

Dominican Retreat & Conference Center



1948-2025



76 years of Caring for the Spirit

The Good News

December 2025



Dear God, in the hushed moments when I'm alone, help me hear the soft rustling of leaves in my soul's quiet forest. Let the peace of solitude wash over me like a gentle stream, carrying away my worries and fears. In these moments of stillness, open my eyes to the beauty that surrounds me — the intricate patterns of a spider's web, the warm glow of sunlight through the trees, the steady rhythm of my own breath. Teach me to find joy in these simple wonders, to embrace the quiet as a friend rather than fear it as a stranger. May I grow stronger and wiser in these moments of solitude, rooted in Your love. Amen

~author unknown~

From the Desk of the Administrator

For many years, our tag line has been "Solitude on a Busy Highway" which is what we hope you find when you pull onto the property – a place away from the busyness, where you can hear yourself think and hear God speaking to your heart. But this solitude comes as a result of a multitude of people! It is funded by those who have given what they can financially to support this ministry. Some have been able to give a few dollars. Some have left something to us in their estate. These "somethings" all add up and have, in recent years, enabled us to pave the driveway, put new carpet in the hall, take care of a major plumbing issue, and replace the hot water heater when it died. And we are grateful! Such generosity is not taken for granted. It is carefully stewarded by the hands and hearts of our dedicated staff, so that when you arrive on this Holy Ground, you can take a deep breath, and let us care for you. Our prayer is that during your time here, you will be comfortable enough to turn off the "busy highway of your life" and simply enjoy some sacred solitude with your God.

N. Rowe



Solitude is where I place my chaos to rest and awaken my inner peace.

~Nikki Rowe~

REMINDER OF DECEMBER PROGRAMS

Dec. 7, 14, 21 ~7-7:30pm via Zoom ~ *Advent Wreath Lighting*

Dec. 9, 16, 23 ~ 10am-Noon via Zoom ~ Advent Scripture Study
Joseph, husband of Mary

Dec. 9 16, 23 ~ 7-8:30 pm via Zoom ~ *Lectio Divina*
Scripture passages corresponding to Advent Scripture Study

Dec. 5-7 ~ Advent Silent Retreat ~ *Travel Light, See the Light , Be the Light*

Dec. 13 ~ 10am-3pm in-house and via Zoom ~
Day of Reflection for Men with Fr. Marty Fisher
Christ our Divine Physician

Dec. 20 ~ 10am-3pm in-house and via Zoom ~
The Gift is Peace Holiday Recovery Retreat

Dec, 21 ~ 2-4pm in-house and via Zoom ~ *Christmas Concert*



NEW YEAR'S EVENING OF REFLECTION

"Every new beginning comes from some other beginning's end":

An evening of spiritual reflection on the cusp of a new year with Fr. Jordan Lenaghan, OP

The evening begins at 7:30pm with three options:

- ♦ In-house evening only \$35 (concludes at app. 12:30am)
- ♦ In-house evening program with overnight accommodations and breakfast \$70 (concludes at 10am)
- ♦ Enjoy the evening from your home via Zoom \$25

RESERVATIONS REQUIRED



WINTER WALKERS CLUB RETURNS

During these long winter months, we invite you to drop in...

- ~ walk our hallways for fitness
- ~ spend time in our chapel for prayer and reflection
- ~ see old friends and make new ones over a hot beverage
- ~ browse our gift shop

Come be renewed in your home away from home.

January 6, 13, 20, 27
February 5, 12, 19, 26
10am-Noon

Free will offering



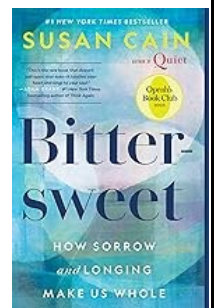
VIRTUAL BOOK CLUB

January 7, 14, 21, 28 ~ Noon-1pm via Zoom
Led by Joan Horgan

It seems that part of being alive is needing to grapple with the things that break and tear at our hearts and spirits.

Join us for this chance to see how even in the broken and torn places we are being drawn toward wholeness. Isn't hope found in the knowing that brokenness does not have the last word? May this time spent with this meaningful book and wise author open us to Resurrection in our lives.

\$10 each/\$35 for four



The North Wind doth blow, And we shall have snow, And what will the robin do then, poor thing? He'll sit in a barn, And keep himself warm, And hide his head under his wing, poor thing!

-Mother Goose-





Rest Assured: *A Day of Renewal for Caregivers*

JANUARY 10 ~ 10am-2pm

Led by Dr. Susan Barber Skinner

Caregivers give endlessly — but rest is also a form of care.

Join us for a gentle day retreat designed to replenish body, mind, and spirit.

This peaceful day offers a space to breathe, reflect, and restore balance. Through quiet reflection, guided meditation, and a simple creative practice called *Rest Stones*, participants will experience rest not as indulgence, but as sacred renewal. Come and experience the stillness that restores strength and the quiet that renews hope.

In house cost \$35/via Zoom \$25

COMMUNITY CIRCLES

In-house Jan 21, 28 Feb. 4, 11 ~ 10-11:30am

“Without discussion, intellectual experience is only an exercise in a private gymnasium.” Bourne

Take a break, pour a cup of coffee, and join the conversation.

Community Circles are friendly gatherings where we will come together to share ideas, listen, and learn from one another. Each week offers a short reflection or story to get us started, followed by open conversation.

There’s no homework, no pressure —just a chance to connect, converse, and enjoy a sense of community.

Facilitated by Staff of DRCC

Free will offering

One can be instructed in society, one is inspired only in solitude. ~ Goethe~



RETREAT TO THE MOVIES

In-house Jan. 22 ~ 11am-4pm (with lunch)

*Since its release, over 85 years ago, *The Wizard of Oz* has left an indelible mark on our culture. With beautiful images, wonderful songs and unforgettable characters, the movie tells a universal story about friendship, courage and finding your way home.*

Join us as we explore its timeless and spiritual messages.

*Presented by Author, Educator Jim Dillon
Free will offering Registration required*

“I’m giving you my heart, faith and my joy.” ~ Bishop Mark O’Connell ~

Welcome



WOMEN'S THEME RETREATS

"DON'T WORRY ABOUT ANYTHING..." PHILIPPIANS 4:6

JAN 23-25 ~ Guest Director: Mary K. Rosmus

JAN 30-FEB 1 ~ Guest Director: Kay Kanick, RSM

*Don't worry about anything; instead,
pray about everything.
Tell God what you need, and
thank him for all he has done.
Then you will experience God's peace,
which exceeds anything we can understand.
His peace will guard your hearts and minds
as you live in Christ Jesus.
(Philippians 4:6-7 NLT)*

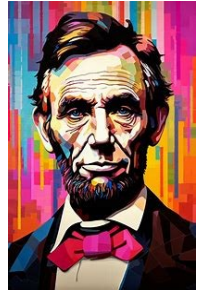
In-house \$225 (65+\$210)/Via Zoom \$90

The Hidden Abraham Lincoln

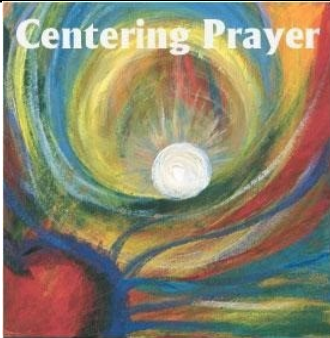
No mortal man is perfect. While Lincoln's life and accomplishments have been chronicled in more books written about him than any other man—do we really know him? Who was the real Abraham Lincoln? What kind of husband, father, law partner was the Great Emancipator? What were his fallacies, what were his shortcomings? Is there a hidden Lincoln we do not know? This year we will try to find out. We will try to get to know Lincoln not as a president and war leader but as a man.

Presented by Thomas Hoffman, Esq.

February 9 ~ 7-8:30pm In-house and via Zoom \$15



Centering Prayer



**5-Day Centering
Prayer Retreat
February 13-18**

From One Source

***In his book That God May be All in All,
Fr. Thomas Keating tells us that what mystics have
always said and scientists are now saying: That all
that is comes from One Source. Father Bill would
like to explore the meaning of this statement with
you during our time together. May these days of
silence, presentation and centering prayer be an
opportunity to explore and experience our
One Source.***

Facilitated by Fr. Bill Sheehan, OMI

In-house cost \$525 /via Zoom \$250

Call for per diem rates

YARNCRAFTERS RETREAT

COLOR, CALM, AND CONNECTION

**Every stitch tells a story—of rest, renewal, and
creative spirit.**

**Join us for this annual retreat, a peaceful, weekend
exploring the calming rhythm of yarnwork and the
quiet joy of color and community.**

**This year's theme blends reflection, creativity, and
gentle learning. Through guided sessions on rest,
color, and the science of creativity, participants will
discover how crafting supports both brain health
and spiritual well-being.**

**Whether you bring a project already in motion or
start something new, you'll enjoy the gift of time,
laughter, and shared inspiration.**

Led by Dr. Susan Barber Skinnner

FEBRAUAR 27— MARCH 1

In-house Cost \$225 (65+ \$210)



**LENTEN SCRIPTURE STUDY and LECTIO DIVINA
FEBRUARY 24, MARCH 3, 10, 17, 24, 31**

**Join us for a Lenten Scripture Study featuring the Book of Tobit ~
*A young hero...an undercover angel...an epic quest!***

From bird poop to buried treasure...in the Bible??? Although the Book of Tobit “likely enjoyed bestseller status in the ancient world” (-Francis Macatangay), it’s currently one of the Bible’s best kept secrets. Crafted both to entertain and to instruct, the Book of Tobit leads its readers on a rollicking journey that invites us to laugh out loud while also thinking deeply about life’s most enduring questions: Why do bad things happen to good people? Where is God in the midst of suffering? How can we hold onto hope when hope feels so very far away?

**Facilitated by Dr. Joy Galarneau ~ 10am-noon via Zoom
\$20 per session/\$115 for all six**

LECTIO DIVINA

***Sr. Sue Zemgulis, OP will use passages that correspond to the Lenten Scripture Study
7-8:30pm Via Zoom \$15 per session/\$85 for all six***



ASH WEDNESDAY EVENING OF REFLECTION

***The Heart of Jesus in Everyday Experiences and Encounters
Led by Fr. Linh Hoang, OFM***

FEBRUARY 18 ~ 6-9:15 In-house and via Zoom

**In-house ~ dinner, presentation, and Mass
with distribution of ashes \$25/via Zoom \$15**

The Quiet Gift of Solitude

One afternoon, a woman sat on a comfortable bench on our grounds long after her retreat group had gone in for lunch. When asked later what had held her there so long, she smiled and said, “For the first time in months, I heard myself think—and I heard God, too.”

Her simple story reminds us that solitude isn’t emptiness; it’s sacred space. In the stillness, our minds quiet and our hearts open. Solitude gives God room to whisper reassurance, to renew our strength, and to stir the deep peace we too often overlook.

Each of us needs those moments apart—whether it’s a quiet walk, time in prayer, or simply sitting by a window in silence. In solitude, we rediscover who we are and Whose we are. May you find a few quiet moments this season to listen, breathe, and rest in the presence of the One who loves you most.

~Mary Anne~





MICHAEL MINER—COFFEE HOUSE ~ March 1st—7-9 PM

Michael Miner is a Singer Songwriter and recording artist from the New York Capital Region who has been writing and playing music for thirty years. Music is one of the greatest forms of communication, and songs tell stories in ways that are unique and powerful. In his music, Michael shares his stories of Faith, Family and Love .

Join us for what promises to be an enjoyable evening of fun and music .

Free will offering

BROKEN, BEAUTIFUL, BELOVED

MARCH 6-8

So often we imagine that in order to be loved we must become better, different, perfect. But what if the things we think need to be “fixed” in order to make us more lovable — flaws and weaknesses, mistakes and sins — are the very things that make us beautiful in our own way?

In this retreat, we will use Psalm 139 as a touchstone and will learn to see our brokenness as a beauty mark instead of a scar. We will use prayer, stories, humor, journaling, music, and more to begin to remove the filters that color our vision and see ourselves as God does — wonderfully made, imperfections and all.

Directed by Mary DeTurris Poust

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

CELTIC DAY OF REFLECTION

Thresholds and Wild Places

Celtic spirituality includes great appreciation for thresholds and wild places, literal and metaphorical crossing points and moments when the veil is thin between heaven and earth. We will examine physical thresholds such as doorways and entrances to holy sites, wild edges such as the seashore or river's edge, change of time and seasons such as dawn and dusk, equinoxes and solstices, and life experiences such as pilgrimage, illness, or loss. We will then reflect on ways that these liminal places invite us to experience the wild expanses of the unknown -- territories such as grace, reconciliation, healing and hope—and open pathways to enormous creative potential.

Presented by Mary K. Rosmus

March 12 ~ 9:45-3pm

In-house \$35/via Zoom \$25



In the midst of uncertain times, your clearest path will be revealed through the power of Solitude.

-unknown_

RECOVERY PROGRAMS

RECOVERY EVENINGS WITH DRCC

*A monthly gathering for Reflection and Renewal
Via Zoom*

First Wednesdays ~ 7-8:30 via Zoom
Jan. 7, Feb. 4, Mar. 4, Apr. 1, May 6, Jun. 3
Jul. 1, Aug. 5, Sep. 2, Oct. 7, Nov. 4, Dec. 2

Join us each month for an evening of reflection, conversation, and community grounded in the principles of recovery.

Each gathering focuses on a different theme that speaks to the ongoing journey of healing—embracing surrender, serenity, service, and growth.

Through brief presentation, guest speakers, and guided discussion, participants will find encouragement, wisdom, and connection on the path of recovery.

Facilitated by Dr. Susan Barber Skinner

\$15 per session/\$165 for entire series

The Gift of Fun —

A Friends of DRCC Playdate

Tuesday, January 20 ~ 5:30-7:30pm

As winter deepens and the holidays fade, we're gathering for something a little different — a Playdate! Bring your own dinner and settle in for an evening of lighthearted connection and reflection on FUN!

You'll leave with your own *Joy Spark* — a small reminder of what brings you delight — and a fresh commitment to carry more lightness into the year ahead.

In-house - cost \$15

MENS' RECOVERY WEEKEND FEBRUARY 6-8

GIFTED AND SIFTED

By God's grace and the support of our fellows, we have been gifted with the gift of sobriety. To get there we needed to sift through our thoughts, feelings, words, and actions. And to deepen the gift, we need to continue to sift—separating what feeds recovery from what starves it.

Join us as we explore and share our experience, strength and hope about the gifting and the sifting of 12 Step spirituality.

Led by Fr. Dennis Mason, OFM Conv.

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

RETREAT FOR WOMEN SURVIVORS OF SEXUAL ABUSE MARCH 13-15

Honoring Our Healing Journey

Healing takes many shapes and forms...it also takes time. Each woman's journey looks and feels and happens at a pace which is right for her.

Through the course of this weekend, we will celebrate *this* moment of the journey...noting where we have come from, and also exploring what information and tools we need to continue forward. With support from others who share a similar path, we will experience a safe community where healing can continue to grow.

Led by Sr. Sue Zemgulis, OP

In-house \$225. (65+\$210)

**SOLITUDE, a simple den,
A piece of paper and a pen,
A cup of tea, a piece of toast.
A window and the Holy Ghost.
Some calm, a table and a chair;
The mind is free, the soul is bare,
There's love to make and Life to hold.
The ancient tiny thread of gold that runs
through all the Joy and gloom is found within this little room.**

~ MICHAEL LEUNIG ~



THANK YOU



A Night to Remember

Our 27th Annual More Than Just Desserts was a delightful event! Nearly 100 people came to support the ministry here at the DRCC while enjoying good food, good friends, and some friendly competitive bidding on interesting silent auction items. The conference room and dining room took on an air of elegance as the aromas of delicious food mixed with the melodies of Ed Munger and his classical guitar. The dessert buffet, complete with a sweet bread charcuterie board, was as tantalizing to the eyes as to the pallet. We congratulate all who went home with auction items and are grateful for all our item donors who made it possible. To all of you who supported this event in any way, to each of our MTJD committee members, to all our volunteer servers, and to our staff, we can't say thank you enough! Through your generosity and your efforts, we raised \$26,000. We are so blessed by each and every one of you!



Each October, we are the recipients of a delivery of a wonderful array of pumpkins and gourds thanks to the generosity of two of DRCC's dearest supporters and retreatants. We want to take this opportunity to thank them for making our Autumn and MTJD décor come alive year after year.



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. Other _____

Name _____

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.dslny.org)**

**or
phone (518-393-4169).**

For Grant purposes:

Age: Under 65 65/+

Veteran? YES NO

(Office Use Only)

BK _____ DB _____ CONF. _____ List _____



ASSOCIATES' CORNER

For me, being a Dominican Associate means making a commitment to live the Order's *Four Pillars*—prayer, study, community, and service—in my everyday life, which has deepened my faith and given me a much needed sense of spiritual home. It involves trying to live out the Gospel by participating in social justice issues and carrying Dominican values into my daily life and work.

Dominican Associates have become my extended family; our monthly gatherings provide a safe place to share our faith journeys and a time where we can all learn how to deepen our prayer life and ways to live out the *Four Pillars*.

Being able to work in mission with the Dominican Sisters gives me a sense of purpose. I can't imagine my life without my Dominican family, and I pray daily that God will guide others to Dominican Associate life just as He did for me.

~Annette Wheat, OPA~

Virtual Centering Prayer

via Zoom

Wednesdays: 7-7:30pm via Zoom

Jan. 21, Feb. 11, Mar. 18

Suggested offering \$5

Sung Vespers in the Spirit of Taize

In-house and via Zoom

Thursdays: 7-8 pm

Dec. 11, Jan 15, Feb 19, Mar. 26

Free will offering

Pause for Peace

Via Facebook Live

Tuesdays: 7 -7:15pm

Dec. 30, Jan. 6, Feb. 3, Mar. 11 (Wed.)

Free will offering

**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**

**Celebrate the event called "Life" in a place called
"Solitude"**



Dominican Retreat & Conference Center
Dominican Spiritual Life Center
1945 Union Street, Niskayuna, NY 12309

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Place label here

**Christmas is when God came down the stairs of heaven
with a Baby in his arms. —R. Eugene Sterner—**

**Best wishes from the
DRCC staff for a joyous
holiday season.**

\$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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