



# Fall, 2018 - Spring, 2019 Retreat and Program Schedule

MERCY CONFERENCE  
AND  
RETREAT CENTER

2039 North Geyer Rd., St. Louis MO 63131

www.mercycenterstl.org

## 2 Ways to Register for Programs:

1. Go to [mercycenterstl.org](http://mercycenterstl.org) and click on "Programs/Upcoming Events" to register online and pay using your credit card.
2. Print out the registration form from our website and mail with a check. **For assistance with registration, call 314-966-4686**

## Weekly Prayer for Immigrants and Refugees

**Every Wednesday - 5:30 - 6:00 p.m. (Through Dec. 19)**

The MCRC Community has elected to open our chapel every Wednesday from 5:30 - 6:00 pm to anyone who wishes to come and spend some time in quiet prayer for immigrants and refugees. Come for any part of the half hour. (No cost - Open to the public)

## Come to the Stillness: Yoga at Mercy Center

**Fall Yoga Session- 8 Classes (\$80 for whole session)**

*Tuesdays, Sept. 18, 25, Oct. 2, 9, 16, Nov. 6, 13, & 20, 2018*

**Winter Yoga Session- 8 Classes (\$80 for whole session)**

*Tuesdays, Dec. 4, 11, 18, 2018 & Jan. 8, 15, 22, 29, Feb. 5, 2019*

**Spring Yoga Session- 8 Classes (\$80 for whole session)**

*Tuesdays, Feb. 19, 26, Mar. 5, 12, 26, Apr. 2, 16, & 23, 2019*

**All classes are held 5:30 - 6:30 p.m.**

Men and women of all ages and ability levels are welcomed into this relaxing, safe and spacious environment where we build flexibility, strength, and balance while learning stress management and mindfulness techniques to quiet the mind, increase concentration, and build body confidence. Please bring a yoga mat and dress in loose, comfortable clothing.

**Instructor: Barb Michael**, owner of Optimal Lifestyles, Inc.  
Single Class: \$12.

**New to Yoga at Mercy? Join us for ONE FREE Drop-in class.**

## Eastern Spirituality:

### Theory and Practice for Peace and Harmony

**Wednesday, Oct. 10, 6:00 - 8:00p.m.: Buddhism**

**Wednesday, Nov. 14, 6:00 - 8:00p.m.: Islam**

**Wednesday, Dec. 5, 6:00 - 8:00p.m.: Taoism**

People of various traditions around the world share a desire for peace and harmony. Join us for this mini course in Eastern spirituality where we will explore different Eastern traditions and how each practice promotes peace and harmony.

**Presenter: Paul Coutinho, Ph.D.** is an expert in Eastern spirituality  
Free Will / Suggested Donation: \$20/session. No pre-registration needed. All are welcome to come to any or all of the sessions.

## Music at Mercy: Hobo Cane (a.k.a Javier Mendoza)

**Saturday, Oct. 20, 7:00 - 8:30p.m.**

Javier is an award winning singer-songwriter known for a variety of musical styles, including pop, rock and Latin. He will fill our Chapel with the soulful sounds of his voice and guitar.

Tickets: \$20 General Admission/ \$15 for students and veterans

## Living With Intention - Strategic Tools for Middleagers and Beyond: "Taking Care of the Caregiver"

**Sunday, Oct. 21 (NEW DATE), 1:30 - 3:30p.m.**

This workshop will address the challenges care givers face and how they can affect the caregiver's quality of life. To be the best caregiver, we know we have to take care of ourselves. This session focuses on self-care, renewal and reengagement.

**Facilitator: Sylvia Nissenboim, LCSW**, is a certified coach, teacher, author, clinical therapist, and owner of Lifework Transitions, LLC.

Cost per class: \$20. Please register by Friday before class.

**UMSL School of Social Work is collaborating with us by offering 2 Contact Hours per class for an additional \$20.**

## Full Moon Labyrinth Walk

**Wednesday, Oct. 24 8:00 - 9:30p.m.**

Take a self-guided, meditative walk through our labyrinth under the light of the Hunter's Moon. (Weather and clouds permitting.) Bring a flashlight for the walk to the labyrinth. Mulch path to the labyrinth is uneven, so please use caution. Free. No registration.

## Aging Grace-Fully

**Monday, Nov. 5, 9:00a.m. - 3:30p.m. (Lunch included)**

Offered in partnership with St. Louis Behavioral Medicine Institute, this workshop is intended for clergy and ministers, skilled nursing and home health care staff, hospice workers and all individuals who are engaged in spiritual growth as we age. We will explore what it means to age grace-fully, to integrate spirituality into our human development, to utilize a holistic approach to aging "full of grace", and to design approaches to accentuate strengths in those we serve.

Cost: \$60 includes handouts, lunch and certificate of completion  
**Led by: Gary U. Berhman, PhD, MSW, MDiv, LCSW**, an Adjunct Assistant professor at SLU Schools of Allied Health, Public Health and Medicine.

## Seeds of Joy: Growing Gratitude in All Seasons of Life

**Saturday, Nov. 10, 9:00a.m. - 4:00p.m. (Lunch included)**

What fills you with delight? Where do you thrive? What brings you alive? These are important questions to ask ourselves and there's no better time to take stock. As we shift into Fall, gift yourself with a workshop created to inspire, energize, and explore what brings you joy and how to cultivate gratitude in every season! With a lively blend of music, personal stories, evidenced-based research, space to reflect and connect, this workshop will be more like a mini-retreat for your heart and mind. Come if you're curious, skeptical, intrigued, or hopeful and leave with "seeds of joy" and strategies to increase and sustain joy and gratitude this Fall and beyond.

Cost: \$75

**Facilitated by Jill Stratton, Ph.D.**, affectionately known as the "Dean of Joy" at Washington University and **Jenna Lindbo**, a multi-instrumentalist and songwriter with serious spark.

### **Advent Retreat: "In the Fullness of Time"**

**Friday, Nov. 30: Dinner at 5:30p.m. Retreat 7:00 - 9:00p.m.**

**Saturday, Dec. 1: 9:00a.m. - 3:00p.m. (Lunch included)**

This Advent retreat will be a special time for us to experience God's indwelling Spirit wanting to be birthed in us. We invite you to step away and allow yourself the privilege of quiet reflection on the scriptures and other expressions that focus on Wisdom's holy ways. Advent is our celebration of the Timeless entering into our Time and coming to be among us as one of us, and literally through one of us. Being. Becoming. Attending. You are invited to reflect on your own journey of awaiting "the fullness of time". With Mary of Nazareth as our companion, we will explore the hidden power that lies in hopeful expectation.

**\* Note: Friday evening will include conversation and close by drawing us into the quiet. Saturday will be silent.**

Cost: \$90 Commuter / \$150 Overnight

**Led by Sister Colleen Mallon, O.P, Ph.D.,** associate professor of systematic theology at Aquinas Institute of Theology.

### **Holiday Concert**

**Sunday, Dec. 2 : 2:30p.m.**

We welcome the Community Music School at Webster University for a concert of chamber music, ending with a holiday sing-along in our beautiful chapel. To register for this free concert, please visit our website or call 314-966-4686

### **Advent Quiet Days: Dec. 17, 18 and 19**

Create your own time to slow down, breathe deeply and enjoy one or more days of quiet amid the business of December. Special holiday rates for Days and Overnights. Go to our website or call Rita (314-909-4663) for more information.

### **Navigating White Water: Resilience Series**

**Sundays, Jan.13, Feb. 10, Mar. 3, Apr. 7 (1:30 - 3:45p.m.)**

This series of 4 interactive workshops will explore how spirituality and research based Psychology can be used to enhance resilience at home and at work. You may attend any or all of the sessions:

**Jan. 13:** "Fanning the Flames of Resilience"

**Feb. 10:** "Reflections on Resilience, Beauty and Gratitude"

**Mar. 3:** "Daring to Transform Negativity"

**Apr. 7:** "Resilient Living Through Meaning, Purpose and Passion"

Cost: \$20 per session / \$75 for the 4-session series

*(UMSL School of Social Work is collaborating with us by offering 2 Contact Hours per class for an additional \$20 per class.)*

**Facilitated by Dr. Tom Wagner, PhD. ,** a therapist, writer and workshop leader. Tom creatively blends insights from the fields of counseling psychology, mindfulness meditation, family systems theory, & the psychology of personal and professional meaning.

### **Longing for the Beloved: Three Mystic Poets**

**Sundays, 1:30 - 3:30p.m.**

**Jan. 20: Mary Oliver / Jan. 27: Rainer Maria Rilke / Feb. 3: Rumi**

Fly toward a secret sky or wonder about your one, wild and precious life with three poet-mystics from three cultures.

Anointed as awakened lovers of the world's paradoxes, read and delight in three best-selling poets.

Cost: \$20 per session / \$55 for the 3-session series

**Facilitated by Noeli Lytton.** Sharing the intensity of these great poets, Noeli has filled many decades teaching wisdom literature for the eager seeker.

### **"With All We Are: Mission, Purpose & Transformation"**

**Feb. 2, 2019 : 9:00a.m. - 3:00p.m. (Lunch included)**

Join us for a day of reflection intended for those who have a role of service and leadership in an agency, school, family or ministry. Through the application of an easily-remembered framework, attendees will learn how to: clarify and align the mission of organizations, large and small; apply several simple models for leading change in groups; serve in a leadership role with optimism and without resentment; and understand the meaning of "calling" in our lives. This day will consist of presentations, discussion, and time for prayer and reflection.  
Cost: \$60

**Facilitated by Don Eggleston, MEd, M.Div.,** the author of a book by the same title as this program. Don holds a Certificate in Leadership of Organizational and Social Change.

### **Foundations of Mindfulness Class**

**Tuesdays, Feb. 19, 26, Mar. 5 and 12. (10:00 - 11:30a.m.)**

This class will explore practices and benefits of mindfulness and provide support in establishing a daily practice. Topics include mindful breathing, mindful listening and speaking, mindful eating, body scan, loving kindness for others and self, and the neuroscience underlying the benefits of mindfulness.

Cost: \$120 (registration/full payment due by Feb. 13. Space is limited.)

**Instructor: Coke Hennessey** is a long time mindfulness practitioner and certified mindfulness instructor.

### **Challenged to Authenticity: Heeding the Voice of the Prophet**

**A Lenten Series: Tuesdays, Mar. 19 and 26, and Apr. 2**

**Check in at 8:30a.m., Program 9:00 - 11:00a.m.**

Prophets, past and present, consistently call persons and communities to unite word and deed, to live who they say they are. This three week program views the Hebrew prophets through the lens of covenant fidelity and explores what these ancient sages say to contemporary believers. Special focus will be placed on Isaiah, Hosea, and Jeremiah.

Cost: \$35 per session / \$90 for the 3-session series.

**Led by Sister Katherine Doyle, RSM,** Novice Minister with the Sisters of Mercy, who is trained in History and Spirituality.

### **Lent Retreat: "Stark beauty: Lent and the Desert"**

**Mar. 23, 2019**

**Check in at 8:30a.m., Retreat 9:00a.m. - 3:00p.m.(Lunch included)**

"The desert" plays a dominant role in scripture and in Catholic spirituality, from the Israelites wandering in the desert to Jesus' temptations in the desert to the rich heritage of the desert fathers and mothers in early Christianity. Desert imagery is closely tied to the season of Lent. Join us as we explore the gift of the desert and the season of Lent.

Cost: \$60

**Led by Fr. Tom Santen,** Associate Pastor of St. Simon Parish

#### **Mark Your Calendar:**

**Sacred Movements of the Cross:** Wed, Mar. 27

**Lent Quiet Days:** Apr. 1-3

**Spring Retreat:** May 20-24: "Living in the Present Moment" with Carol Marozzi, SSJ