

EXPERIENCE RENEWAL OF HEART, MIND, BODY AND SPIRIT!



A FOOTHILLS OASIS

Mercy Center Auburn



DRAWING DEEPLY FROM HIDDEN SPACES

The new year opens before us with impending possibilities and transitions. Once again on the threshold of something new is ever the invitation to savor certain and precious meaning-filled moments when the illumination of The Divine penetrates and holds our presence and attention. Amid the myriad of daily tasks that call us to be productive and useful, there is also a call from the *still, small voice*, to pause from our compulsive “doing” and participate with the Spirit’s insistence to connect—or to catch—us by surprise in a place we’ve not been before. The connection might be an awakening to something radically new and life-changing or finding ourselves caught off guard by unexpected hurts or heartaches. Wherever we are is where God meets us. Mercy Center offers the space to enter deeply into this sacred encounter and the invitation to explore the depths and mysteries of God’s presence in all that is and will be.

I received the following brief reflection from a guest who shared her own encounter, simultaneously spontaneous and sacred. And I am grateful in her allowing me to share:

What in us yearns for a sacred center of mercy nestled within a city-scape? It is in places like these that Ruach Elohim, the Spirit of God, hovers. Here we remember, return and yield to the warm, protected womb of nourishment. In God’s belly we



kick at fluid-filled boundaries, exploring Presence within and around us. Creation caresses the sensations our lives make in her body and marvels at what is ever becoming. God invites us to give her a tour, to show her around our lives. We walk

the labyrinth-places that embody the ambiguities in our rejections, grief, abandonment and resentments to find the mystery of ourselves centered in the Divine. Short of breath, God perspires through our stations of falls, imprinting in us the very lives of those who carry the cross with us and wipe our faces along the way. Our hermitage and rooms of quilted beauty long to be with and for God alone. Closets and cabinets of tissue, toilet paper, candles and table decorations come to our aid when we think our supply has run low. We draw deeply from these hidden places to find the necessities of hope, creativity and resiliency. Shopping for gifts opens treasures in each of us to become the cherished growth in others.

Thank you Veronica Galas.

Blessed and Meaning-filled New Year,

Colleen Gregg

Colleen Gregg, Director

JANUARY 2019

Centering Prayer Intensive Retreat

8-Day Silent Retreat - January 18-25, 2019



Come taste the silence of prayer with other contemplative companions and rest in the stillness, away from the busyness of daily life, and allow the mind, body, and spirit to surrender to God's presence and action within.

The retreat offers three tracks simultaneously. You choose the track that works best for you. The Intensive I and Intensive II tracks will include 3 sets of three 20 minute periods of Centering Prayer daily, with an in-depth look at the Spiritual Journey, using talks given by Fr. Thomas Keating. Intensive I is for those new to the Spiritual Journey series. The talks for Intensive II are a further look at the depth of the spiritual journey. The Post Intensive track will have additional time for Centering Prayer and no group educational time. *Space limited.*

Facilitators: Susan Turpin, Marty Badgett, and Fr. Bill Sheehan, OMI

Begins: Friday, January 18th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends on Friday, January 25th after lunch.

Cost: \$525 resident (\$75 non-refundable deposit)

Spiritual Direction



Spiritual direction is a time to reflect on your prayer life and to nurture your relationship with God. Spiritual direction helps the person who is seeking a deeper relationship with God to notice the presence of God in the various events, relationships and structures of one's life. To learn more about

spiritual direction, if you are seeking a spiritual director, or if you are a director needing a supervisor, please call Mercy Center.

Exploring the Benefits of Dream Sharing

January 19, 2019



Socrates once stated, "The unexamined life is not worth living." Dreams are a part of our lives. Take this one day dream workshop as an opportunity to explore this part of your life and discover the benefits of mining the riches of your dreams in and through sharing dreams with

others. You will find a new part of your life worth living awaiting you.

Facilitators: Diana Francis Metzler, RSM and Katherine Getchell

Begins: Saturday, January 19th from 9:00 to 3:00pm

Cost: \$35 (includes lunch)

FEBRUARY 2019

Healing of Grief and Loss

Saturday, February 2, 2019



"No one knows what has been taken from you when the silence of absence deepens."

-John O'Donohue

These words reflect the reality of grieving. The absence may be the loss of a loved one, a relationship,

or any difficult life transition. This day is invitation to be held in God's light amid the darkness and heavy heartedness of loss.

Facilitators: Mercy Center Retreat Team

Begins: Saturday, February 2nd from 9:15am to 3:00pm.

Suggested Donation: \$35 (includes lunch)

Dream Tending: Diving Deeper into Dream Sharing

Tending the Dream God has Sowed in Your Soul

Weekend Retreat - February 8-10, 2019



Whether you're new to dream exploration, or have already been working with your dreams for awhile, this retreat will be a wonderful opportunity to enjoy dream sharing in a group.

Being on retreat offers a chance for a deeper dive into the world of God's nightly messages, and the support of a group offers new insights and ideas as we learn about our own personal dream language.

Facilitators: Diana Francis Metzler, RSM and Katherine Getchell

Begins: Friday, February 8th with registration from 3:00 to 6:00pm; dinner @ 6:00pm; ends on Sunday, February 10th after lunch.

Cost: \$195 resident/\$165 commuter (\$75 non-refundable deposit)

Grace and Gratitude

Creating a Grateful Heart That Believes...I Have Enough, I Do Enough, I Am Enough

Saturday, March 16, 2019



If you find yourself overwhelmed by the voices in your head saying, I should have more, I should do more, I should be more, you'll appreciate this retreat. Discover how you can be more open to the

beauty of God's grace and be ready to say "Enough!" Through reflection, sharing, music, and quiet time, you'll explore what drives your restless spirit, what gives you a sense of peace and contentment, and how you can be more open to the beauty of God's grace even in the most stressful times. Give yourself a day to relax and enjoy and learn some new gratitude practices.

Facilitator: Christine Jurisich

Begins: Saturday, March 16th from 9:00 to 3:00pm

Cost: \$35 (includes lunch)

MARCH 2019

Women's Spiritual Spa Retreat

Weekend Retreat - March 15-17, 2019



This retreat offers a weekend of spirit-filled prayer, rest, healing touch, and sacred refuge. By pausing to draw from the deep well of God's life participants will go forth with graces and renewed vitality to continue on life's sacred journey.

Facilitators: Mercy Center Retreat Team

Begins: Friday, March 15th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends Sunday, March 17th after lunch at 12:00 noon.

Cost: \$225 (\$75 non-refundable deposit)

Note: Registration is limited. Payment in full due 45 days prior to retreat.

Catherine's Cottage

Give Yourself or Others a Special Gift



Our two suite hermitage is available for private retreat days with options for spiritual direction and massage.

Give yourself, or someone you know, the gift of time away for prayer, discernment, solitude, and resting in God.

Gift Certificates Available!

APRIL 2019

Holy Week Days of Silence

April 18-21, 2019



Come during Triduum days for holy encounter through silence, liturgies and Good Friday evening service of light. We will celebrate the fullness of these most holy days with the Mass of the Lord's Supper, celebration of the Lord's

Passion, Good Friday Taize/Tenebrae, Easter Vigil, and Easter Sunday morning Mass. Father John Boll will preside at Triduum/Easter liturgies

Begins: Thursday, April 18th, dinner at 5:15
(check-in between 3:00pm and 5:00pm)

Ends: Sunday, April 21st, following 9:00am Mass and 10:00am Easter brunch

Cost: \$275 resident (\$75 non-refundable deposit)

- ◆ Participants are welcome to reserve time with a spiritual director.
- ◆ Participants are welcome to arrange for arrival earlier in the week.

Note: Good Friday Taizé Chant and Tenebrae Service of Light (main Chapel of the Sisters of Mercy)

Time: 7:30 to 8:30pm (Free will donation accepted)

MAY 2019

The Interfaith Jesus According to Luke

Series Begins May 5, 2019

Facilitator: Tom Bonacci, C.P.



See Page 7 for the 2019 dates for this six-part series that will probe some of the most powerful and unlikely narratives in the Gospel of St. Luke exploring the

Interfaith Jesus. You can choose to attend all or individual sessions. To view individual session titles, please visit our website.

Healing of Grief and Loss

Saturday, May 11, 2019



"No one knows what has been taken from you when the silence of absence deepens."

-John O'Donohue

These words reflect the reality of grieving. The absence may be the loss of a loved one, a relation-

ship, or any difficult life transition. This day is invitation to be held in God's light amid the darkness and heavy heartedness of loss.

Facilitator: Mercy Center Retreat Team

Begins: Saturday, May 11th from 9:15am to 3:00pm.

Suggested Donation: \$35 (includes lunch)

JUNE 2019

11th Step Retreat

4-Day Retreat - June 20-23, 2019



Join us for our annual weekend of contemplation and practice focused on the 11th step. This retreat will include meetings, instruction

and practice in sitting and walking meditation, as well as talks and discussion explaining the basics of mindfulness as a universal tool to enhance your ability to integrate the 12 steps into all aspects of your life.

Facilitators: John Bruna & Peter Kuhn

Begins: Thursday, June 20th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends Sunday, June 23rd after lunch at 12:00 noon.

Cost: \$225 resident/\$185 commuter
(*\$75 non-refundable deposit*)

Introduction to SoulCollage©

Saturday, June 29, 2019



Are you longing for more meaning in your life? A deeper sense of connection to yourself, others, and the sacred? SoulCollage is a gentle and accessible process that opens up natural channels of creativity, imagination and spirituality.

You don't have to be an artist to enjoy SoulCollage! Its user-friendly approach opens new avenues for growth and connection to the Divine.

Facilitator: Joan Stockbridge

Begins: Saturday, June 29th from 9:30 to 3:30pm

Suggested Donation: \$20 (*bring your own lunch*)

Join Us for Sharing of Graces Monthly Soul Collage Gathering

Facilitator: Joan Stockbridge

1:00 to 4:00pm

Cost: \$20 *suggested donation*



Join us for an afternoon of SoulCollage® creativity. There is no formal group instruction, but Joan scribes cards and gives an introduction to SoulCollage® to newcomers. After two

hours of meditative cardmaking, the group gathers for facilitated sharing. New participants are welcome! Ongoing attendance isn't necessary. Supplies provided.

- ◆ February 28
- ◆ March 28
- ◆ April 25
- ◆ May 30
- ◆ June 27
- ◆ July 25
- ◆ August 29
- ◆ September 26
- ◆ October 24
- ◆ November 21
- ◆ December 19

AUGUST 2019

August 2-4, 2019

Part I: Dangerous Mystic: Meister Eckhart's Path to the God Within

August 4-6, 2019

Part II: Standing at the Edge: Finding Freedom Where Fear and Courage Meet



Part I: This retreat will explore the mysticism of Medieval Europe, focusing especially on Meister Eckhart. We will contemplate the social and philosophy

context of this important Preacher/Theologian, and look at what came before Eckhart and what follows. Meister Eckhart has much to say to us in our Post-Modern world.

Part II: Roshi Joan Halifax, Ph.D., is a Buddhist teacher, Zen priest and anthropologist. This retreat will explore the spirituality and psychology of her book. The spiritual path leads to and involves Altruism, Empathy, Integrity, Respect, Engagement and Compassion. There is both joy and danger on this path.

Facilitator: Deacon Charles "Red" Cheever

Begins: Retreat I will begin Friday, August 2nd with registration from 3:00 to 6:00pm; dinner at 6:15pm, and will end Sunday, August 4th after lunch.

Retreat II will begin on Sunday evening with dinner at 5:15pm and end after lunch on Tuesday, August 6th.

You may elect to attend Retreat I, Retreat II, or both.

Cost: Retreat I - \$195 resident/\$165 commuter (\$75 non-refundable deposit)

Retreat II—\$195 resident/\$165 commuter (\$75 non-refundable deposit)

Retreat I and II: \$345 resident/\$285 commuter (\$75 non-refundable deposit)

Pathways Series

Exploring the Origins of Western Culture

Deacon Charles "Red" Cheever

September 2018 thru July 2019

Saturdays - 9:30am to 3:30pm (*bring your own lunch*)

\$35 per session (*include payment with registration - non-refundable*)



2019 REMAINING SESSION DATES

Jan 5 ▪ Feb 2 ▪ Mar 2 ▪ Apr 6 ▪ May 4 ▪ Jun 1 ▪ Jul 6

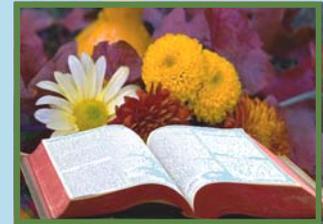
Weekend Retreat - Retreat I (August 2-4, 2019) and Retreat II (August 4-6, 2019)
(*separate registration required*) Visit our website for more details

Oasis Day of Prayer and Contemplation

First Tuesday of Each Month - 9:15am to 2:30pm

Gifted and diverse presenters provide insights on various themes to give sacred insight into all aspects of our daily lives. These days begin with morning prayer and Scripture reflection, and follow with time alone to journal, celebrate Eucharist, or attend another way of being with God.

Suggested Donation: \$15-\$20 (*bring your own lunch*)



2019

- ◆ **Feb 5: "Make your home in me as I make mine in you." John 15:4**, Michelle Gorman, RSM
- ◆ **Mar 5: On the Threshold of Lent: Discovering Our Masks**, Darcy Wharton
- ◆ **Apr 2: Life's Transitions: Starting Over Again, and Again**, Rhonda Canby
- ◆ **May 7: Presence: Awareness of the Divine Giftedness of All**, Charmaine Jayawardene, RSM
- ◆ **Jun 4: Laudato Si': Praise and Prayer for Our Common Home**, Brother Mark Schroeder
- ◆ **Jul 2: Daring to Imagine a Revolution of Tenderness (Pope Francis)**, Colleen Gregg

Mercy Center Gift Certificates *Give the Gift of Time Away*



Gift certificates are available for any amount you choose for Mercy sponsored retreats, personal day or overnight retreats, massage or Catherine's Cottage.

Visit our website and click on "MCA Resources" to request a gift certificate.

The Interfaith Jesus According to Luke

Days of Prayer, Reflection & Teaching

Fr. Thomas P. Bonacci, C.P.

May-October 2019

Saturdays - 9:30am to 2:30pm (*lunch included*)

Series Cost: \$200 or

\$40 per session (*include payment with registration - non-refundable*)



- ◆ May 25, 2019
- ◆ June 22, 2019
- ◆ July 20, 2019
- ◆ August 17, 2019
- ◆ September 28, 2019
- ◆ October 26, 2019

Please see our website at www.mercycenter.org for more details on individual session themes.

Centering Prayer Weekly Gathering

Every Wednesday Morning - 9:30 to 11:00am

Centering Prayer & Lectio Divina (*no fee*)

Every Thursday Evening - 6:30 to 7:30pm

Centering Prayer & Lectio Divina (*no fee*)



Coming in Summer/Fall 2019

Women's Summer Spiritual Spa Retreat

August 7-11, 2019

Facilitators: Mercy Center Retreat Team

Exploring the Benefits of Dream Sharing

August 17, 2019

Facilitators: Diana Francis Metzler, RSM & Katherine Getchell

Grief and Loss

August 24, 2019

Facilitators: Mercy Center Retreat Team

Dream Tending: Diving Deeper into Dream Sharing

October 4-6, 2019

Facilitators: Diana Francis Metzler, RSM & Katherine Getchell

Title TBD

October 5, 2019

Facilitator: Christine Jurisich

Day of Centering Prayer

October 19, 2019

Facilitator: Contemplative Outreach of Sacramento/Stockton Area (COSSA)

Coming Alive: Poetry as a Way of Paying Attention

October 19, 2019

Facilitator: Joan Stockbridge

Advanced Enneagram: Living Healthy Relationships

November 1-3, 2019

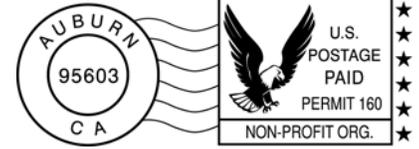
Facilitator: Colleen Gregg

To learn more about our retreats/facilitators, or to register, please go to www.mercycenter.org

Institute of the Sisters of Mercy of the Americas
WEST MIDWEST COMMUNITY



Mercy Center Auburn
535 Sacramento Street
Auburn, CA 95603



Private Retreats ▪ [Days of Prayer](#) ▪ Guided, Preached & Directed Retreats ▪ [Spiritual Direction](#) ▪ Adult Spiritual Enrichment Programs ▪ [Facility Use by Non-Profit Groups](#)

OUR MISSION STATEMENT

Mercy Center Auburn, sponsored by the [Sisters of Mercy of the West Midwest Community](#), offers and supports opportunities to enhance the life of prayer and spiritual growth of persons and communities. We offer hospitality to persons, ministries and service groups whose philosophy and beliefs are in harmony with gospel values. We host groups who, like the Sisters of Mercy, are committed to the betterment of the poor, the sick, the uneducated and the "seeker".

OUR STAFF

Colleen Gregg, Director ▪ [Jackie Coffey](#), Events & Marketing Coordinator ▪ Robin Lionello, Administrative Assistant

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CALL 530-887-2019 OR VISIT OUR WEBSITE AT WWW.MERCYCENTER.ORG

