

Accommodations

Dominican Retreat & Conference Center is a smoke free facility located on 10 acres of property. There are 48 private bedrooms, a beautiful chapel with a mural painted by Tomie dePaola, a bright spacious dining room, a large meeting room, two small conversation areas, and an enclosed courtyard.

What Should I Bring?

We recommend comfortable, layered clothing, a robe and slippers, and an alarm clock. Also, a notebook or journal for taking notes is helpful. You may wish to bring your own Bible, although one is available in each room. In addition the library has a wealth of inspirational reading for your enjoyment while here.

How do I get there?

From Syracuse and West

Thruway to Exit 25 (890 West) to exit 7 (Rt. 7 East), follow Rt. 7 East 3 miles to Retreat House (at Intersection after Balltown Road, on left)

From Saratoga and North

Northway So. to Exit 6, right on Rt. 7 West to Retreat House (approx 6.5 mi, on right)

From Boston and Mass.

Mass. Turnpike to NYS Thruway Thruway to Exit 24 (87 North) to Exit 6, Rt. 7 West to Retreat House (approx 6.5 mi)

From NYC and South

Thruway to Exit 24 (87 North) to Exit 6 Rt. 7 West to Retreat House (approx 6.5 mi)

5 Day Centering Prayer Heart Perception: the Grace in Yielding, Surrendering and Letting Go



Silent Retreat
For Men & Women
February 15-20, 2019

*Dominican
Retreat & Conference Center
1945 Union Street
Niskayuna, NY 12309
(518) 393-4169
(518) 393-4525 (fax)
dslcny@nybiz.rr.com (email)
www.dslcny.org*

5 Day Centering Prayer Retreat

February 15-20, 2019



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

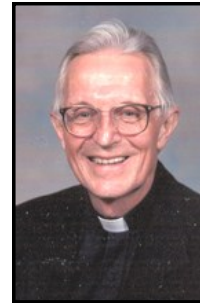
Each time we enter into the silence and open ourselves to the Divine - yielding to the grace of the moment - we are transformed.

Each surrender, each act of letting go creates space for us to move ever deeper as we touch into our heart 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.

DIRECTOR:

Rev. Bill Sheehan, OMI a member of the Oblate Contemplative Mission Center, has been involved with Contemplative outreach since 1983 and is an experienced international retreat director.




INFORMATION:

- ◆ \$425.00 includes meals, accommodations in a private room, and program.
- ◆ \$50.00 deposit. *All deposits are non-refundable and applicable to total cost of program. Deposits may be transferred one time within a year.*
- ◆ Registration: 6:45 PM on Friday
- ◆ Program begins: 7:45 PM
- ◆ Program ends: 1:00 PM Wednesday
- ◆ Per diem rate: \$65 with overnight \$90
- ◆ Reservations are requested.

WHERE:

Dominican Retreat & Conference Center
1945 Union St. (Route 7)
Niskayuna, NY 12309
Phone: (518) 393-4169
Fax: (518) 393-4525
Monday - Friday, 8:30 AM - 4:30 PM
E-mail: dslcny@nybiz.rr.com
www.dslcny.org



We are a **scent-free** environment so that all people who come for a program can be comfortable and be able to enjoy our facility. We ask for your help with this endeavor by not wearing perfume or cologne while you're here.

5 Day Centering Prayer Retreat

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



February 15-20, 2019

Registration Form:

Complete this form and mail with your payment to:

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

Mr. Mrs. Ms.
Name Other _____

Address _____

City/ST/Zip _____

Phone(h) _____ (w) _____

Email _____

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 ___

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.

(Office Use Only)

BK ___ DB ___ Conf ___

EW, 2/15-20,