

# Lenten Day of Reflection

Tuesday, March 31



## A Spa Day For You

Are you tired?  
Feel spiritually out of shape?  
Need some quiet  
to come home to yourself?  
Enjoy a meal  
that you don't have to cook.  
Come to our Lenten Day of Prayer.  
Take some time  
to let yourself be cared for  
and loved by God.  
Allow God to heal  
those broken spots in your life  
so that you can go forth  
as a wounded healer.

*Because You  
Deserve It...*

**PRESENTER:** Sr. Eleanor Guerin, RSM holds an MA Degree in Education and an MA in Theology . She completed an internship in spiritual direction and offered directed retreats at Mercy Center, Madison, CT. Sr. Eleanor is a former teacher, youth minister and administrator. Currently, she is a Pastoral Associate at St. Vincent's Parish, Albany doing outreach. Additionally, Sr. Eleanor is involved in a freelance spiritual and personal development ministry. She does spiritual direction, directs retreats, and offers days of prayer.

### INFORMATION:

- ◆ \$30 per person
- ◆ Registration: 9:15 AM
- ◆ Program begins: 9:45 AM
- ◆ Program includes 2 Conferences, Lunch and Celebration of Eucharist
- ◆ Program ends: 3:00 PM
- ◆ Reservations are requested.

### WHERE:

**Dominican Retreat & Conference Center**  
**1945 Union St., 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](mailto:dslcny@nybiz.rr.com)**  
**[www.dslcny.org](http://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.

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### 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) \_\_\_\_\_ (c) \_\_\_\_\_

Email \_\_\_\_\_

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

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](http://www.dslcny.org)), fax (518-393-4525) or  
phone (518-393-4169) to save time and postage.*

*(Office Use Only)*

*BK DB* \_\_\_\_\_

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