



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 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

Tuesdays, Feb. 26, Mar. 5, 12, 26, Apr. 2, 16, 23, & 30, 2019

(Note: Due to a weather cancellation on Feb. 19, the Spring Session will be held February 26-April 30. No class held March 19 or April 9.)

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.

Cost: \$80 for whole Spring Session

Single Class: \$12.

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

Instructor: Barb Michael, owner of Optimal Lifestyles, Inc.

Navigating White Water: Resilience Series

Sundays, Mar. 3, Apr. 7, and May 5

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:

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.

May 5*: "Reflections on Resilience, Beauty and Gratitude":

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

(May 5 is the snow make-up date for the cancelled Feb. 10)

May 19*: "Daring to Transform Negativity": Incorporating practical meditation techniques on the fly to transform negativity, even in the midst of your most challenging days.

(*Sessions are snow make-up dates. Registration is open.)

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 session.)

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. Tom writes a weekly blog on sundaymorningcafe.com.

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 Hosea (Mar. 19) Isaiah (Mar. 26) and Isaiah/Jeremiah. (Apr. 2) 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 . Fr.

Tom, a St. Louis Archdiocesan priest, has had many ministries, including parish leadership, teaching, and retreat leadership.

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.)

Cost : \$10 (space is limited)

Led by Erin Duffy-Burke, MA, RYT. Erin has her Masters degrees in Education, Multicultural Ministry and Christian Spirituality and over fifteen years of experience in teaching, facilitation, ministry and healing work. She is a certified yoga instructor (200 RYT), yoga therapist (500 RYT) and a certified Facilitator of Embodied Transformation.

Ecumenical Taizé Prayer Service

Sunday, March 31, 7:00-8:00pm

Enter into the spirit of Lent with Song, Silence and Scripture in the style of Taizé monastery in France. The simple and beautiful chant music is dedicated to the renewal of spirits and the healing of our planet. The repetitive nature of the chanted prayer can promote a kind of inner unity of the person, allowing the spirit to be more open and more attentive to what is essential. Silence is a fundamental part of the Taizé service.

All are welcome! Free of charge. No pre-registration needed.

Lenten Quiet Days

April 1, 2 and 3

Create your own time of personal prayer this Lent. Slow down, breathe deeply, and enjoy one or more days of quiet. Enjoy meals, a prayerful walk on the beautiful grounds, reflection time in the chapel or quiet time by the fireplace in the Heritage Lounge. No presentations. No schedules outside of meal times. (A spirit of silence will be maintained at meals.)

Special rates:

Day only: \$30, includes lunch

Each overnight: \$65, includes three meals

(A 24-hour period between 8:00am Mon. morning & 5:00pm Wed. afternoon can be considered an "overnight" for this retreat.)

Please register by noon on Monday, March 18 by contacting Rita O'Dea at 314-909-4663 / rodea@mercycenterstl.org.

(Since amount of retreat time is tailored to the guest, online registration is not available for these quiet days.)

The Impact of Suffering: Pathways to Restoration

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

Whether major or minor, difficult, painful and traumatic events happen in each of our lives. We are often told to look for the silver lining in the situation to dissipate the pain. Yet, 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. It will also teach skills and compassionate methods for our own emotional, physical and spiritual restoration and healing. This workshop is designed for all who would like to increase their awareness and learn these skills, whether for personal or professional reasons.

Cost: \$60, includes lunch

Led by Sister Jean Abbott, CSJ, MSW. Sr. Jean is a Sister of St. Joseph, a therapist, and an expert in working with victims of trauma. She has worked extensively with immigrants and refugees, especially those suffering from post-traumatic stress disorder & she founded the Center for Survivors of Torture & War Trauma. *(UMSL School of Social Work is collaborating with us by offering 5 Contact Hours for this workshop for an additional \$50.)*

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.

"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 & 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. There will be conversation at the opening and closing lunches. Outside of that, this is a silent retreat.

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

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

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.

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.

Cost: \$40

Led by Lucy Freeman, mindfulness practitioner and guide

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.

Come to the Quiet -Silent Retreat:

Friday, June 14 – Sunday, June 16

This retreat has minimal structure, is guided rather than preached or directed. You are welcome to meet with the retreat director for informal spiritual companionship. The "Come to the Quiet" retreat begins in silence with dinner, Friday at 5:30pm and concludes Sunday at 11:00am.

Led by Dawn Stringfield.

Cost of "Come to the Quiet": \$150- includes private room/ private bath and all meals. Number of participants is limited. This special price is available thanks to an anonymous donation.