



# Winter - Spring, 2019 Retreat and Program Schedule

MERCY CONFERENCE  
AND  
RETREAT CENTER

2039 North Geyer Rd., St. Louis MO 63131

[www.mercycenterstl.org](http://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**

## Come to the Stillness: Yoga at Mercy Center

**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 - 6:30pm**

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.**

## Navigating White Water: Resilience Series

**Sundays, Feb. 10, Mar. 3, Apr. 7 (1:30 - 3:45pm)**

This series of 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:

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

Exploring research based gratitude methodologies that enhance resilience, improve mood & elevate levels of happiness.

**Mar. 3: "Daring to Transform Negativity":** Incorporating practical meditation techniques on the fly to transform negativity, even in the midst of your most challenging days.

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

Utilizing the power of purpose and meaning to build resilience muscles and how to put it into practice in your life.

Cost: \$20 per session

*(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.

## Liturgical Composers Concert

**Thurs, Jan. 31 7:00pm**

All are welcome to enjoy this evening of music and song. Sing along with composers who have written some of your favorite songs for Mass.

\$50.00 Preferred Seating *Includes after-concert reception with composers!*

\$25.00 General Admission

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

**Feb. 2, 2019 : 9:00am- 3:00pm (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 - 11:30am)**

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.

## Weekly Prayer for Immigrants and Refugees

**Every Wednesday in Lent (March 6-April 17) - 5:30 - 6:00pm**

The MCRC Community has elected to open our chapel 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)

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

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

**Check in at 8:30am, Program 9:00 - 11:00am**

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 8:30am, Retreat 9:00am - 3:00pm (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

## **Sacred Movements of the Cross:**

**March 27, 7:00-8:15pm**

This special evening is designed to integrate mind, body and spirit by prayerfully using yoga postures to get in touch with the sacred journey Jesus took to Calvary. Bring a yoga mat and dress in loose, comfortable clothing. (No yoga experience needed.)

**Led by Rachel Phillips Barnidge, RN, NP**

Cost : \$10

## **Lenten Quiet Days: April 1, 2, 3**

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

## **The Impact of Suffering: Pathways to Restoration**

**May 11, Check-in: 8:30, Program 9:00am-4:00pm**

Whether major or minor, traumatic events happen in each of our lives. Despite positive thinking, the effects of our suffering remain. Missing the signals we are getting from our bodies, we often reinforce the message with "should have" and "would have" thinking, allowing feelings of guilt to stifle the healing process. This workshop will help us will identify and explore the psychosomatic effects of experiencing pain and teach compassionate methods for our own emotional, physical and spiritual restoration and healing.

Cost: \$60 (lunch included)

**(UMSL School of Social Work is collaborating with us by offering 5 Contact Hours for this workshop for an additional \$50.)**

**Facilitated by Jean Abbott, CSJ, MSW**. Sr. Jean is a therapist and an expert in working with victims of trauma.

## **"Living in the Present Moment" Spring Silent Retreat**

**Monday, May 20-Friday, May 24**

**Check-in May 20, 10-11:30am. Retreat concludes May 24 at 1:00pm**

This retreat will focus on living in the present moment – finding God who is present in the here and now. We cannot realize or fully understand this truth with our minds only. We can only know it when the mind is still... when we are present, fully and intensely, in the Now. Retreatants will be helped to identify the obstacles that hinder the discovery of the richness of God's life within them so that they can regain awareness of being and abide in God's presence within. This is truly God's desire for each of us.

Cost: Overnight: \$450 / Commuter: \$290

Presenter: Sr. Carol Marozzi, SSJ, is a Spiritual Director who holds Master's degrees in Spirituality and Theology .

Please register and pay in full by Friday, May 3

## **Full Moon Labyrinth Walk**

**May 18, June 17, July 16, Aug 15**

Take a quiet, self-guided, meditative walk through our labyrinth under the light of the Full Moon. Bring a flashlight for the walk to the labyrinth. Mulch path to the labyrinth is uneven, so please use caution. Free. No registration.

## **Mindfulness in Nature:**

**June 1, 2019**

**Check in: 8:30am Program 9:00am-2:30pm. (Bring a bag lunch)**

Experience mindfulness meditation outside, in a small group, being present to yourself and your relationship to nature. Learn about Mindfulness, practice sitting and lying down meditations, experience mindful eating, walking meditation, and mindful nature activities. No prior experience with meditation is necessary. Rain or shine. Group size limited.

**Led by Lucy Freeman**, mindfulness practitioner and guide

Cost: \$40

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

**Sundays, 1:30 - 3:30pm**

**June 2: Mary Oliver / June 9: Rainer Maria Rilke / June 23: 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.

## **Foundations of Mindfulness Class**

**Wednesdays, May 29, June 5, 12, and 19 - 6:30-8:30pm**

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 May 15. Space is limited.)

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