

EXPERIENCE RENEWAL OF HEART, MIND, BODY AND SPIRIT!



A FOOTHILLS OASIS

# Mercy Center Auburn



## Remembering...At the Heart of a Retreat

There is nothing quite like a retreat, or an encounter with a spiritual director, to connect us to the deeper truths of God's presence in our lives, in all that has been and will be for all time. Today's retreat themes draw from the inexhaustible contributions of sacred texts, spiritual writings and discoveries from wisdom figures throughout the ages, up to and including our time. I am grateful for the past 20 years as director of Mercy Center Auburn to witness the countless ways women and men have been touched and transformed by their faithful exploration and prayerful response as they ponder the urgings of the soul for meaning and purpose, "...especially when navigating through distress or suffering."

It has been through my own retreat experiences, and the shared experiences of many others, that I have come to understand that there are the most intimate and profound divine-human moments of awakening when God becomes present in our *remembering*. These are the moments when we are struck by awe and wonder when something that is presented before us touches us deeply, not because we are surprised by a new concept or idea, or that we're hearing something for the first time, "...but because we are remembering; remembering something true that we have forgotten." Much like the disciples on the road to Emmaus who recognized Jesus in the breaking of the bread, there is our own "knowing again" the place of a profound truth or profound love revealed through the message or the messenger. And like those disciples, we too want to talk about this but "...it is

impossible to adequately express with words what we have heard in our hearts." This is a remembering that seems to situate us in the truth of our divine relatedness, a knowing again the *Source of our being* and the mystery of being God's beloved in the world.



There is a kind of forgetfulness in our human conditioning that we are part of this great divine mystery, ever unfolding and striving to know our purpose and our call. It is not a deficiency that we are fallible human beings, that we carry emotions like anger and resentment, that we fall short of the many people and matters that need our compassion and loving attention. It is when we can hold, even honor, our humanity as sacred, that we

experience a fullness, a spiritual integration or reconciliation that situates us *at home*, in the divine nature of who we are and meant to become.

I might suggest that the next time you find yourself deeply moved or inspired by such a remembering during a retreat, through reading, praying, or engaging with a soul friend or spiritual director, "...that this is God's meeting us in a most intimate encounter. This is a remembering beyond intellectual understanding. It is a knowing at the soul level, a transcendent kind of knowing of our deep and loving divine relationship."

"May our new year be filled with rememberings."

Colleen Gregg

## FEBRUARY 2020

### Grief and Loss: Healing Hearts Through the Seasons of Grief

**Saturday, February 1, 2020**



When we're feeling the loss of someone or something loved, cold dark winter seems to last forever. When grief hits, it's like a winter of the soul, and winter is comfortable...it seems to fit our mood. We are almost comforted to be frozen in time.

We ache as we long for the awakening comfort of the warmth and light of spring, but we are conflicted, as we are not quite ready to step into the sun...to step back into life.

This day is invitation to be held in God's light amid darkness and heavy heartedness. Together we will search for God's promised light and the promise of spring.

**Facilitators:** Mercy Center Retreat Team

**Begins:** Saturday, February 1st from 9:15am to 3:00pm.

**Suggested Donation:** \$35 (includes lunch)

### Exploring the Benefits of Dream Sharing

**Saturday, February 1, 2020**



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, February 1st from 9:00 to 3:00pm

**Cost:** \$35 (includes lunch)

### The Memory of the Sacred

#### Earth, Body & Soul in Celtic Wisdom

**Weekend Retreat - February 7-9, 2020**

*(accepting commuters and waitlist for residency only)*



Celtic Spirituality celebrates the essential sacredness of all things. It remembers John the Beloved leaning against Jesus at the Last Supper. It was said of him in Celtic legend that he, therefore, heard the heartbeat of God.

He became a symbol of the practice of listening, listening deep within ourselves, deep within one another, and deep within the Earth and every creature. We will explore the implications of remembering the Sacred at the heart of all life.

**Facilitator:** John Philip Newell

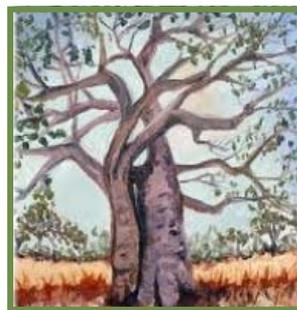
**Begins:** Friday, February 7th with registration from 3:00 to 6:00pm; dinner @ 6:00pm; ends on Sunday, February 9th after lunch.

**Cost:** \$275 resident/\$245 commuter (\$75 non-refundable deposit)

## MARCH 2020

### A Lenten Series - Challenged to Authenticity: Heeding the Voice of the Prophet

**Thursdays, March 5, 12 & 19, 2020**



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.

**Facilitator:** Katherine Doyle, RSM

**Begins:** Thursdays, March 5, 12, 19 (9:00 to 11:00am)

**Cost:** \$50 Series or \$20 Per Session

## Courage for the Call: An Invitation to Freedom Through Trust and Surrender

Saturday, March 7, 2020



God's everyday invitation calls you to joy, peace, and a stronger connection with the Divine. Sometimes that call can feel scary. *Am I worthy? Will I get hurt? What will I have to let go?* But within that call is the grace to

respond when you embrace your vulnerability and allow yourself to surrender into the merciful arms of God. Come find your courage in all that you already are and all that you don't have to be if you place your trust in God's hands.

Enjoy a special day of reflecting, sharing, and praying in a warm and welcoming environment.

**Facilitator:** Christine Jurisich

**Begins:** Saturday, March 7th from 9:00 to 3:00pm

**Cost:** \$35 (includes lunch)

*Can't make Mercy Center's day offering of this retreat? Mercy Center is pleased to partner with Retreat, Reflect, Renew to offer you this reflective retreat in a four-week online program!*

To register, visit <http://retreatreflectrenew.org/online-retreat>

For Questions Email: [Christine@RetreatReflectRenew.org](mailto:Christine@RetreatReflectRenew.org)

## 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.

## Women's Spiritual Spa Retreat

Weekend Retreat - March 13-15, 2020



This retreat will provide sacred time and space for prayer, solitude, massage, energy healing, and nourishment for both body and soul.

By pausing to draw inspiration and wholeness from our loving God, participants will go forth with grace and renewed vitality to continue on life's sacred journey.

**Facilitators:** Mercy Center Retreat Team

**Begins:** Friday, March 13th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends Sunday, March 15th after lunch at 12:00 noon.

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

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

## APRIL 2020

### Dream Tending: Harvesting Our Dreams

Weekend Retreat, April 3-5, 2020



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, April 3rd with registration from 3:00 to 5:00pm; dinner at 5:15pm; ends Sunday, April 5th after lunch at 12:00 noon.

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

## Holy Week Invitation: I Must Journey to the Place of My Resurrection

April 5-12, 2020



Christians throughout history have entered into the mystery of Holy Week, seeking to walk the way of Jesus from death to resurrection. This year we invite you to journey ... for a day or for the fullness of Holy Week.

Sister Katherine Doyle, RSM, guides each day's journey with reflection, silence, guided meditation. Opportunity for spiritual direction and communal prayer will be included.

### The Journey Begins

- ... Palm Sunday - Begin the Journey
- ... Monday: The Mystery of God's Mercy
- ... Tuesday: To Forgive and be Forgiven
- ... Wednesday: Healing of Christ Wounded in His People
- ... Thursday: Bread for the Journey

### The Journey Continues

Celebration of the *Triduum* - Holy Thursday, Good Friday\* and Holy Saturday. Sharing in the rituals of these days in an atmosphere of sacred silence, participants are invited to drink deeply of God and the waters of healing mercy flowing from the crucified redeemer.

\*Good Friday Taizé Chant and Tenebrae Service of Light 7:30 to 8:30pm (*open to the public*)

### Cost

**\$500 Full Retreat Days** (*begins w/dinner on April 5th; ends after brunch April 12th*) (\$75 non-refundable deposit)

**\$65 Per Overnight Night** (*includes meals*)

**\$40 Day Only** (*includes lunch*)

## MAY 2020

### Finding God in the Silence

5-Day Silent Retreat - May 6-10, 2020



Using Ignatian and Jungian approaches as the framework for reflection, this silent retreat will offer individual spiritual direction working with scripture in imaginative ways and paying attention

to God's movement through journaling, art, group reflections, guided meditations, and dreams.

**Facilitators:** John Ensign, PHD, Colleen Gregg, MA and Joan Stockbridge, MA

**Begins:** Wednesday, May 6th with registration from 3:00 to 6:00pm; dinner @ 6:00pm; ends on Sunday, May 10th after lunch.

**Cost:** \$375 resident  
(*\$75 non-refundable deposit*)

## 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.

All meals are included

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

*Gift Certificates Available!*

## Grief and Loss: Healing Hearts Through the Seasons of Grief

Saturday, May 9, 2020



Spring brings splashes of vibrant color, warming temperatures, and after darker days, the promise of sunshine. This shift, while eagerly anticipated by so many, can be painful for those grieving.

In the gray and rain of winter, it is not uncommon for many people to feel down, so the communal feeling of being under the weather may help grieving people know they aren't alone in their hard time. Then spring arrives... with its infusion of excitement, flowers blooming, and gardens needing tending. Things are growing. Life marches forward. Spring reminds us of this.

This day is invitation to be held in God's light amid darkness and heavy heartedness. Together we will search for God's promised light and the invitation to step back into the sun.

**Facilitators:** Mercy Center Retreat Team

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

**Suggested Donation:** \$35 (includes lunch)

## Gift Certificates

*Give the Gift of Time Away*



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

can request a gift certificate on our website or you may call our office.

## JUNE 2020

The Solitary, The Mystic, The Prophet  
*The Call to Wholeness*

**5-Day Silent Retreat - June 24-28, 2020**



The spiritual journey includes three archetypal themes: facing God in the solitary life, numinous religious experience and radical response to the world in justice and peace. These three elements will be presented through Christian and Jungian

lenses. Through presentation, silence and rituals, we will live into these realities.

**Facilitator:** Don Bisson, FMS

**Begins:** Wednesday, June 24th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends Sunday, June 28th after lunch.

**Cost:** \$325 resident/\$275 commuter  
(*\$75 non-refundable deposit*)

## JULY 2020

**Centering Prayer Day of Silence**

**Saturday, July 11, 2020**



Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Based on the rich Christian contemplative heritage, Centering Prayer offers each of us a way to open

our hearts to God.

Contemplative Outreach of Sacramento and Surrounding Areas (COSSA), along with Mercy Center invite you to a day of centering prayer, silence, reflection, and rest.

**Facilitator:** Contemplative Outreach of Sacramento and Surrounding Areas (COSSA)

**Begins:** Saturday, July 11th; 9:00am to 4:00pm.

**Cost:** \$35 (includes lunch)

## Pathways Series

### *The Mystical Traditions of the Middle Ages*

Deacon Charles "Red" Cheever

September 2019 thru July 2020

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

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



#### **2020 REMAINING SESSION DATES**

Jan 4 ▪ Feb 1 ▪ Mar 7 ▪ Apr 4 ▪ May 2 ▪ Jun 6 ▪ Jul 11

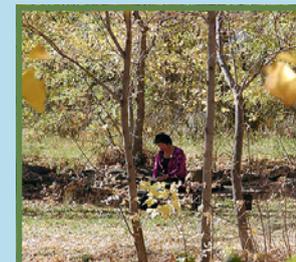
Weekend Retreat - Retreat I (August 7-9, 2020) and Retreat II (August 9-11, 2020)  
(*separate registration required*) *Visit our website for more details*

### *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*)



#### **2020**

- « **Jan 7: Planting Seeds of Peace**, Katherine Doyle, RSM
- « **Feb 4: "As I Have Loved You" - Living and Loving Wholeheartedly**, Darcy Wharton
- « **Mar 3: Laying Down Our Nets: The Spiritual Practice of Letting Go**, Darcy Wharton
- « **Apr 7: Contemplating Resurrection**, Rhonda Canby
- « **May 5: All in All. You are the Entire Ocean in a Drop ~Rumi**, Veronica Galas
- « **Jun 2: Let Your Life Speak**, Charmaine Jayawardene
- « **Jul 7: Rediscovering the "Art of Reverence" - A Day in the Spirit of John O'Donohue**, Colleen Gregg
- « **Aug 4: Falling Upward in a Falling Apart World**, Barry Davis
- « **Sep 1: Dreams: Following God's Invitation to Wholeness**, Diana Francis Metzler, RSM
- « **Oct 6: Finding God in All Things**, Tom Morgan
- « **Nov 3: Gratitude in Action**, Christine Jurisich
- « **Dec 1: Becoming Fully Human**, Veronica Galas

# To The Ends of the Earth - The Acts of the Apostles

## Days of Prayer, Reflection & Teaching

Fr. Thomas P. Bonacci, C.P.

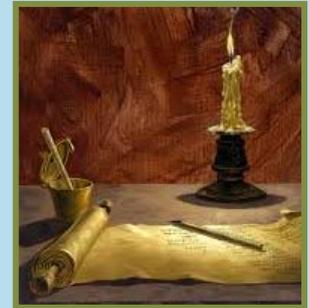
May-September 2020

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

**Series Cost:** \$180 or

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

« May 16, 2020      « July 18, 2020      « September 26, 2020  
 « June 13, 2020    « August 29, 2020



Please see our website at [www.mercycenter.org](http://www.mercycenter.org) for more details on individual session themes.

Retreat follows October 29-November 1, 2020 (look for more details on our website).

## 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)



## Join Us for Sharing of Graces

Monthly Soul Collage Gathering - 2020



**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.

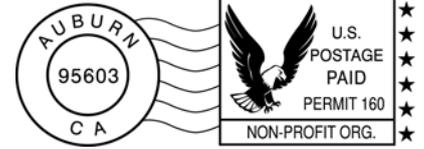
« January 20                      « July 20  
 « February 17                  « August 17  
 « March 23                      « September 21  
 « April 20                        « October 19  
 « May 11                         « November 16  
 « June 22                        « December 14

To learn more about our retreats/facilitators, or to register, please go to [www.mercycenter.org](http://www.mercycenter.org)

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



Mercy Center Auburn  
535 Sacramento Street  
Auburn, CA 95603



## *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.



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

535 SACRAMENTO STREET • AUBURN, CA 95603  
CALL 530-887-2019 OR VISIT OUR WEBSITE AT [WWW.MERCYCENTER.ORG](http://WWW.MERCYCENTER.ORG)