9:00 PM

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



From our Administrator

Sr. Sue Zemgulis, OP



Shepherds and kings following hopes and stars that take them deep into the night. How far have they come? We should really know for certainly everyone is a shepherd and king.



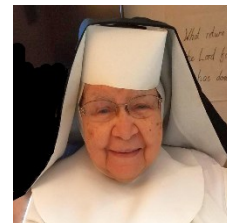
These are lyrics I have been singing to myself a lot lately – not because we are moving into Christmas and Epiphany but because it was the closing song for the funeral of Sister Mary Carmel Lectora, OP...by her own request! As Sr. June explained at the funeral, Sr. Carmel was born on the Epiphany and because she came in on the Epiphany, she wanted to go out on the Epiphany!

Most of you reading this, have never met Sister Carmel. Some of you, who have been connected to the retreat house for a long time, will remember her. She was one of the first sisters I met when I came to the retreat house as a child over 40 years ago. She often teased the girls volunteering in the dining room that one day we would become “Good Dominicans”...and I hope I have. She was smart, quick witted, extremely organized, persuasive, politically savvy, passionate, funny, prayerful, wise, and a woman of deep faith who lived her life with integrity. Her gift, like the shepherds and kings, was to bring all the gifts of who she was to the world so that Christ may be recognized. And she did that by bringing her whole self to every encounter with each person she met.

If we believe that everyone is a shepherd and king, what are the gifts of my person that I bring to this world around me and the people I encounter each day? And what long term effects will those gifts have on the lives of those I encounter, without my even knowing it? A smile, a word of encouragement, a prayer for someone else's journey... Who you are, and the gift you are to the world really does matter - not just in the moment, but for years to come!

Many of you may not have met Sister Carmel...and yet you have, because she shared her life with me and helped me to be who I am for you. How will you be a gift bearer to someone else today?... *for certainly everyone is a shepherd and king!*

A.L., OP



PEACE

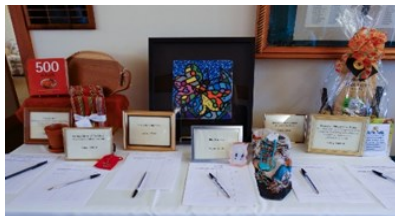
Our 20th Annual More Than Just Desserts!



It is hard to believe that we have been holding this fabulous event for 20 years!

What a wonderful time we had celebrating and supporting the ministry here at the Dominican Retreat and Conference Center by enjoying good food, immersing ourselves in exquisite music and conversations with friends, and having a little fun bidding on some interesting auction items.

The tone of the festivities was set by the music of classical guitarist, Ed Munger. Each guest had the opportunity to see if they would be the ones to go home with a "Taste of Schenectady", an LL Bean gift certificate, a massage, a new purse, a wine basket, or an interesting piece of art.



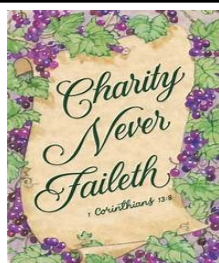
Delicious hors d'oeuvres were circulated through the room to assist discernment of each next bid. Conversation around the dining room tables, accompanied by sweet delights, made for an enjoyable evening.

With your participation, and the help of a remarkable committee, we made over \$24,000 to help maintain the ministry here! If you missed out on this event, there is always next year. And if you would like to be more involved in this fun and successful venture, let us know. The committee will soon begin planning for Oct. 27, 2019. We hope you will help make our next one even more successful!



REMEMBER US....

When the time comes for you to plan your estate, please consider remembering us in your will. This important ministry depends upon the generosity of our many donors and benefactors.



Dominican Retreat and Conference Center Peace Award 2018



Paul and Phyllis Cooney

During this year's More Than Just Desserts we were happy to present our Third 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.

Congratulations

Paul & Phyllis

THEMED WEEKEND RETREATS 2019



“The only thing that counts is faith expressing itself through love.” (Gal 5:6b)

(Sr. Chris Connolly, OP)

In Paul’s epistle to the Galatians, he tells us that in Jesus *“the only thing that counts is faith expressing itself through love.”* (Galatians 5:6b) This is a timely theme for reflection for the themed weekend retreats. What a powerful statement for our current world. All we need do is look around us each day and find ourselves surrounded by the lack of respect, lack of compassion and empathy for one another.

How is it possible for us to keep our hope alive and our belief that we as human beings are called to be in partnership with God to bring peace and justice to our world?

Judy Cannato’s book, *“Radical Amazement,”* provides us with some wonderful insights into how each of us can work towards our call to be co-creators with God. Her reflection on the Incarnation offers us a framework for our work. She states: *“The Incarnation accomplished the following: ‘that God became human and that humans became God and sharers in the divine nature.’* What a statement: *“we are sharers in Divine nature!!!”*

The life of Jesus will illustrate for us how to be in right relationship with ourselves, God, one another, and our world. We learn through Jesus how God is more compassionate than we can imagine. God graciously accepts the unacceptable, loves the unlovable, heals all who want to be whole, and includes everyone in His love. Through Jesus we learn that God is more about serving than being served, God chooses vulnerability over might and continuously surrenders power so that we can be set free. God is about forgiveness and healing, justice, and mercy. How can we not assume our responsibility since we are sharers in divine nature? Perhaps a time aside for a weekend will provide you the time and space to reflect on the theme: *“the only thing that counts is faith which expresses itself through love.”*

Upcoming Theme Retreat Weekends for Women:

January 25-27, Fr. Des Rossi; February 1-3, Sr. Katherine (Kitty) Hanley;
April 5-7, Sr. Monica Murphy; May 3-5, Sr. Marilyn R. Vassallo, CSJ;
September 20-22, Anita Davidson, OPA; September 27-29, Sr. Katherine (Kitty) Hanley



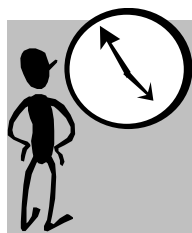
Time to Plan Your Perfect Retreat/Getaway/Meeting/Conference

As we end the old year and begin the new, have you thought about holding a meeting, conference, or retreat? Better hurry. Almost every weekend has been reserved for 2019, however, we do have many weekdays available for a daylong event or overnight events. The Dominican Conference and Retreat Center is open to all who desire enrichment, reflection, and rest. We are located in a quiet, wooded area accessible to all major highways.

Nollaig chridheil hìbh
(Scots Gaelic - Merry Christmas)

Barb Kerr, Hosted Program Coordinator

Day/Evening Programs December 2018-March 2019



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.

Monthly Workshop

Ongoing Organizing, Changing, Downsizing, Rightsizing

January 10 February 7 March 7

10:00AM-Noon \$15.00 per session

Ceil Amendolia, OPA

CASAC Training

Families, Addictions, and Wellness

Friday, December 7 9:00 AM-4:00 PM

Robert Woods, PhD (Before 1/25 \$60; after 1/25 \$65)

12 Step Sunday Afternoon Presentation

The Virtue of Humility - Recognizing the Generosity of a Higher Power

Sunday, December 9 1:30 PM-4:30PM

Sr. Kay Kanick, RSM \$20.00

Advent Evening of Reflection for Men & Women

Ways to Pray That Make Life Better

Wednesday, December 12 6:20 PM-9:15PM

Fr. Scott VanDerveer \$25.00

Evening of Prayer

Peace in our Hearts and in our World

Friday, December 14 7:00 PM-9:00 PM

Free of Charge - Donations Accepted

Please register so we know how many to plan for.

Dominican Sisters and Associates of Peace

The Empty Chair

Saturday, December 15 10:00 AM-4:00 PM

Maggie Whelan, OPA \$40.00

Annual Christmas Carol Concert

Sunday, December 16 2:00PM-4:00 PM (Doors open at 1:30PM)

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

New Year's Evening of Reflection

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

Fr. Ed Deimeke \$25 eve/\$50 overnight

12 Step Presentation for Men & Women

You Turned It Over...But Now What?

Sunday, January 6 1:30 PM-4:30 PM

Diane Cameron \$20.00

Card Making Workshop for Men & Women

Saturday, January 19 1:30 PM-3:30 PM

Brigid Meyer \$15.00

CASAC Training

Lifestyle Changes & Brief Practices to Enhance Recovery

Friday, February 1 9:00 AM-4:00 PM

Warren Skov, LCSW, CASAC

(fee paid by 1/25: \$60/after 1/25: \$65)

Lincoln Is Loved, Not Because He Was Perfect, But Because He Was Human

Monday, February 11 7:00 PM-8:30 PM

Tuesday, February 12 10:00 AM-11:30 AM

Tom Hoffman \$15.00

Evening of Reflection for Married/Engaged Couples

For better and for worse~For richer and for poorer

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

Rev. Tom Konopka \$45 per couple

Ash Wednesday Evening of Reflection

Becoming and Accepting: The Dual Challenges of Lent

Wednesday, March 6 6:20 PM-9:15 PM

Rev. Dan Nelson, OFM \$25.00

Celtic Day

The Cosmic Celtic Spirit

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

Brother Micky O'Neill McGrath \$30.00



Dream Group ~
with **Sr. Carol Davis, OP**

February 25, March 25, April 29, May 20,
June 24, September 30, October 28, December 2

Meets monthly / \$25 per class

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

Interfaith Community

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

January 15, February 6

April 2, May 2

Join us as we pray

"Sung Vespers in the Spirit of Taize"

(singing, quiet time, scripture, and intercessory prayer)

2019: Jan. 17 Feb. 7 Mar. 7

Time: 7:00-8:00PM



Weekend Programs December 2018 - March 2019

12 Step Overnight for Men & Women Concerned with Food Issues

Celebrating the Holidays... Do We Create Our Own Crises?

December 7-8

Sr. Kay Kanick, RSM \$100.00

Dreaming in Winter: Weekend for Men and Women

January 11-13

Sr. Carol Davis, OP \$205.00*

Directed Retreat Weekend for Men and Women:

January 18-20

Sr. Chris Connolly, OP \$205.00*

Women's Theme Weekend

The only thing that counts is faith expressing itself through love (Gal. 5:6b)

January 25-27

Fr. Des Rossi \$205.00*

Women's Theme Weekend

The only thing that counts is faith expressing itself through love (Gal. 5:6b)

February 1-3

Sr. Katherine (Kitty) Hanley \$205.00*

Busy Person's Retreat for Men and Women:

February 3-8

Sr. Chris Connolly, OP \$125.00

Weekend for Men Concerned with Alcoholism

Something Simple, Nothing Fancy: A Weekend with the 12 Steps of Alcoholics Anonymous

February 8-10

Fr. Tom Westen, SJ \$205.00*

5 Day Centering Prayer Silent Retreat

Heart Perception: The Grace in Yielding, Surrendering, and Letting Go

February 15-20

Rev. Bill Sheehan, OMI \$425.00

Per diem \$65 w/overnight \$90

Knitting and Crocheting Weekend

Praying With Our Hands: Yarncraft as Embodied Prayer

March 8-10

Anita Davidson, OPA \$205.00*

Weekend Retreat for Women Survivors of Sexual Abuse

The Power of Truth

March 15-16

Sr. Carol Davis, OP \$205.00*

Weekend For Men & Women in 12 Step Recovery

Relationships in Recovery: The Sponsor-Sponsee Connection

March 29-31

Sr. Kay Kanick, RSM \$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

Sr. Carol Davis, OP, MA is a lifelong dream explorer. She has a rich background in spirituality, addictions, and trauma recovery counselling. She has also taught at university and in campus ministry.



“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 11-13**

Directed Silent 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 allowing you to focus on your personal relationship with God.

Sr. Christine Connolly, OP will guide you through this weekend. **Dates: January 18-20**

Lincoln Is Loved, Not Because He Was Perfect, But Because He Was Human



This year we will ask the most fundamental of all questions - what made Lincoln tick? What experiences shaped and taught him? Who were his mentors and who were the people he admired? What literature did he read and which ones affected his thoughts and mental processes? What was his relationship with God? This year we explore Lincoln's humanity - the truth and the myths.

Monday, February 11

7 - 8 PM

Tuesday, February 12

10 - 11:30 AM

For Better and For Worse - For Richer and For Poorer

Evening of Reflection for
Married and Engaged Couples
Fr. Tom Konopka

No matter how long two people have been married or for those who contemplate marriage, the marriage vows need to stay as new and fresh as on the wedding day. As we celebrate Valentine's Day, let us reflect together on these sacred promises and how they are alive in your lives.

The evening will include prayer, a lovely dinner, a presentation by Fr. Tom, and Eucharist.

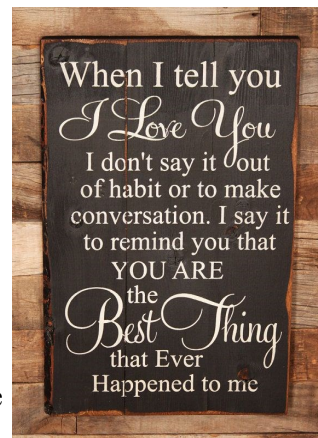
Thursday, February 14, 6:20-9:15 PM

Weekend Retreat for Women Survivors of Sexual Abuse

The Power of Truth

We will explore the risks, fits, and transformative power of honoring truth. “Speak the truth in a million voices. It is silence that kills the world.” (Catherine of Siena)

Sr. Carol Davis, OP **March 15-16**



Help save the earth. If you would like to receive the Good News via e-mail, contact us at 518-393-4169 or at dslcnny@nybiz.rr.com

Thank you.

Lenten Offering



Ash Wednesday Evening of Reflection

Date: **Wednesday, March 6**

Theme: *Becoming and Accepting:*

The Dual Challenges of Lent

Director: **Rev. Dan Nelson, OFM**



Brother Micky O'Neill McGrath

The Cosmic Celtic Spirit

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

**Knitting / Crocheting
Retreat for Men & Women
March 8-10**



Praying With Our Hands: Yarncraft as Embodied Prayer

“Our bodies can embody prayer or be places where prayer is actively happening. We don’t - or shouldn’t just think our prayers. We can embody the feelings and emotions usually expressed only as spoken or mental prayers in our actions. Prayer can involve our bodies as much as our minds as we communicate with God, bless, honor, and petition God; rage in the presence of God, and show our devotion. We can show and express with our bodies what we say and express with our minds. This is prayer in motion..”

~~ Jon M. Sweeney in *Praying With Our Hands*

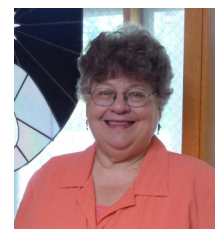
Directed by: **Anita Davidson, OPA**

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**

January 10, February 7, March 7



Sr. Ceil Amendolia, OPA

The Happiness Project - Part 6 Cecelia Amendolia, OPA

In September’s Good News, under the Happiness Project it was stated to **MAKE TIME FOR FRIENDS**. Have you contacted old friends or did you make a new friend?

The Sixth Step is to **PURSURE A PASSION**. Do you know what your passion is? Are you already doing something related to your passion? In each phase of our life journey many people start to question their passion and whether or not they are living their passion.

Many people evaluate their passion when they retire. They say I am going to do many new adventures. In the book “The Happiness Project,” the author mentions a few things to try. Sit down and write a novel. Make the time and forget about the results. In doing this you might see a passion you did not know you had. If reading is one of your passions, make the time to read something you always wanted to read. If you like museums go to a museum. If music is your passion, take time each day to sit and listen to the music of a loving God and be open to where God will take you.

Just sitting around and wanting to be happy is not enough. You need to put love into your life, discover what you enjoy doing.

Remember if you are happy and you know it “**CLAP YOUR HANDS**” Email me at ceildrh@yahoo.com and let me know how it is working for you.



DRCC Recovery Corner

(Sr. Susan Leslie, OP)

"You Turned It Over..., But Now What?" is the intriguing title of our first recovery program of the New Year! **Diane Cameron** will guide **Men and Women in 12 Step Recovery** through this topic on **Sunday afternoon, January 6, 2019**. Doors will open at **1:00 p.m.** for check-in, with the program running from **1:30 through 4:30 p.m.** Prior registration would be most appreciated!

On Friday, **February 1, 2019**, **Warren Skov, LCSW, CASAC** will present a **CASAC Training** entitled, ***"Lifestyle Changes and Brief Practices to Enhance Recovery."*** Doors will open at 8:30 a.m. for check-in, with the program running from 9:00 a.m. through 4:00 p.m. Though the training is designed to provide CASAC credentialing credit, **all** are welcome to attend. Early registration on or before 1/25/19 (\$60/person). Coffee, tea, lunch, and snacks are included.

Dates to save for future CASAC Trainings:
Friday, April 12, 2018
Friday, June 14, 2019

Our annual weekend for **Men Concerned with Alcoholism** will take place **February 8-10, 2019**. **Fr. Tom Weston, SJ** will lead the weekend, ***"Something Simple, Nothing Fancy: A Weekend with the 12 Steps of Alcoholics Anonymous."***

Sr. Carol Davis, OP will be with us once again from **March 15-17, 2019** for our weekend for **Women Survivors of Sexual Abuse** as we speak about the ***"The Power of Truth."***

The **Weekend for Men and Women in Twelve Step Recovery**, scheduled for **March 29-31, 2019** will be a little bit different this year! **Sr. Kay Kanick, RSM** will facilitate the theme, ***"Relationships in Recovery: The Sponsor-Sponsee Connection."*** Since the emphasis will be on sponsors and sponsees, we would like to suggest that you come with your sponsor and/or sponsees! ***BUT***, even if they cannot come, you come anyway!

STEP 1

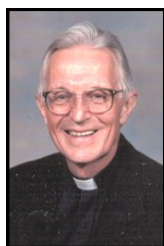
We admitted we were powerless over alcohol (people, places and things)—that our lives had become unmanageable.

<p>Powerlessness— who wants to admit it? It smacks of defeat. Everything within me resists. Better to keep up the illusion— all is well, even though everything within me is falling to pieces.</p> <p>The name of the game: control. Control everything around me to feed the illusion; while everything within me is crumbling, collapsing, weakening.</p> <p>I know I cannot drink, yet, I cannot not drink— the cycle is vicious. It wants to obliterate me. It is making me insane. It calls for my demise.</p> <p>O God, if only, if only I could admit powerlessness; but I am not weak, I can handle it.</p> <p>I refrain for a moment, a day, a week.</p>	<p>But my body cannot withstand the cravings— the obsession— the nagging obsession has me licked.</p> <p>The bottle wins me over like an old friend visiting, and we are off and running. The cycle— the vicious cycle.</p> <p>I am not weak.</p> <p>I can control this. I manage Lent without a drink. I am proud of myself. I reward myself at Easter dinner. I'm OK!</p> <p>One drink won't hurt. I won't drink the hard stuff. It always gets me in trouble. A glass of wine will do. It won't hurt. I manage just fine.</p> <p>Easter Monday, another drink. Easter Tuesday, I'm smashed. The disease, why not succumb?</p>
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<p>The obsession. The nagging obsession has me in its grip.</p> <p>I lie. I rationalize. I minimize. Yet, in denial, still not ready to admit that I am powerless.</p> <p>What was once a social drink has now become a daily drink. My life, unmanageable. I who once prided myself on my organization and skill, now shuffle papers across my desk.</p> <p>The thought of a drink— the planning, the fantasizing, the romanticizing, the execution, just consume every fiber of my being.</p> <p>I who once prided myself in a work ethic, now arrive late and leave early, looking busy yet accomplishing nothing. The drink has me prisoner.</p>	<p>Yet denial is strong! more drink— more pain. Spiritually drained. Physically wearied. Emotionally spent. The thought of death—my new companion. I never thought it would come to this.</p> <p>How shall it all end?</p> <p>A moment of sanity. A moment of clarity. Something beyond myself breaks through. I can now surrender!</p> <p>O God, I am powerless over alcohol and my life has become unmanageable.</p> <p>***** Reproduced by permission from Sister Judith A. Terrameo, OSF, <i>Pathway to Peace and Inner Freedom: Reflections on the Twelve Steps</i> (Allegany, NY: The Franciscan Sisters of Allegany, 2018).</p>
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Or Current Resident

Place label here



5 Day Centering Prayer Retreat - February 15-20

Heart Perception: the Grace in Yielding, Surrendering, and Letting Go **Silent Retreat for Men & Women**

Each time we enter into the silence and open ourselves to the Divine - yielding to the grace of the moment - we are transformed. Each surrender, each act of letting go creates space for us to move ever deeper as we touch into our perception where we experience healing, understanding and union with our true self, our Beloved, and with the universe around us. During this contemplative retreat, we will experience periods of centering prayer in a climate of silence and solitude. Come and 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.

\$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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 1945 Union St, Niskayuna, NY 12309
 518-393-4169
dslcny@nybiz.rr.com (email)
www.dslcny.org

\$10.00 Coupon

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