

Dominican Retreat & Conference Center



1948-2025



76 years of Caring for the Spirit

The Good News

March 2025



May the God of **HUMILITY** bless you. May you acknowledge the truth of who you are in God's eyes: fearfully, wonderfully made! May this truth penetrate your awareness and bring you to a place of humble gratitude for your life. May you stand humbly before your friends and proclaim your giftedness and call their gifts from them. May the God of **HUMILITY** be with you.

~ Maxine Shonk, OP ~

From the Desk of the Administrator:

I think "humility" gets a bad rap and is often misunderstood. We may have been taught that being humble means to not be proud of any of our accomplishments. And yet at the same time, those who are humble are sometimes seen as being submissive or being doormats for others. Rather, I think humility is simply about being real, being grounded, and knowing that we are the created ones, not the Creator. The Latin words humus (soil/earth) and homo (human being) have a common derivation, from which we also get the word "humble". On Ash Wednesday we are reminded of exactly that. That we are dust and to dust we will return. This is not a bad thing. It is the simple knowledge that we are not God. How freeing that is! We humble human beings will do great things and we will make many mistakes. We will need to rely on our God and we will need to rely on each other. We each have God given gifts that we can proudly use for the good of others. That is why God made us with such diverse talents, abilities and understandings so that together we have what we need to live together on and with this incredible world. Humility is about remembering who we are and whose we are, and being that person to the best of our ability for the glory of the One who made us.



M. Shonk, OP.

Sung Vespers in the Spirit of Taize

In-house and via Zoom
Thursdays: Apr. 24, May 29
Jun. 19
7- 8 pm Free will offering

Virtual Centering Prayer

Wednesdays: Apr. 16, May 21, Jun. 4
7-7:30pm via Zoom
Suggested offering \$5

Pause for Peace

Tuesdays: Apr.29, May 13, Jun. 10
7-7:15pm
Via Facebook Live

REMINDER OF MARCH PROGRAMS AND EVENTS

March 5 ~ *Ash Wednesday Evening of Reflection*

dinner at 6:30 followed by presentation by Fr. Tom Fallati. Evening ends with Mass at 8:30

March 7-9 ~ *Weekend Retreat for Yarncrafters (In-house only)*

March 11, 18, 25 ~ 10am—Noon First three of six *Lenten Scripture Study Sessions* (Con't. April 1, 8, 15)

March 11, 18, 25 ~ 7-8:30pm First three of six *Lenten Lectio Divina* (Con't. April 1, 8, 15)

March 12 ~ 10am - 3pm *Faith, Hope, and Love in a World Gone Mad* with Br. Mickey McGrath, OSFS

March 13 ~ 9am - 3pm *Celtic Roots and Connections* with Br. Mickey McGrath, OSFS

March 14-16 ~ *Retreat for Women Survivors of Sexual Abuse (In-house only)*

March 26 ~ Noon - 2pm First of four *Soup and Stations of the Cross* (Con't. April 2, 9, 16)



WOMEN'S THEME RETREATS

April 4 - 6 ~ Guest Director: Sr. Kay Kanick, RSM

May 16 - 18 ~ Guest Director: Sr. June Fitzgerald, OP

"Come away and rest awhile" Mark 6:31

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

SLEEP IS NOT ENOUGH: The Seven Types of Rest

Do you ever wake up tired, even after a full night's sleep? Join us for a day of reflection, learning, and renewal as we explore the *seven types of rest* —*physical, mental, sensory, creative, emotional, social, and spiritual* —and discover what your mind and body truly need to feel restored.

Come as you are and leave with a deeper understanding of what rest *really* means...

Presented by Dr. Susan Barber Skinner

April 11 ~ 10am-3pm with lunch

In-house (\$35)/via Zoom (\$20)



April 20

We are celebrating today, Lord, a mixture of bunnies hiding colored eggs and angels rolling away stones. Join us as we gather to share a meal and ponder both, enjoying the one and giving thanks for the other. ~Margaret Ann Huffman

Happy Easter to you and yours from the staff of DRCC

WALKING WITH THE SPIRIT — “Behold, I am Doing Something New!”

In-house April 30 ~ 10am—Noon (followed by lunch)



Take time to do some walking. Use the beautiful tool of the labyrinth to enter more deeply into this holy time in the liturgical year—the Easter season opening into Pentecost. We will be using the labyrinth, journaling and some very gentle “no talent needed” art materials to enter the space of listening to how the Spirit might be at work within and around us.

Presented by Joan Horgan, LMSW

Cost: \$25



Versions of Madonna: A Mixed-Media Journal Workshop led by Dr. Susan Barber Skinner

Join us for a contemplative and creative workshop exploring the diverse depictions of the Madonna among the art of the retreat house. We will reflect on the symbolism and inspiration behind these sacred images. Then participants will have the opportunity to craft their own journal featuring their personal interpretation of the Madonna. Come immerse yourself in the beauty of sacred art and leave with a meaningful, hand-crafted journal.

May 1 ~ 2-4:30pm In-house only ~ Cost \$25

A BUSY PERSON'S Book Club ~ May 5 - 9 ~ Noon - 1:30pm

There seems to be a trend in recent times to eat one's lunch at one's desk. Why not take a week and use those lunch hours for something different to lift up your heart and soul? Pastor, author, and speaker, Brian McLaren wrote this little gem of a book, *Naked Spirituality—a Life With God in 12 Simple Words*, to simplify the spiritual journey into small, but profound, pieces that invite us to show up with God as authentically as we are able. He opens up this invitation through 12 simple words. Join us this week as we sample some of the words and see what they might break open in us. Come for 1, 2 or all five of the days. Stay as long as your work day, parenting or retired life allows. Five days. Twelve words. Let's see what God can do.

Led by Joan Horgan, LMSW

via Zoom \$10 per session/\$45 for all five



YOGA Series with Mary DeTurris Poust

Tuesday mornings: May 6, 13, 20, 27

A one-hour gentle Yoga class suitable for beginners as well as experienced practitioners.

Cost \$15 per session/\$55 for all four

The world tells us to seek success, power and money;
God tells us to seek humility, service and love. ~Pope Francis~

GIRLS NIGHT OUT MAY 9

Life Is a Circus!

Are you the lion tamer, ringmaster, clown, trapeze artist, audience member, or do you have another role in the “circus”? Where is God in all of this? We will explore the similarities of the Big Top with our lives. Step right up!

Presented by Linda Borowsky, OPA

Liturgy at 6pm followed by dinner \$25 or \$55 for the evening program with overnight stay, prayer and brunch



COFFEE HOUSE with Mark Rust

Sunday, May 18 ~ 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.

CG

Cost: In-house & via Zoom \$20 Reservations required

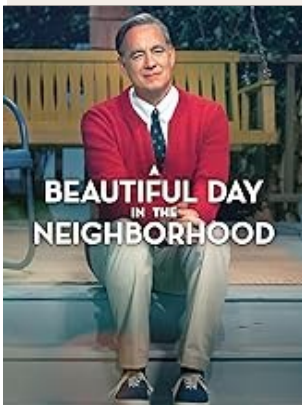
ALL CREATION REVEALS GOD’S LOVE : PRAYING WITH THE NUNS OF HELFTA

A bird’s nest, running water, the Sacred Heart of Christ: Join us for a day of reflection, conversation and prayer as we explore the writings of Mechtild of Hackeborn and St. Gertrude the Great—in which God speaks through experiences of nature and inspires theological reflection on the Sacred Heart of Christ.

Led by Sr. Annie Killian, OP

May 28 ~ 10am–3pm

In-House (\$35) and via Zoom (\$20)



RETREAT TO THE MOVIES—May 21 ~ 11am-4pm (lunch included)

Let’s spend “A Beautiful Day in the Neighborhood” viewing this movie about Mr. Rogers starring Tom Hanks. We will learn about Fred Roger’s life and philosophy, share lunch together and view and then discuss the movie.

Presented by author, educator Jim Dillon

Free will offering

In-house only

Humility is not thinking less of yourself, it’s thinking of yourself less. C..S. Lewis

RETREAT FOR PERSONS WITH PHYSICAL DISABILITIES



I love YOU...

June 6-8

Directed by Sr. Lizette Hoevel, SND

Nurses and helpers will be available to assist retreatants with whatever they might need.

Cost \$100 (If you cannot afford to make an offering, you are still welcome to attend.)

The Gift of Generations ~ June 3 ~ 10am - Noon followed by lunch

In this Jubilee Year of Hope, the universal Church highlights specific groups throughout the year. Let's gather to celebrate the "Jubilee of Families, Grandparents and the Elderly". We will explore and affirm the gifts that the older generation brings to families, and commit ourselves to sharing those gifts with our younger generations.

Presented by Joyce Solimini

In-house (\$25)/via Zoom (\$15)



Create, Connect, and
Celebrate Spring with
Cardmaking!

June 20 ~ 1 - 4pm

In-house only (\$ 25)

Join us for a relaxing afternoon of creativity as we explore the art of spring-themed card making! Whether you're crafting a card for a special occasion, a heartfelt prayer, or simply to brighten someone's day, this workshop will inspire you to express yourself through mixed media techniques. Enjoy coffee and cookies while chatting and creating with Dr. Susan Barber Skinner



Pilgrims of Hope: A Journey of Renewal and Reflection

Pope Francis has designated 2025 as a holy year, inviting us to embrace renewal as "Pilgrims of Hope". This workshop is a gentle invitation to pause, reflect, and explore the role of hope in your life.

This program is open to anyone seeking inspiration, renewal, and practical ways to navigate life's challenges with greater clarity and purpose. Whether you're in the midst of a transition, looking to rekindle your sense of possibility, or simply longing for a space to reflect, you'll find encouragement, insight, and a supportive community here.

Presented by Dr. Susan Barber Skinner

June 21 ~ 10am - 3pm (with lunch)

In-house \$35/via Zoom \$20

Week-long Silent Preached Retreat For Women

July 7-13

*Walking in Hope, Resting in Hope,
Returning to the Land of your Soul*

Elevate your spirit as you take a break from the routines of daily life and make room for the Divine.

Directed by Joan Horgan, LMSW

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



Week-long Silent Preached Retreat for Women Religious

June 23 - 29

This retreat will be focused on Listening: listening to the Word in the Scriptures, listening to the shifting culture we live in, and, listening to the movement of the Spirit in ourselves

Directed by Sr. Joan Scanlon, OP

In-house (\$550) and via Zoom (\$275.)



Silent Directed Retreats for Women

June 23 - 29

directed by Mary Reichley, OPA

Or

July 7—13

directed by Sr. Mary Ann Collins, OP

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

RECOVERY PROGRAMS

AGING AND RECOVERY WORKSHOP

April 12 ~ 10am - 3pm

Maybe in early recovery we deal with hard things. As the years pass, we start to see more money issues, more health issues, work becomes retirement, and then post-retirement, more changes in relationships, our mortality, and grief. And more important than ever, our spiritual life. We need to look at some questions: How will recovery change as we age? Does aging mean we are further from or closer to relapse? What will our recovery look like at 60, 70, 80 or later?

This workshop is for you if you are over 55 and have been in recovery for a while or if you're over 55 and new to recovery.

Directed by "old timer" Diane Cameron

In-house (\$35)/via Zoom (\$20)

From Wounds to Wisdom:

A Retreat on Healing Family Relationships in Recovery

Recovery is not just about healing ourselves, it's also about healing our relationships. Family dynamics can be complicated, especially for those in recovery. Recovery offers us the opportunity to break cycles, set healthy boundaries, and build connections that support our well-being.

Join us for this transformative retreat and take the next step in healing your family story.

Presented by Dr. Susan Barber Skinner

May 2-4

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



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As of FEBRUARY 1, 2025

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As is so often the case, songs and music are bringing the gifts of humility to me. The Shaker songs - "Simple Gifts" and "I Will Bow and Be Simple"; the Christian hymn, "Precious Lord, Take My Hand," the African American spiritual, "He Will Never Let Go My Hand," and more all carry the invitation into humility. When I allow God to be big and myself small, when I allow God to be different than I may want God to be, I find a strange freedom in that place. It is not the freedom of that wild horse but something better. It is a chance to rest, to be at home in the unknowable mystery that is God.

~ Joan Horgan ~



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