

FALL 2017

Mercy Spirituality Center

REFLECTIONS

A Spirituality Ministry of the Sisters of Mercy

Sisters of
Mercy  Hermanas de la
Misericordia

Dear Friends,

Change is in the air at Mercy Spirituality Center! In June we said goodbye to cherished team member Giovina Caroscio, who retired on June 30th. Giovina was a dedicated member of our team for over 14 years and we are deeply grateful for all of the gifts she brought to this ministry. We wish Giovina a healthy and happy retirement!

On July 10th we welcomed Holly Rockwell to our team. Holly is a graduate of the Haden Institute for Spiritual Direction and an Ignatian prayer guide. Ignatian Spirituality with its emphasis on finding God in all things is at the heart of her own spiritual practice. She has worked for social justice and the environment in the Rochester community for many years. She is a Master Naturalist, certified by Cornell University's Conservation Education and Research Program and holds a JD from SUNY Buffalo School of Law. Holly will divide her time between program responsibilities and community outreach.

With this issue of Reflections, we are rolling out a new format for our newsletter. It is our hope to send out smaller issues more frequently thus giving us more flexibility to add new and exciting programs to our calendar as they are developed. Visit our website for additional program information at www.mercyspiritualitycenter.org. Let us know what you think! Enjoy the rest of your summer...

In Mercy,

Karen

Karen Kosciolek, Executive Director

Spirituality & Prayer

SPIRITUAL DIRECTION

The team at Mercy Spirituality Center offers spiritual direction. It is usually scheduled on a monthly basis for one hour. If you are interested in finding out more, please call Sr. Jody Kearney RSM to set up an interview at 585-473-6893.

THE SPIRITUAL EXERCISES OF ST. IGNATIUS RETREAT

St. Ignatius Loyola believed that God desires to communicate directly and personally with each of us. His Spiritual Exercises are designed to help us develop a more intimate relationship with God and experience the divine interconnectedness of all life.

The Spiritual Exercises "Retreat in Daily Life" includes 30 weekly teachings, small group sharing, individual prayer, journaling, meditation and contemplation, and deep listening in one-on-one meetings with a prayer guide. Each retreatant is gently led to engage his or her imagination, memory, intellect and feelings so as to awaken to the God in all things.

A written application and personal interview is required for this retreat. Please contact Holly Rockwell at: 585-473-6893 x 113 or hrockwell@mercyspiritualitycenter.org.

CHRISTIAN MEDITATION GROUP

Join with other pilgrims on the inner journey to silence, stillness and simplicity. This group follows the invitation of John Main, OSB to Christian Meditation. They meet weekly in the library for one hour. Newcomers are always welcome.

FACILITATORS: Karen McNamara / Lucien Cayer

DATES: Thursdays, starting September 7 – December 28
with the exception of November 23.

TIME: 8:00 – 8:50 am

FEE: Free Will Offering

MEDITATION

Do you think your mind is incessantly busy, or that you're too restless to meditate? Then these four classes are for you! "Mindfulness" seems to be a new buzzword, but what does it really mean? There are several methods that can help us achieve inner peace and harmony during these unique and challenging times. This class is experiential. You will be given the tools to develop and sustain an at-home meditation practice.

FACILITATOR: Diane Macchiavelli, L.A.c., Brighton Pathways

DATES: Tuesdays, September 19, 26, October 3, and 10

TIME: 9:30 – 10:45 am

FEE: \$100 (Class limit: 30)

DAY TO CALL YOUR OWN

Enjoy time of quiet away from the busy-ness of everyday life, to reflect, pray, or just be. Each month we offer a day of rest in this place of peace. We provide a private room, a simple lunch, and our beautiful house and grounds for you to explore as you wish. Ask for a Creation Stations pamphlet for prayer and reflection suggestions. Or simply nap, sketch, or journal. Please accept this invitation to attend to your spirit. Register early. There are a limited number of spaces available.

DATES: Thursday, September 21; Tuesday, October 17;

Thursdays, November 16 and December 12.

TIME: 9:00 am – 4:00 pm – 9:30 am Morning Prayer (optional)

FEE: \$25 per session

CENTERING PRAY-ER DAYS

Come spend a quiet day with others who practice Centering Prayer or some other form of meditative or contemplative prayer. This is a day for deepening your practice, relaxing in silence, and enjoying the hospitality of Mercy Spirituality Center including a healthy lunch.

FACILITATOR: Dorothy Lindsay, Commissioned by
Contemplative Outreach, and Team

DATES: Thursday, September 28 and Thursday, November 2

TIME: Gathering at 9:00 am; Program 9:30 am – 3:30 pm

FEE: \$50 per session (Lunch provided)

SPIRITUALITY & THE ART OF AGING (Four Sessions)

With a blending of ideas and concepts from "Aging and Sageing," we will explore the times of our lives and the connections to the source of what is best in each of us. With elements of the Celtic model of spiritual journey with a friend, we explore the meaning of Incarnation as a means to refresh and renew our spiritual lives.

Session One – From Burden to Being

Session Two – Spirituality/Forgiveness/Mortality/Legacy

Session Three – Forgiveness

Session Four – Integration

FACILITATORS: Patrick Fox and Peg Morris

DATES: Mondays, October 9, 16, 23, 30

TIMES: 1:00 – 3:00 pm

FEE: \$150

THE NEW MONASTIC ALTERNATIVE

The New Monasticism movement highlights a hunger for a practical spirituality which offers a balanced and responsive life. Spend this weekend exploring the 6th century Rule of St. Benedict, which guides 21st century seekers to a deep well from which to draw faithful responses in difficult times. Participants

can expect opportunities for instruction, reflection and worship, as well as specific spiritual practices.

FACILITATOR: Rev. Margaret Scott and Rev. Linda Sniedze Taggart

DATES/TIME: 7:00 pm, Friday, October 20 – 4:00 pm, Saturday, October 21

FEE: \$99 (Includes program and Lunch)

OVERNIGHT FEE: \$60 additional (Includes private room and breakfast)

SILENCE, SIMPLICITY AND STILLNESS RETREAT

"God, open our hearts to the silent presence of the spirit of your Son. Lead us into that mysterious silence where your love is revealed to all who call, 'Maranatha... Come, Lord Jesus.'" – John Main, OSB.(Adapted)

– John Main, OSB.(Adapted)

Rooted in the teachings of the Desert Fathers and Mothers, Christian meditation can be practiced by anyone interested in traveling from the mind to the heart. It is only necessary "to be clear about the practice and then to begin—and to keep on beginning." This retreat offers us space to open our hearts in quiet this Advent.

FACILITATORS: Karen McNamara and Lucien Cayer

DATES: 7:00 pm Friday, December 1 – 4:30 pm Saturday, December 2

FEE: \$125 (breakfast and lunch provided)

ADVENT MASS & SOUP SUPPER

"A star has streaked the sky, pulls us, calls. Where, oh where, where leads the light?"

This year, do not let Advent get lost in the hustle and bustle of the holiday season. Prepare your heart to celebrate the coming of divine light. Take a moment, an evening, to come together to share liturgy and a simple meal.

DATE: Monday, December 4 **TIME:** 5:30 pm

FEE: Free Will Offering (Please pre-register as space is limited)

ADVENT DAY OF REFLECTION

Sometimes, especially when we are very busy, it can be hard to see that "all things speak" of God's infinite love. Yet the long dark nights of winter offer us the space to remember God's breaking into the world bringing light and life to all creation. Contemplating creation opens our hearts to God's revelation of love. This day is an invitation to respond to God's gift with love and gratitude.

FACILITATOR: Holly Rockwell

DATE: Thursday, December 14

TIME: 9:30 am – 2:30 pm

FEE: \$35 (Bring your own lunch)

Personal & Family Growth

ENNEAGRAM FOUNDATIONS: 5-WEEK SERIES

The Enneagram is a powerful tool for personal growth and nurturing compassion. This series offers an introduction to the basic Enneagram model. The practice of "Inquiry" as a technique for integrating body sensation, emotional, and thinking processes is also introduced. Classes will include teaching, Inquiry experience in pairs or triads, and group processing with an emphasis on creating safe space for personal exploration.

FACILITATORS: Amy Stratton Smith and Susan Rupp

DATES: Tuesdays, October 10, 17, 24; November 7, 14

TIME: 7:00 – 9:00 pm

FEE: \$125

TO REGISTER CONTACT: Susan Rupp at: JCSRL@aol.com or 585-586-5473

or Amy Stratton-Smith at: ameliajean123@gmail.com or 585-224-9051.

Deadline for registering: Friday, September 29

Community & Justice

HOW DO WE CREATE UNITY IN A FRAGMENTED WORLD?

Left, Right, Liberal, Conservative. Reaching across the divide and understanding our neighbor can be painful. Can we be vulnerable? Is peace different from peacefulness? Our stretching, sharing, embracing is critical in healing a fragmented world.

FACILITATOR: Carol Crossed

DATE: Monday, September 25

TIME: 7:00 – 8:30 pm

FEE: \$15

WOMAN OF PEACE

Kateri Tekekwitha: Lilly of the Mohawks

Sponsored in memory of Louise Maloney - a woman dedicated to a life of peace and solidarity with the poor. Kateri Tekekwitha was a strong woman of faith and peace. She lived in harmony with the environment and all of creation. We know of her life after she embraced her new faith but her traditional Haudenosaune (Iroquois) teachings are not as well known. These teachings set her on her journey of understanding how to live in what the Indigenous call "the Big Peace," that keeps us in balance with all of God's creation.

Her influence continues to inspire those who are willing to step out of their comfort zones and take action to bring harmony into our suffering world.

FACILITATORS: Virginia Fifield of Mohawk Nation, Turtle Clan from Akwesausne Reservation

DATE: Tuesday, November 7

TIME: 7:00 – 9:00 pm **FEE:** \$20

**This program takes place at Mercy Center, 1437 Blossom Road*

Team Directory

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Wish List

New Single Mattresses

ZAFU Yoga Pillows

Tops/Wegmans gift cards



We are most grateful to Dr.'s Sheila and Larry Dalzell of

Dalzells Hearing Centers

for sponsoring the cost of our newsletter.



MISSION STATEMENT: *Mercy Spirituality Center*, a sponsored ministry of the Sisters of Mercy provides opportunities for individual and group spiritual formation rooted in Christian Spirituality. Through hospitality, collaboration and mutuality, we encourage people of all faiths to discern, claim and respond to God's on-going call to discipleship.

Mercy Spirituality Center provides holistic programs of growth and healing rooted in spirituality for individuals and groups looking to find balance within themselves in order to flourish in their workplace, society and family. We welcome people from all walks of life and spiritual paths to come together to learn more about themselves, God and how to foster connection, spiritual wholeness and meaning in their lives. Retreats, workshops, and trainings allow individuals to connect the mind, body, and spirit through self-reflection and mindfulness, as well as community and peer interaction.

Registration Form

Please complete and mail to the address below at least two weeks prior to the scheduled program.

Name: _____

Address: _____

Phone: _____

Email: _____

Amount Enclosed: \$ _____ Resident _____ Commuter _____

Program choice(s) and date(s):

REGISTER ON-LINE:

www.mercyspiritualitycenter.org

OR

MAIL TO:

Mercy Spirituality Center
65 Highland Avenue
Rochester, New York 14620

REGISTRATION POLICY

50% Non-Refundable Deposit for all programs. Refunds are only given if a program is canceled by Mercy Spirituality Center.

For more information or to register, call 585-473-6893 or you can register by credit card or E-check on-line at: www.mercyspiritualitycenter.org. Discover, MasterCard and Visa are accepted. Many programs fill quickly, so we recommend registration at least 2 weeks prior to program. In consideration of our presenters, a program may be canceled if the minimum registration is not met seven days prior to program start date.



Mercy Spirituality Center

A Place for Life Enrichment

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