

EXPERIENCE RENEWAL OF HEART, MIND, BODY AND SPIRIT!



A FOOTHILLS OASIS

# Mercy Center Auburn



## The Elephant in the *Inner* Room

Many family members and group gatherers are tip-toeing around the “elephant in the room” whether referring to a living room, board room, work place, church, corporation, government; any gathering where a looming and unwelcome truth or problem exists in plain sight, yet hidden, because it is too uncomfortable, painful or risky to confront or deal with. It’s not likely that anyone is invulnerable to the metaphor. Naming, addressing, and finding resolve from difficult and painful realities is part of any spiritual path towards wholeness. The elephants in the room are as countless as the rooms where elephants dwell.

As a momentary diversion from the all too familiar and abundant elephants from which we have endured and healed, there is an elephant in the “inner” or soul room that is worthy of drawing our attention. The elephant that often remains hidden or shadowed beneath the obstacles of guilt or shame, fear or anxiety, uncertainty or doubt, is God’s unconditional love: *To have faith in a God of unconditional love is to realize how intimately close God is. So close we forget God’s presence.*

Imagine the beauty and spirit of a world full of persons walking around in our center of being or doing animating our loving and being loved. Trinitarian spirituality shows God’s unconditional love in the relationship of one divine nature: **Giver** of love, **Gifted** in God becoming human, and **Gifted** of love that draws all persons into relationship (Michael Downey [Altogether Gift: a Trinitarian Spirituality](#)). *Jesus was a “wholemaker,” bringing together those who were divided, separated, or left out of the whole. He initiated a new way of “catholicity,” a gathering together of persons in love (J17:21).*

Through Trinitarian spirituality we are invited to participate in this love relationship, and participate in the heartaches and sufferings in life; our own, with others, and with the whole of creation.

While the intimacy of this love might be understood on an intellectual or belief level, it is not always embodied in our lived experience, from our waking moment to and through our slumber. Not unlike the immeasurable self-giving love of parent to child, or the inexpressible joy of falling in love, the elephant in the inner room is profound mystery: *God’s name is not just “I Am who am,” but “I am who is for you, who is with you, who goes with you on your journey ... I am love, I am love, I am with you, I am for you” (Bishop Thomas Gumbleton).* There is always the risk in loving as hearts get broken, when one suffers abandonment, rejection, violence, betrayal. My own experience as a spiritual director for over 25 years is that if one were to risk living this deeply in God’s love, life might be too beautiful. Any barrier—or elephant in the *inner* room—that keeps us from the truth of our being unconditionally loved would fall away, leaving us free of learned false or corrupt messages and open to God’s hope and dream for us.

*Faith is what brings us into the deepest truth that says we are in the image of an unlimited, unrestricted, unimaginable love. Our only real hope is in God, because hope is the openness of love to infinite possibilities and new life.* We are grateful for this retreat ministry that the Sisters of Mercy make possible as invitation to encounter that love which remains hidden.

Colleen Gregg, Director  
(italics are quotes from Ilia Delio [The Unbearable Wholeness of Being](#))



# AUGUST 2019

**August 2-4, 2019**

**Retreat 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**



**Retreat I:** This retreat will explore the mysticism of Medieval Europe, focusing especially on Meister Eckhart.

**Retreat 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.

**Facilitator:** Deacon Charles "Red" Cheever

**Begins:** Retreat I will begin Friday, August 2nd with registration from 3:00 to 5:30pm; dinner at 6:00pm, 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)

## Spiritual Direction



Spiritual direction helps the person who is seeking a deeper relationship with God to notice how God is present in one's life and to discern God's call to live more fully out of one's true self. the presence of God in one's life.

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

*For Seasoned and Un-Seasoned Dreamers!*

**Saturday, August 17, 2019**



Socrates once stated, "The unexamined life is not worth living." Dreams are a part of our lives. Take this one-day retreat/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, August 17th from 9:00 to 3:00pm

**Cost:** \$35 (includes 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 provides an introduction to SoulCollage®

New participants are

welcome! Ongoing attendance isn't necessary.

Supplies provided. Upcoming 2019 dates:

- ◆ July 25
- ◆ August 29
- ◆ September 26
- ◆ October 24
- ◆ November 21
- ◆ December 19

## Healing of Grief and Loss

Saturday, August 24, 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, August 24th from 9:15am to 3:00pm.

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

*Additional 2019 Date: November 9, 2019*

## OCTOBER 2019

### Dream Tending: Diving Deeper into Dream Sharing

Weekend Retreat - October 4-6, 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, October 4th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends Sunday October 6th after lunch.

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

## What if You Began to Say...YES!

*A look at the many ways God speaks to us and our call to respond.*

Saturday, October 5, 2019



Every day is a gift from God and an invitation to respond to God with a resounding "yes!" Do you feel as if there is a "yes" inside of you waiting to be unleashed? Or maybe a gentle nudge from within

telling you there is more out there to learn about, grow into, and embrace? Join us and explore the art of discernment.

This will be a special day of reflecting, sharing, and prayer designed to help you ask yourself the exciting and challenging question...what could happen if you began to say YES?

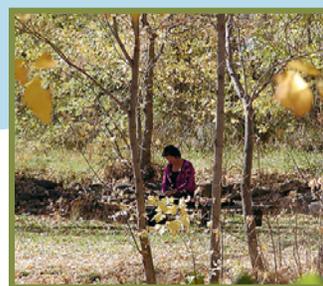
**Facilitator:** Christine Jurisich

**Begins:** Saturday, October 5th from 9:00 to 3:00pm

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

### Centering Prayer Day of Silence

Saturday, October 19, 2019



Contemplative Outreach of Sacramento/Stockton and surrounding areas (COSSA), along with Mercy Center invite you to a day of silence, centering prayer, and reflection.

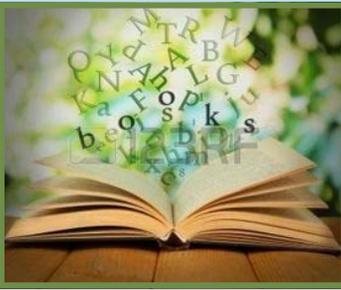
Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Based on the rich Christian contemplative heritage, Centering Prayer offers each of us a way to open our hearts to God.

**Facilitator:** Contemplative Outreach of Sacramento and Stockton Area (COSSA)

**Begins:** Saturday, October 19th; 9:00am to 4:00pm.

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

## Coming Alive: Poetry as a Way of Paying Attention Saturday, October 19, 2019



Reading, writing and listening to poetry can be a contemplative practice, opening us to God's presence in creation and within our own sacred depths.

Poetry slows us down and lets us notice the graces of our lives. Join us for a day of reflection, creation, and deep listening. We'll savor the poems of Mary Oliver and others; have time for writing, reflecting and sharing; and spend time in quiet, with optional use of the labyrinth and Mercy's beautiful grounds.

**Facilitator:** Joan Stockbridge, MA

**Begins:** Saturday, October 19th from 9:30am to 3:30pm.

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

## Women's Spiritual Spa Retreat

### Weekend Retreat - October 25-27, 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, October 25th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends Sunday, October 27th after lunch at 12:00 noon.

**Cost:** \$245 (\$75 non-refundable deposit)

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

## NOVEMBER 2019

### Advanced Enneagram: Living in Healthy Relationships

#### Weekend Retreat - November 1-3, 2019



One indication that we are moving towards a holistic or integrated spirituality—that we are living in healthy relationship with

God—is to consider

how we are living in relationship with others. *\*Participants will need to know their own Enneagram Type by having completed an introductory Enneagram workshop.*

**Facilitator:** Colleen Gregg

**Begins:** Friday, November 1st (dinner @ 5:15pm); Saturday (9:00am to 5:00pm); Sunday (9:00am to 2:00pm)

**Cost:** \$195 Resident/\$125 Commuter (Space Limited) (\$75 non-refundable deposit)

### Let Your Light Shine: Engaging the Inner Light of Self and Others

#### 4-Day Retreat - November 14-17, 2019



During this retreat, we will study and practice what it means to live by the inner light of the heart accessing that peace which gives birth to the justice of mercy, understanding,

and compassion. Joyful introspection, sharing dialogues, silence, and communal study and journal writing will inform our practice as we seek to release our inner light in the deeds of loving-kindness.

**Facilitator:** Tom Bonacci, C.P.

**Begins:** Thursday, November 14th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends on Sunday, November 17th after lunch.

**Cost:** \$275 Resident/\$215 Commuter (\$75 non-refundable deposit)

## In The Depth of the Night: Awaiting New Birth

### Advent Day of Prayer

Saturday, December 7, 2019



"Call to me and I will answer you and tell you great and unsearchable things you do not know." says Jeremiah. Take a step away from the noise and enter the holy place where your heart and God's

heart are one. Discover what is ready to be birthed within your soul. How might God be calling you to greater growth and awareness?

**Facilitator:** Darcy Wharton

**Begins:** Saturday, December 7th from 9:00 to 3:30pm

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

## DECEMBER 2019

Title TBD

Silent 5 Day Retreat - Dec 28, 2019 - Jan 1, 2020



**Facilitator:** TBD

### TWO YEAR-END RETREAT OPTIONS

**Option 1: Five Day Silent Retreat**

**Cost:** \$275 resident (Dec 28, 2019 to Jan 1, 2020) (\$75 non-refundable deposit)

**Option 2: New Years Eve Overnight**

**Cost:** \$95 (Dec 31, 2019 to Jan 1, 2020) (non-refundable payment due in full with registration)

## Catherine's Cottage



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

## JANUARY 2020

### Centering Prayer Intensive Retreat

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



This retreat offers three tracks simultaneously. Intensive I is for those new to Centering Prayer; Intensive II talks are a further look at the depth of the journey; the Post Intensive track will have additional time for Centering Prayer and no group educational time.

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

**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)

## FEBRUARY 2020

### The Memory of the Sacred: Earth, Body and Soul in Celtic Wisdom

Weekend Retreat - February 7-9, 2020



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 heard the heartbeat of God. He

became a symbol of the practice of listening deep within ourselves, deep within one another, and deep within the Earth and every creature.

**Facilitator:** John Philip Newell

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

**Cost:** \$275 Resident/\$245 Commuter (\$75 non-refundable deposit)

## Pathways Series

## New 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*)

\$325 for series (*\$75 non-refundable deposit*)

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



#### 2019 SESSION DATES

Sept 14 ▪ Oct 5 ▪ Nov 2 ▪ Dec 7

#### 2020 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*)



#### 2019

- ♦ **Aug 6: Liminal Space: Navigating the In-Between Places in Our Lives**, Barry Davis
- ♦ **Sep 3: Hearing the Voice of God in Your Dreams**, Sr. Diana Francis Metzler, RSM
- ♦ **Oct 1: Moving Closer to Wholeness: Our Relationship with Fear**, Tom Morgan
- ♦ **Nov 5: Grace and Gratitude**, Christine Jurisich
- ♦ **Dec 3: Be patient, beloved, so that we might have hope. (Romans 15)**, Veronica Galas

## *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*)

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

- ◆ July 20, 2019
- ◆ August 17, 2019
- ◆ September 28, 2019
- ◆ October 26, 2019



*New Series:* May-September 2020: (*Title TBD*) May 16 ▪ Jun 13 ▪ Jul 18 ▪ Aug 29 ▪ Sept 26

4-Day Retreat in 2020: October 29-November 1, 2020 (*Title TBD*)

Please watch our website at [www.mercycenter.org](http://www.mercycenter.org) for more details.

## 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 2020

### Women's Spiritual Spa Retreat

March 13-15, 2020

**Facilitator:** Mercy Retreat Team

### Title TBD

June 24-28, 2020

**Facilitator:** Don Bisson, FMS

### Finding God in the Silence (Silent Directed Retreat)

May 6-10, 2020

**Facilitator:** John Ensign, Ph.D., Colleen Gregg, MA,  
Joan Stockbridge MA

### Title TBD

August 7-11, 2020

**Facilitator:** Deacon Charles "Red" Cheever

### Introduction to Enneagram

May 29-31, 2020

**Facilitator:** Colleen Gregg, MA

### Women's Summer Spiritual Spa Retreat

August 12-16, 2020

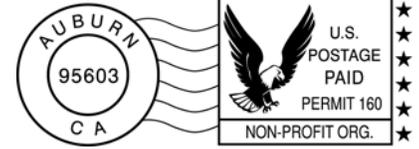
**Facilitator:** Mercy Retreat Team

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



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)

**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