



# Summer, 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 flyer/registration form from our website and mail it in with a check.

**For assistance with registration, call 314-966-4686**

- Registrations are complete when payment and registration information and payment are both received.
- Refund policies may be found on our website.

## Full Moon Labyrinth Walks

*July 16, August 15, September 14, October 13*

Take a quiet, self-guided, meditative walk through our labyrinth under the light of the Full Moon. Staff will be on site 8:00-9:30pm. Bring a flashlight for the walk to the labyrinth. Mulch path to the labyrinth is uneven, so please use caution. Free. No registration. (Weather related changes will be posted on our website.)

## Pastoral Responses to

### Adolescent Depression & Anxiety: Preventing Crisis & Suicide in the Church's Youth

*Wednesday, July 31*

Check-in: 8:30am/Workshop: 9:00am-Noon (Lunch not provided.) There is little more frightening for a youth minister than when a young person confides that they are having thoughts of harming or killing themselves. This workshop is intended for church pastors, youth ministers, and directors of religion education to help prepare them to respond to youth in their fellowship who might be experiencing depression, anxiety, and suicidal thoughts. Participants will be educated on the signs of adolescent depression, anxiety, and suicidality. They will learn basic pastoral intervention that can help keep a youth safe, and will be provided community mental health resources to support the youth and the family.

**Cost:** \$40.00 (Includes handouts & a certificate of attendance. Light beverages & snacks will be provided.)

**Sponsored by: The Program for Psychology and Religion at St. Louis Behavioral Medicine Institute**

**Presented by: Gary U. Behrman, PhD, MSW, M.Div., LCSW**  
Assistant Adjunct Professor at Saint Louis University (SLU) Schools of Allied Health, Public Health, and Medicine. Dr. Behrman is regionally recognized for his expertise as a presenter, clinician, educator, and consultant.

## Whimsy & Wisdom: The Poetry of Billy Collins

*Sunday, August 4, 1:30 - 3:30pm*

Take time to respond from your heart to the whimsy and wisdom of Poet Laureate Billy Collins. Known for his humor and heart-catching and accessible style, this poet delights.

**Noeli Lytton**, will lead us in appreciative discussion as we soak in the rare joys and smart twists unique of this fine poet's work.

**Cost:** \$20 - Early bird Registration (Before noon July 26)

\$25 - Registration after noon July 26

(Register soon! Space is limited.)

## Journey to Inner Peace for Families:

### *Making Calm Our Superpower!*

*Sunday Afternoons: August 11, 18, September 8, and 15*

Relieve stress and feel more joy. Build stronger families. *Journey to Inner Peace* and let's take the mystery out of mindfulness, meditation, and visualization. Learn ways to soothe your mind and body. Join us for all four sessions or pick and choose which to attend. Some sessions are for parents, grandparents, caregivers *and* children; others are for adults only. This group experience is also geared for those who work with children and teens.

**Join us for all Four Sessions or Choose Your Favorite Topics:**

### **August 11: Introduction: Journey to Inner Peace**

Families with children ages 6-11: 1:30-3:00pm

Families with teens, ages 12-18: 3:30-5:00pm

### **August 18: Love is Letting Go of Fear**

One Session - Adults only: 1:30-3:00pm

### **September 8: Stepping Into Your Future**

Families with children ages 6-11: 1:30-3:00pm

Families with teens, ages 12-18: 3:30-5:00pm

### **September 15: Letting Go With Gratitude**

One Session - Adults only: 1:30-3:00pm

Please go to our website for descriptions of sessions and for a link to registration. (Please register in advance.)

Attend one or more sessions. Adults may also attend without children. **For best results, we ask that one adult accompany up to two children in the family sessions.** (Children and teens must attend with an adult, as no childcare is available. For those with children in different age groups, consider attending with different children on different weeks.)

**Cost:** Adults: \$15 per session Children and Teens: \$5 per session

### **Our Facilitator for this series is Vicki Atlas Israel, CGIP**

Vicki is a Best Mindset Coach, Certified in Guided Imagery, and the author of National Bestseller *Inner Power NOW: Reduce Stress and Pain. Feel More Peace. Helping You and Your Family Thrive!*

## Neuroscience, Contemplative Practices, and Well Being: How Spirituality Affects our Health and DNA

### ***A Summer Retreat with Anne Kertz Kernion*** Friday, August 23 - Saturday, August 24

Friday, Aug. 23: Check in after 4:30pm  
Dinner at 5:30pm  
Retreat 7:00-9:00pm

Saturday, Aug. 24: Retreat 9:00am-3:00pm (Lunch included.)

Our spiritual habits affect our physical and emotional health in a variety of ways. We'll explore recent findings in neuroscience and positive psychology, showing how practices such as Mindfulness, Meditation, Gratitude and Compassion, slow aging in our cells, keep our brains healthy and nimble, reduce stress, and bring more health and happiness into our lives. We will also explore other habits that support brain health and keep our telomeres, the end caps of our chromosomes, from prematurely fraying. We'll incorporate these practices into our days, along with discussion, allowing us to share and experience some of these benefits.

**Led by Anne Kertz Kernion** (BS in Environmental Engineering, Penn State; MA in Theology, Duquesne University; Certificate in the Science of Happiness, UC Berkeley; current graduate student in Positive Psychology, U. of Missouri) is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality to groups around the US and Australia.

**Cost:** \$150 - Retreat with Friday Overnight  
\$235 - Retreat with Friday and Saturday Overnight  
\$ 90 - Commuter Retreat (Early bird registration *before* Aug. 16)  
\$100 - Commuter Retreat (Registrations *after* noon Aug. 16)

## Digital Distraction: Technology, Our Brains, and Spiritual Practices

Sunday, August 25, 1:30-3:30pm

Our smartphones and computers are wonders, but they bring some not-so-wonderful consequences (like reduced focus, concentration, and memory) to our brains, bodies, and spiritual lives. We will explore the ramifications of tech overuse and how several spiritual practices have been shown to help thwart those detrimental effects. Helpful strategies to limit the pitfalls of online use, and suggested activities to nurture our journeys will be offered. The format for this presentation will be lecture and Q & A.

**Presented by Anne Kertz Kernion** (BS in Environmental Engineering, Penn State; MA in Theology, Duquesne University; Certificate in the Science of Happiness, UC Berkeley; current graduate student in Positive Psychology, U. of Missouri) is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality to groups around the US and Australia.

**Cost:** \$20 Early bird registration by Aug. 21  
\$25 Registration after Aug. 21.  
(Walk-in registrations will be taken if seats are available.)

## Come to the Stillness: Yoga at Mercy Center

September 3, 10, 24, October 1, 8, 22, 29, & November 5  
(Note: Yoga class will not be held on Sept. 17 or Oct. 15)

All yoga classes are held Tuesdays, 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 8-week Session  
\$12 for Single Class

Registration may be made by credit card online until the afternoon of class and by cash or check at the door.

***New to Yoga at Mercy?***

***Join us one night for a FREE Drop-in class!***

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

## Check our website for updated information on Programs and "Pop Up" opportunities!



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### ***Take Time for Yourself...***

#### **SPIRITUAL DIRECTION**

Spend time in confidential conversation in which God's Spirit is present as you share with one of our spiritual companions.

#### **PRIVATE AND DIRECTED RETREATS**

Take time away to relax, refresh, and go within. Private and Directed Retreats are available throughout the year, as space is available.

For more information on these opportunities, contact:  
Rita O'Dea at 314-909-4663 /rodea@mercycenterstl.org