



Fall, 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 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.

Autumn Full Moon Labyrinth Walks

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.)

Come to the Stillness: Yoga at Mercy Center

September 3, 10, 24, October 1, 8, 22, 29, November 5 & 12

(Note: Yoga class will not be held on Sept. 17, Oct. 8 or 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

New to Yoga at Mercy? Join us one night for a FREE class!

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

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

Mindfulness in Nature:

October 5

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.

Leader: Lucy Freeman, mindfulness practitioner and guide

Cost: \$40

Creative Spirit: Exploring the Inner Movement of God Through Creativity

Friday, October 11 - Saturday, October 12

Friday, October 11: Check in after 4:30pm
Dinner at 5:30-6:30pm (Included)
Retreat 7:00-9:00pm

Saturday, October 12: Retreat 9:00am-3:30pm (Lunch included.)

Join spiritual director, writer and musician Steve Givens for an exploration of what happens at the intersection of spirituality and creativity. Through talks, prayer, music and opportunities for creating and sharing their own creative works, participants will engage with the inner movement of the Spirit of God in their lives and experience how that interaction plays out in creating works of art. All spiritual backgrounds welcome. Open to adults at any level of proficiency, participants are encouraged to bring their own "tools of the trade" to facilitate their times of creative exploration, such as journals, cameras, sketch books, watercolors, musical instruments, needle work, craft supplies, pencils, pens, markers, paper, textiles, etc.

All participants are encouraged to bring a digital camera (or a phone with camera) if possible, as one of our retreat experiences will include photography for all levels of proficiency. Friday evening will include a "coffeehouse concert" featuring Steve and two of his musical collaborators, Phil Cooper and John Caravelli, as well as an "open mic" opportunity for others to share songs or spoken word poetry or other writing if they choose. The closing prayer service on Saturday afternoon will also provide an opportunity (optional) for some participants to share works created during the weekend.

Retreat leader: Steve Givens is a retreat leader, a spiritual director, and a widely published writer on issues of Catholic-Christian faith and spirituality. He is also a musician, composer, and singer who lives in St. Louis with his wife, Sue. Steve has been a regular contributor to the daily devotional "Living Faith" for more than 30 years and is a "Faith Perspectives" columnist for the St. Louis Post-Dispatch. He is a blogger, photographer and a frequent contributor to publications like Liguorian Magazine and Catholic Digest.

Overnight and Commuter options available. Overnight stay encouraged:

Cost: \$150 - Overnight Retreat (Sat. breakfast included)

eadline for overnight registration is noon Mon, Sept. 30.

\$ 90 - Commuter Retreat (Early bird registration by noon Oct.4)

\$ 100 - Commuter Retreat (Registrations noon Oct 4-noon Oct.

Go Gently Into That Good Night

Sunday, October 13, 1:30 - 3:30pm

Guardians of deep feeling, great poets have provided us a bridge of light at the most inarticulate of moments: grief. When we could be stuck in unmitigated bitterness or collapse, great poems show us a way to clarity and relief. Not morbid, nor shy about the topic, great poets grapple with grief, death and dying. Join facilitator Noeli Lytton and other eager poetry lovers in an appreciation of great poets such as Frost, Kooser, Dylan Thomas, Dickinson, Stafford, and others who reveal the nuances of feeling around death, dying, loss and grief. Be gently uplifted during this season of letting go.

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

Cost: \$20 - Early bird Registration (Before noon October 4)
\$25 - Registration after noon Oct. 4, space permitting.
(Seating is limited, so early registration is recommended.)

Accepting Hardship as a Pathway to Peace

Sunday, October 27, 1:30 - 3:30pm

Painful life events will happen for each of us. What is within our power as we encounter the inevitable losses and struggles in our lives? Is it possible that hardships could actually be a pathway to peace? Join us as we explore key questions that will help us embrace life's challenges and uncertainties with faith, grace, and acceptance.

Presenter: Paul Kraus has been a lifelong teacher, retreat director, and service moderator for middle/high school and adults. He is a past member of the Mission and Ministry Council of the Christian Brothers- Midwest District. Paul presently works with children and adults with special needs, prison ministry, and Lasallian Companions (retired people in the district who continue to serve Lasallian ministries).

Cost: \$20 - Early bird Registration (Before noon October 20)
\$25 - Registration after noon Oct. 20.
(Tickets will be sold at the door, space permitting.)

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

Holidays or HoliDaze?

Saturday, November 2, 9:00am - 3:30pm

Is it possible to navigate the holiday season with *less* stress and emotional overload and *more* calm and equanimity?

Join us for a day-long workshop on bringing Mindfulness to the holiday season. This practical and experiential workshop will provide time to explore mindfulness practices that can enhance this special season. You will have the opportunity to learn, discuss, experience, and journal about mindfulness practices that can help you experience more peace in the midst of life's stressors. And this time of year can certainly bring its share of stressors! We will set intentions as we move into this holiday season. The timing is perfect!

This workshop is suitable for those new to mindfulness as well as those who are long-time mindfulness practitioners. People of all faith traditions are welcome.

Facilitator: Coke Hennessy has had a mindfulness practice for over 20 years. She is a certified mindfulness instructor and she has taught mindfulness for over a decade. Coke has received wonderful reviews as the instructor for the *Foundations of Mindfulness* and *Deepening Mindfulness Practice* classes she has taught at Mercy Conference and Retreat Center.

Cost: \$60 Earlybird Registration: before noon October 25
\$70 Registration noon October 25 - noon Oct. 30
Limited partial scholarships available. FMI, contact Cathy (314-909-4646 or cmodde@mercycenterstl.org.)

Conscious Self-Care

2 Options: *Sunday, November 24, 1:30-3:30pm*

Wednesday, December 4, 8:30-10:30am

Join us for "Conscious Self-Care" ~ two hours just for you. Come experience how your energetic presence affects those around you and why it's so important take care of yourself, especially as you care for others. You'll walk away empowered with simple ways to support yourself throughout your day. As you make intentional choices, change happens with compassion, creating harmonious and thriving inner and outer environments.

Presented by Spiritual Harpist, Amy Camie, CCM

2 CEUs will be available for nurses and social workers.

Free and open to the public thanks to generous donors.
Registration Requested.

Mark your Calendar for Upcoming Retreats:

Advent Retreat: Friday, December 5 – Saturday, December 6:

"Praying with Imagination": led by Joy Clough, RSM. Sr. Joy uses storytelling to imaginatively re-tell gospel stories in ways that refresh what has perhaps become too familiar, giving attention to the reality that Jesus was human like us. Joy will use stories that can help us experience the Advent season in a new way.

"Come to the Quiet" Silent Retreat: January 3-5

Lent Day of Reflection: Sat. March 21 with Sue Mostellar, CSJ

Spring Retreat: May 18-22 with Avis Clendenen

