

Dominican Retreat & Conference Center



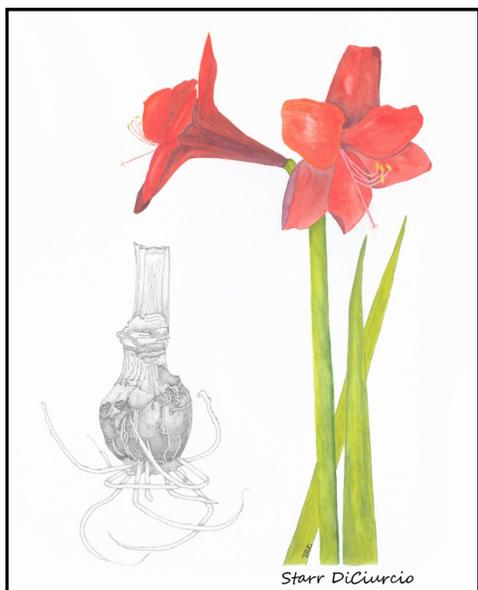
1948-2026



78 years of Caring for the Spirit

The Good News

March 2026



May the God of COMPASSION be with you, embracing you when you are alone or worried or confused; when your heart is besieged with pain. May the wellspring of compassion flow deep within you until you know the enfolding of God's love and can taste the tears of your brothers and sisters who suffer. May you be the warm hands and the warm eyes of compassion for those who reach out to you. May the blessing of COMPASSION be on you.

Maxine Shonk, OP

From the Desk of the Administrator



How many of you are old enough to remember the song by Burt Bacharach, “*What the world needs now, is love, sweet love. It’s the only thing that there’s just too little of.*”? I think we could take the line from St. Paul’s letter to the Colossians 3:12 “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience” and put each of those characteristics into the song, verse after verse: *What the world needs now is compassion...What the world needs now is kindness...What the world needs now is humility...What the world needs now is gentleness...What the world needs now is patience.* In the Gospels, Jesus is full of compassion for the people he encounters. He feels for them and with them. It’s a visceral feeling, desiring only the best for those he meets who are suffering or struggling. Can we reply to the song as Jesus did? Can we see those around us and show compassion for all they are going through? Are we singing to ourselves as well? Do we treat ourselves with compassion, kindness, humility, gentleness, and patience when we are struggling? It’s our choice. Choose compassion and change our world one kind word, one kind thought, one kind action at a time.

M. Shonk, OP

Virtual Centering Prayer

via Zoom

Wednesdays: 7-7:30pm via Zoom
Mar. 18, Apr. 15, May 13, June 10
Suggested offering \$5

Sung Vespers in the Spirit of Taize

In-house and via Zoom

Thursdays: 7-8 pm
Mar. 26, Apr. 23, May 21, June 18
Free will offering

Pause for Peace

Via Facebook Live

Tuesdays: 7-7:15pm
Mar. 11, Apr. 7, May 5, June 2
Free will offering



REMINDER OF MARCH PROGRAMS

March 10, 17, 24, 31 ~ 10am-Noon via Zoom~
Lenten Scripture Study

March 10, 17, 24, 31 ~ 7-8:30pm via Zoom~
Lenten Lectio Divina

March 12 9:45am-3pm ~ Celtic Day of Reflection

March 13-15 ~ Retreat for Women Survivors of Sexual Abuse

Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human.

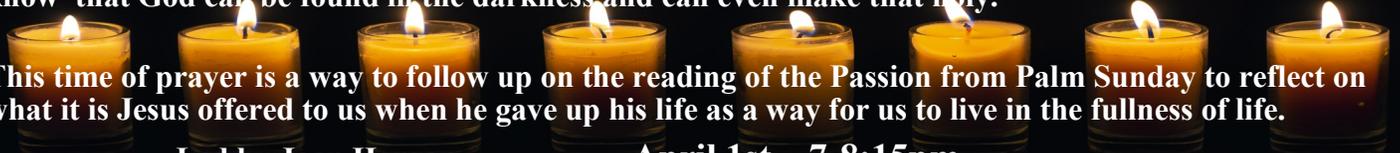
~ Henry Nouwen

TENEBRAE

Entering the Holy Darkness

This evening of prayer, music and silence is an invitation to walk with Jesus into the holy darkness he entered in his walk of radical trust. Perhaps in our deeper presence to his journey we too may come to know that God can be found in the darkness and can even make that holy.

This time of prayer is a way to follow up on the reading of the Passion from Palm Sunday to reflect on what it is Jesus offered to us when he gave up his life as a way for us to live in the fullness of life.



Led by Joan Horgan

April 1st ~ 7-8:15pm

In-house & via Zoom

Free will offering

THE NEW DAY—*A Journey from Grief to Healing*

April 7, 14, 21, 28, May 5, 12, 19, 26, June 2 ~ 1 – 3PM

Those coping with the loss of a loved one are warmly invited to a gentle nine-week support series, at the Retreat Center, using the reflective resource The New Day Journal by Mauryeen O'Brien, OP. Led by facilitators MaryAnne Brown and Joan Horgan, each weekly session offers a caring blend of prayer, practical insights, guided journaling, quiet reflection, and optional sharing in a relaxed and confidential setting. Participants are also invited to linger afterward for refreshments and informal conversation, nurturing connection and comfort.

Free will offering for the program. The New Day Journal will be provided to participants at registration.

For questions or to learn more, please call Mary Anne at the office (518-393-4169).



COMMUNITY CIRCLES

April 9, 16, 23

“The best of life is conversation”.

~ Ralph Waldo Emerson

Let's keep meeting, talking, connecting and exchanging thoughts and ideas...bring a friend.

In-house
10-11:30am

Free-will
offering



Dancing in the Heart of Sacred Mystery

Creation reflects the presence of the Blessed Trinity: the ultimate reality of the Universe is a community of persons in relation to one another. We will explore how creation is a mirror of the Blessed Trinity and how we are invited into the dance of life in the very heart of the Trinity.

Presented by Linda Neil, CSJ

April 22 ~ 10am-3pm

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



“When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do.”

~ Rachel Naomi Remen

Come Have Breakfast Virtual Book Club— led by Dr. Joy Galarneau via Zoom April 14, 21, 28, May 5, 12 ~ Noon-1pm

Join us as we journey together through the Easter season with this collection of Meditations on Scripture and creation written by Elizabeth A. Johnson, CSJ.

Reading Plan:

4/14 “Creation: A Relationship”: Meditations 1-7

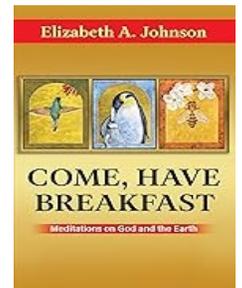
4/21: “The Vivifying Presence of God”: Meditations 8-12

4/28: “Jesus and the Earth”: Meditations 13-20

5/5 “Humankind and Otherkind”: Meditations 21-24

5/12: “God’s Beloved Creation”: Meditations 26-30 with *Special Appearance by Author*

Cost: \$10 per session / \$40 for all 5



COPIES AVAILABLE
IN OUR SHOP

WOMEN’S THEME RETREATS

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



April 17-19

Guest Director: Sr. Teresa Tuite, OP

May 1-3

Guest Director: Mary DeTurris Poust

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



GROUNDS DAY May 28~ 9am-3pm

Many hands make light work! Help us to prepare for the summer.

Come for an hour or for the day...every little bit helps.

Bring gloves, rakes, clippers. Lunch will be provided.

Please contact the office at 518-393-4169 so we know when to expect your help!



Pope Leo XIV has proclaimed 2026 a special Jubilee Year coinciding with the 800th Anniversary of the death of St. Francis of Assisi.

“St. Francis reminds us that peace with God, peace among people, and peace with creation are inseparable dimensions of a single call to universal reconciliation.”

JOURNEYING FROM LOSS TO LIFE
"How are we to reconcile this feast of losses?"

How do we retrieve life and love in the midst of losses? In this season of celebrating the resurrection of Jesus, let's consider more deeply the God who is always calling us back to life, not just on the other side of this life, but right here and right now as we make our journey through what it is to be human.

Led by Joan Horgan
In-house APRIL 30 ~ 10am-3pm (lunch incl.)\$35



MAY 8

LAUGHING MATTERS -
The Spirituality of Joy

With humor, heart, and real-life stories, Mary Anne will explore how joy is not just a fleeting emotion, but a spiritual practice—one that helps us navigate life's challenges with grace, perspective, and hope. Together we'll rediscover how an easy spirit, shared laughter, and a touch of heavenly mirth can lift heavy hearts and bring light even in difficult seasons.

Come ready to smile, connect, and leave refreshed—because sometimes the most faithful response to life is joy.

Presenter: Mary Anne Brown

LiturgY at 6pm followed by dinner \$25.

Evening program with overnight stay, prayer & brunch \$55.

CAREGIVING AND THE INNER LIFE:
MEANING, LOSS, AND IDENTITY

Caregiving shapes not only our days but our inner and spiritual lives. This program invites reflection on identity, loss, and meaning, and how caregivers can remain grounded, honest, and connected to themselves while continuing to care for others.



Led by:
Dr. Susan Barber Skinner

May 14~ 10am-3pm (incl. lunch)

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

COFFEE HOUSE WITH MARK RUST

Sunday, May 17 ~ 7—9pm

Join us for a fun-filled evening with one of our favorite entertainers. Mark's performance showcases an array of instruments including guitar, banjo, fiddle, and mountain dulcimer.

Cost: In-house & via Zoom \$20





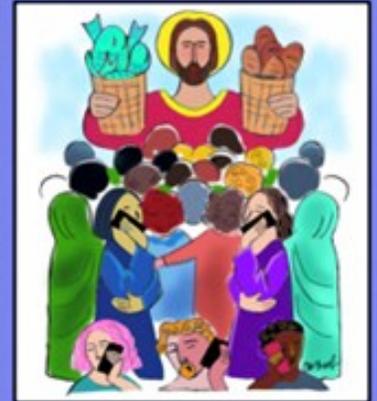
Christ at the Kitchen Door

May 15-17

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

Join **BROTHER MICKEY MC GRATH**
as he shares his own **ART and STORIES**
to help us see and embrace the **BODY OF CHRIST** in the ever widening
margins of our society, world, and even in our own homes.
Through his **Stories and Images of beloved saints** from across the ages, as
well as his own sketches and encounters with the **underserved people of
Camden, NJ**, we will see that **LOVE NOT FEAR** is what the world needs
now more than ever.

As always, relaxing **CREATIVE ART AND PRAYER TIME** will be included.



THEOLOGY ON RETREAT: Come Holy Spirit

The Theology on Retreat series invites participants to journey together in faith as we seek to understand the sacred mysteries at the heart of our Christian tradition.

Join us for the first installment of this series. Together we will encounter anew the Spirit: the dynamic, active, divine life force that flows in and through Scripture and tradition...history and creed...worship and sacraments...prayer, poetry and art...everyday life and YOU!

Led by: Dr. Joy Galarneau and Joyce Solimini

May 20 ~10am-3pm

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

RETREAT FOR PERSONS WITH PHYSICAL DISABILITIES

June 5-7

“I Hope in You.”

Presented by Sr. Lizette Hoevel, SND

Nurses and helpers will be available to assist Retreatants with whatever they might need.
Offering: \$100 (If you cannot afford to make an offering, you are still welcome to attend)



ASSOCIATES' CORNER ~ A message from Associate Maggie Whelan, OPA

“I have found that being an Associate is more than just one meeting a month. It has become a lifestyle of prayer, study, community, and preaching. Each of these pillars has become an integral part of my spiritual life. I find that community has been an especially fulfilling aspect that keeps me committed to my Dominican family. While this last year has been an extremely difficult one for me, grieving the loss of my daughters, knowing that the Associates were praying helped me weather my grief. I am so grateful to be part of this community and I have never felt alone.”

**Week-long Silent Preached Retreat
For Women Religious**
*The Best is Yet to Be: A Spirituality for
the Growing-Older years*

*If we don't listen to the world's
stereotypes, myths and jokes about
growing older, our lives are filled with
possibilities, growth, depth and joy,
particularly in the things that matter.*

Directed by Sr. Janet Schaeffler, OP
June 22-28

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



Silent Directed Retreat for Women

June 22-28

Directed by Mary Reichley, OPA

OR

July 6-12

Directed by Sr. Mary Ann Collins, OP

Cost: \$550

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



Week-long 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 Augustine 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

RECOVERY PROGRAMS led by Dr. Susan Barber Skinner & Friends of DRCC in Recovery

MAKING AMENDS TO OURSELVES

Step 4, Self-Honesty and Mirror work

This session explores Step Four as a path toward self-honesty and healing. Through reflection and gentle mirror work, participants will consider how making amends to themselves can support compassion, integrity, and growth in recovery.

April 16 ~ 7-8:30pm via Zoom Cost: \$15

RECOVERY EVENINGS

A monthly gathering for Reflection and Renewal

April 1 - *Mindful Living as a Spiritual Practice*

May 6 - *Courage to Change*

June 3 - *Amends and Healing Relationships*

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

**RECLAIMING FUN:
*Play that Nourishes in Recovery***



This daylong program for women blends reflection with light summer fun, inviting participants to explore play as a nourishing and restorative part of recovery. Together we'll consider how joy and aliveness can support balance, presence, and renewal.

*In-house JUNE 13 ~ 10AM-3PM
(lunch incl.)\$35*

**If you're going to be known for something, be known for your
kindness and compassion.**
- Anon

Everyday Compassion

The Dalai Lama once defined compassion simply as the wish that others be free of suffering. It is more than kindness—it is a heartfelt response to another's need.

I saw compassion up close one December afternoon as my four-year-old granddaughter sat beside her anxious six-year-old sister on our stairs while their parents were out Christmas shopping. Wrapping an arm around her, she whispered, "Don't worry. They'll be home soon. We're okay." In that quiet closeness, compassion came naturally — offering comfort just by being present.

I felt it again as my heart ached for my son after the sudden loss of his father-in-law. There are times when love doesn't fix the pain but gently holds it.

Sacred Scripture reminds us of the compassion of Jesus—who, "moved with compassion" healed the suffering, welcomed the outcast, and walked closely with those who grieved. His love was always personal and near.

As the Dalai Lama reminds us, and as Jesus shows us so tenderly in the Gospels, an open heart is the key to compassion in everyday life. May our hearts remain open to one another and to all who enter this sacred place.

~ Mary Anne



Thank You!

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for the generous support of our benefactors!

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As of January 15, 2026

(Every effort has been made to be accurate. Please inform us of any omissions or inaccuracies)

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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

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Check one: in-house or virtual

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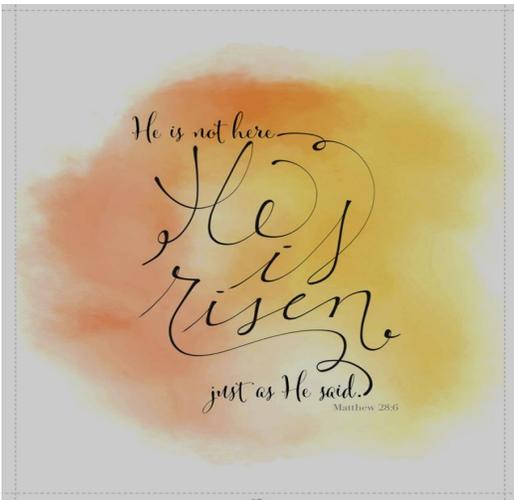
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