

Dominican Retreat & Conference Center



1948-2026



78 years of Caring for the Spirit

The Good News

June 2026



May the God of Courage be with you, helping you to embrace the darkness and pain of the journey, calling you to stand in love with those who suffer. May this God carve her faithful love into your heart. May your inner self be transformed so that you can see more clearly your own journey as one of peace, hope, and solidarity. May the blessing of Courage be on you.

Maxine Shonk, OP

From the Desk of the Administrator

In the gospel of Matthew, as Jesus comes to the disciples on the water, he says to them, “Take courage. It is I. Do not be afraid” Mt 14:27 I think that is a message that God gives over



and over again to every person who comes here on retreat. “Take courage. I am with you. There is nothing to be afraid of.” With deep understanding of being held in God’s embrace, people have done incredibly courageous things. Not the misperception of courage as something big and almost superhuman—something beyond ourselves—but the openness of our hearts to change and feel and believe in a different way. I don’t think we give ourselves enough credit for being courageous.

Here is what I’ve heard courage sound like: “I’m sorry.” “I’ve changed my mind.” “I’m using my voice.” “This is my reality at the moment.” “Help me understand.” “I need some help.” “I made a mistake.” “I want to hear what you have to say.” “How can I help?” “I think this is my next step.” “I am a beloved child of God.”

When we believe that God is with us, we can have the courage to grow ever more fully into the person God created us to be.

M. Shonk, OP



We celebrate the life of Sr. Rose Garcia, OP, who died on her birthday, April 13, 2026. Sister Rose ministered at the Dominican Retreat and Conference Center in the early 1990’s. A native of Cuba, she shared with retreatants her joyful spirit and her love of God. May she rest in peace!

REMINDER OF JUNE PROGRAMS



June 13 ~ Reclaiming Fun: *Play that Nourishes in Recovery*

June 22-28 ~ Silent Preached Retreat for Women Religious
 directed by Sr. Janet Schaeffler, OP

June 22-28 ~ Silent Directed Retreat for Women
 directed by Mary Reichley, OPA

Weeklong Silent Preached Retreat for Women ~ July 6-12

*Listening with Your Heart: Pope Leo's Augustinian Spirituality
 and Your Journey of Faith*



Father Ray Dlugos, OSA, contemporary of Pope Leo XIV, will guide retreatants in a rich exploration of Augustinian Spirituality in light of our own journeys of faith. This retreat will offer an opportunity to explore what the spirituality that has shaped Pope Leo might offer to all of us.

Cost: In-house \$550/via Zoom \$275

SILENT DIRECTED RETREAT FOR WOMEN

July 6-12

Directed by Sr. Mary Ann Collins, OP

Cost \$550
 Per diem rate \$75/with overnight \$100

VIRTUAL BOOK CLUB

The Gifts of Imperfection by Brené Brown

July 9, 16, 23, 30 ~ 7-8:30 pm via Zoom

*While offered under the Recovery Program umbrella,
 this book club is open to all...
 see page 7

*Courage doesn't always roar. Sometimes courage is the little voice at
 the end of the day that says I'll try again tomorrow.*

~ Mary Anne Radmacher ~

SUMMER SOUL CHECK-IN

July 14 ~ 10am-3pm

Each season of God's creation allows for reflection on the inner life as well as what is happening around us. Why not give yourself a "time out" to pause and enter the season of summer in a way that feeds the Soul?

We will be playing with some art materials in a non-artsy way (i.e. —you don't have to be "good at art" to enjoy yourself) and also spend time in nature. It's a time to breathe, to explore and to be still.

*Led by Joan Horgan
 In-house cost \$35*

SOUL COLLAGE Presented by Dawn Baker

July 18 ~ In-house ~ 10am-3pm

SoulCollage® is a beautiful contemplative and creative practice in which we create personal collage cards from images that call to us in meaningful and often intuitive ways. These cards then help us listen more deeply to the wisdom within our souls. Materials will be provided for you, but, if you wish, you can gather images that attract you in some way and bring them to our retreat. Come with your journal and an open heart.

In House Cost: \$35



ARMCHAIR PILGRIMAGE

To ITALY

July 30



Join pilgrimage leader *Mary DeTurris Poust* for a faith-filled journey through Italy, from the bustling streets of Rome to the quaint cities of Orvieto, Assisi, and Siena, then on to the Renaissance capital of Florence, and north to Padua and finally, Venice. We'll follow in the footsteps of our forebears in faith who have walked these cobblestone streets for centuries. Along the way, we'll get to take in beautiful visuals, pause at shrines and celebrated religious sights, maybe pop in on a papal audience or two, and share a lunch of Italian-inspired foods.

10am-3pm

\$35/and via Zoom \$25

A WEEKEND RETREAT WITH THE BOOK OF

Jonah

A Reluctant Prophet's Guide to Finding Faith in a Fractured World

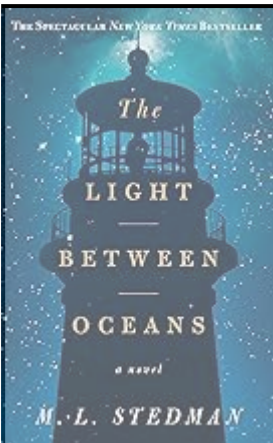
JULY 31-AUGUST 2



Join us on this weekend of Scripture Study, prayer and contemplation: as we dare to sail far from the shores of our ordinary lives; as we dare to venture on wider seas that stretch our horizons of faith, hope and love.

Led by Dr. Joy Galarneau

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



RETREAT TO THE MOVIES WITH JIM DILLON

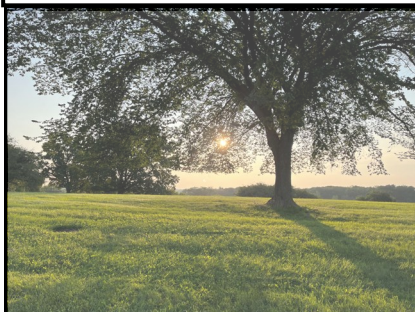
A day of reflection with *The Light Between Oceans*

August 5 ~ 10am-4pm (Lunch Included)

“This is a truly beautiful movie. I enter into the movie and the movie enters me. I emerge enriched with a better understanding of life—I guess it is like a sacrament.”
~ Jim Dillon~

“*The Light Between Oceans*” (2016) was directed by Derek Cianfrance, who also directed “*The Place Beyond the Pines*” (set and filmed in Schenectady). The movie takes place in post World War I Australia. It tells the compassionate story of how a married couple endures and resolves the conflict between their love and a painful truth that has been haunting their lives.

Join us for an enriching day of presentation, conversation and contemplation as we view and reflect on this movie together. Free will offering



OVERNIGHT RETREAT

AUGUST 7-8

“GO LIGHTLY”

Have you never been on retreat? Or maybe you have but are short on time? Please consider this "retreat-lite" option: just one overnight with lots of time to yourself and also time to reflect on how trees can be our example to "go lightly". There will be an option to experience spiritual direction at the end if desired.

Led by Kris Rooney
Cost: \$100

Summer Scripture Study With the Book of the Prophet Micah

Join us as we journey through the book of Micah; exploring the prophet’s words in their original context and discerning their enduring power to speak to us today.

Together, we will study the prophetic words that have captivated hearts and minds for millennia in order to hear them anew with the ears of our hearts.

Led by Dr. Joy Galarneau
Tuesdays—August 11, 18, 25
10am-noon via Zoom

Cost: \$20 per session/
\$55 for three



Cosmology of Peace: A Day of Reflection

With Sr. Barbara Harrington, OP
August 12 ~ 10am-2:30pm

The “Cosmology of Peace” was beautifully written by Thomas Berry in 1988. This essay explores the violent yet creative processes of the universe. It emphasizes Earth’s ecological integrity, even in the violent cataclysms that our planet has been through in its evolutionary history and calls us to the sacred work of renewing our world. This task is in the order of magnitude of change not experienced by previous generations.

We will pray and reflect on this wisdom as we discuss the magnitude of change that is our challenge today. We will contemplate with Thomas Berry our emerging responsibility and the need for a cosmology of peace for ourselves and for the generations to come.

In-house cost \$35



The Journey of Faith: The Order of Christian Initiation of Adults

In this workshop, we will explore the vision of the OCIA as a journey into the heart of Christ which leads to a joyful affirmation of faith. We will also have the opportunity to discuss the pastoral implications of bringing this vision into reality and some of its challenges.

Led by Joyce Solimini

August 13 ~ 5:30-9pm (dinner included)

In-house \$25 and via Zoom \$15

SUNDAES ON SUNDAY AUGUST 16 ~ 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

Ice cream is good for the soul.
Adrienne Posey

Be Not Afraid

The flashing lights and a young woman's trembling fear stayed with me long after the moment had passed. What I witnessed was more than a simple traffic stop—it was a glimpse into the deep anxiety many carry today. That night, as I lay awake, her fear stirred my own grief, uncertainty, and those worries that come in the dark.

In that restless space, a familiar hymn came to me: *Be Not Afraid*. Its gentle promise, "I go before you always... I will give you rest," has steadied hearts for generations. Courage, I am reminded, is not the absence of fear, but the decision not to let fear overtake our faith.

Scripture echoes this truth again and again: *Do not be afraid*. We are invited to trust that we are not alone, even in uncertainty. Courage can be as simple as a quiet prayer, a steady breath, or a small act of kindness offered in a fragile moment.

We may not always be able to change fearful situations. But we can choose how we meet them. With compassion. With presence. With faith.

And perhaps that is where courage begins—trusting that the One who goes before us is already present, gently whispering: *Be not afraid*.

~ Mary Anne~

"Believers, look up—take courage, the angels are nearer than you think."

—Rev. Billy Graham



STAYING STEADY: EMOTIONAL AND SPIRITUAL GROUNDING FOR CAREGIVERS

AUGUST 27 ~ 10AM-2PM

Caregiving asks more than time and energy—it asks us to remain present in moments that can feel uncertain, overwhelming, or emotionally complex. Over time, it becomes easy to lose our sense of steadiness, even when we are deeply committed to those we care for.

This program invites caregivers to explore what it means to stay grounded not only emotionally, but spiritually, remaining engaged with both self and God in the midst of daily demands.

Participants will leave with practical tools and a deeper sense of how to remain present without becoming depleted.

Led by Dr. Susan Barber Skinner

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

SHOWING UP BEFORE GOD UNENCUMBERED

On this retreat we will be gleaning some of the wisdom of the book Naked Spirituality - A Life With God in 12 Simple Words by Brian McLaren, as we consider how to expand our openness to God's love for us. It seems to be part of our make-up as humans to both yearn for this love and to struggle to receive it. Allow this time apart to connect you once again with your identity as Beloved.

Led by Joan Horgan

August 28-30 Cost: In house \$225 (65+ \$210)/via Zoom \$90



Women's Theme Retreats

Do not worry about anything...Philippians 4:6

September 18-20 ~ Guest Director: Sr. Annie Killian, OP

September 25-27 ~ Guest Director: Sr. June Fitzgerald, OP

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



The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate the Day as a period of non-violence and cease-fire. On September 21st, we invite you to stop in and pray for peace. The retreat house chapel will be open from 9:00 am to 9:00 pm. There will be all day adoration of the Blessed Sacrament with prayer experiences and special programming at 9:00, noon, and 8:00 to end our day. More details to follow. Let us, together, pray for the peace our world so deeply needs!

INTERNATIONAL DAY OF PEACE

Threads of Care: Shepherding, Wool, and the Sacred Rhythm of Creation
September 23 ~ 10am-3pm

Spend the day exploring the beauty, tradition, and spiritual symbolism woven through the work of shepherding and fiber arts with Dr. Susan Barber Skinner and local shepherdess Mary Taylor, OPA.

The retreat will include demonstrations, story-telling, quiet reflection, and hands-on creative experiences, including the opportunity to create a small felted wool piece to take home.

In-house: Cost \$35



The secret to happiness is freedom...and the secret to freedom is courage.

-Thucydides



RECOVERY PROGRAMS

RECOVERY EVENINGS

A MONTHLY GATHERING FOR REFLECTION & RENEWAL

July 1 ~ *Freedom and Forgiveness*

August 5 ~ *Spiritual Maintenance*

September 2 ~ *The Joy of Service*

Facilitated by Dr. Susan Barber Skinner

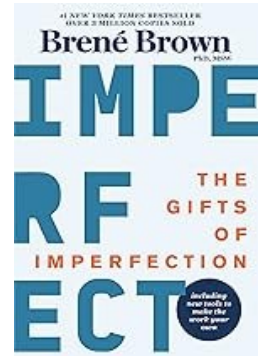
7-8:30 via Zoom Cost: \$15 per session

VIRTUAL BOOK CLUB

July 9, 16, 23, 30 7-8:30 via Zoom

The Gifts of Imperfection by Brené Brown

This four-week Zoom book club explores themes of authenticity, courage, and self-compassion. Offered under the Recovery Program umbrella and open to all, the series provides a supportive space for reflection and discussion on letting go of perfectionism and cultivating wholehearted living.



Led by Dr. Susan Barber Skinner

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

Copies available in our Shop



SPIRITUAL SUPPORT FOR THOSE WHO WALK ALONGSIDE RECOVERY (SPONSORS, PEER COACHES, PROFESSIONALS, AND FAMILY MEMBERS)

Supporting someone in recovery—whether personally or professionally—can be deeply meaningful, and at times, quietly demanding. Those who offer support often hold space for uncertainty, relapse, growth, and change, while also tending to their own lives and well-being.

This program offers participants a space to reflect on the spiritual dimension of supporting others in recovery. They will be invited to consider how their own spiritual life sustains their ability to support others, and how practices of reflection, surrender, and connection can help prevent burnout and deepen the quality of their presence.

Led by Dr. Susan Barber Skinner & Friends of DRCC in Recovery

September 22 ~ 10am-3pm ~ Cost In-house \$35/via Zoom \$25

Remember that when you leave this earth, you can take with you nothing that you have received—only what you have given. A full heart, enriched by honest service, love, sacrifice and courage.

~St. Francis of Assisi~

**Drawings will be held on
Sunday, October 25, 2026 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 Star Pass
Entitles
winner
to attend any and all programs at the
Dominican Retreat & Conference Center
free of charge
Valid 1/1/2027– 12/31/2027

OR

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

Dominican Retreat & Conference Center 2026 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 25, 2026
Donation not required for participation

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ASSOCIATES' CORNER

I was introduced to the Dominican Associates by Ceil Amendolia in 2019. At the first gathering I attended, the Associates were sharing their favorite scripture and what it meant to them. I felt so welcomed and touched with how honest and vulnerable they were with each other.

I started my discernment the following year. I realized I was living the Dominican Charism: prayer, study, community, and service in my spiritual journey.

Our monthly gathering have supported me in my faith journey and I feel so fortunate to be a part of such spiritual men and women. I am grateful for the Dominican Retreat and Conference Center and the support Sr. Sue Zengulis, OP gives the Associates. I am blessed to be an Associate of the Dominican Sisters of Peace.

~ Pat Van Slyck, OPA ~



Virtual Centering Prayer

via Zoom

Wednesdays: 7-7:30pm via Zoom

Jul. 29, Aug. 19, Sept. 23

Suggested offering \$5

Sung Vespers in the Spirit of Taize

In-house and via Zoom

Thursdays: 7-8 pm ~ Jul. 16, Aug. 6, Sept. 3

Free will offering

Pause for Peace

Via Facebook Live

Tuesdays: 7-7:15pm ~ Jul. 21, Aug. 11, Sept. 15

Free will offering



"There is always light. If only we're brave enough to see it. If only we're brave enough to be it."

~Amanda Gorman~

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.dslcny.org)

or

phone (518-393-4169).

For Grant purposes:

Age: Under 65 65/+

Veteran? YES NO

(Office Use Only)

BK _____ DB _____ CONF. _____ List _____

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



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

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Or Current Resident



FEAST OF ST. DOMINIC

Each year on August 8th we celebrate St. Dominic who spent his life preaching the truth of the Gospels. Yet as he was dying, he left his followers with a message not about preaching, but about living:

"Behold my children, what I leave to you as a heritage: have charity for one another, guard humility, and make your treasure out of voluntary poverty." May we follow his good advice!

***He also said, "I shall be more useful to you where I am going than I have ever been in this life."
 Holy Father Dominic, intercede for us.***



\$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**