

WINTER 2018

Mercy Spirituality Center

REFLECTIONS

A Spirituality Ministry of the Sisters of Mercy

Sisters of Mercy
Hermanas de la Misericordia

Dear Friends,

Advent is a season of waiting and preparation. It is a time to anticipate God's coming into our lives. I would like to share with you these Affirmations for Christmas as you journey through this Advent season. On behalf of our team at Mercy Spirituality Center, I wish you all the blessings and joys the season has to offer!

In Mercy,

Karen

Karen Kosciolk, Executive Director

AFFIRMATIONS OF CHRISTMAS

I believe that Christmas is more than a time for parties and ornaments; it is a time for remembering Christ and the incarnation of God's love in human flesh.

I believe there are gifts more important than the ones under the Christmas tree, the things we teach our children, the way we share ourselves with friends, and the industry with which we set about reshaping the world in our time.

I believe that the finest carols are often sung by the poorest voices; from hearts made warm by the wonder of the season.

I believe in the angel's message that we should not be afraid—that the Child of Bethlehem is able to overcome all anxieties and insecurities.

I believe in prayer and quietness as a way of appropriating Christmas—that if I wait in silence I will experience the presence of the one born in the manger, for he lives today as surely as he lived then.

I believe in going away from Christmas as the wise men went: "another way." I want to be different when these days are past—more centered, more thoughtful, more caring.

And I believe God will help me. Amen

- ANONYMOUS

SPIRITUALITY & PRAYER EVENTS

SPIRITUAL DIRECTION

Every faith tradition in the world has seeker-guide relationships. The team at Mercy Spirituality Center offers spiritual direction for those who wish to attend to the movements of the Spirit in communion with a trained listener. **If you are interested in finding out more, please contact Sr. Jody Kearney RSM to set up an interview. 585-473-6893 or jkearney@mercyspiritualitycenter.org.**

GROUP RETREAT OPPORTUNITIES

We believe in the value of time apart from the routines of daily life. In our warm, inviting space, Mercy Spirituality Center is uniquely able to offer intimate, experiential, contemplative retreats for your small group. Call us to find out more about our weekend (Friday evening – Sunday brunch) and mini-weekend (Friday evening - Saturday late afternoon) offerings—585-473-6893. Or email us at: info@mercyspiritualitycenter.org

THE SPIRITUAL EXERCISES OF ST. IGNATIUS RETREAT

We are now scheduling information sessions for our 2018-2019 Spiritual Exercises of St. Ignatius Retreat. If you or your faith community are interested in learning more about this life-changing program, please contact Holly Rockwell at 585-473-6893 or hrockwell@mercyspiritualitycenter.org.

CHRISTIAN MEDITATION GROUP

This group meets weekly in the library for one hour. Newcomers are always welcome.

FACILITATORS: Karen McNamara / Lucien Cayer

DATES: Thursdays, January 4 through March 22; 8:00 – 8:50 am

FEE: Suggested Free Will Offering — \$5/session

CHRISTIAN MEDITATION AT LUNCHTIME

If your busy work life makes it hard to regularly attend a meditation group, we now offer a mid-day opportunity. Listen to a recorded talk while eating lunch, then meditate for 25/30 minutes. Return to work refreshed.

FACILITATOR: Karen McNamara

DATES: Thursdays, January 25, February 15, March 15, April, 19, May 10; 12:10 – 1:00 pm

Bring your bag lunch; drinks provided.

FEE: Suggested Free Will Offering— \$5/session

NEW YEAR'S QUIET WALK

Contemplating nature opens our hearts to God. Come on a leisurely walk in quiet and let your senses and imagination become absorbed in the gifts of creation. Rain, snow or shine. We will gather at Mercy Spirituality Center and, weather permitting, walk for about an hour. Bundle up and wear boots. If the weather does not cooperate, we will gather inside.

FACILITATOR: Holly Rockwell (MSC team member and Master Naturalist)

DATE: Saturday, January 6; 9:30 – 11:00 am

FEE: \$10

PACHAMAMA ALLIANCE DRAWDOWN COURSE

We hear the call to attend to God's creation in a new way, but understanding how to respond can feel overwhelming. To help, Mercy Spirituality Center is partnering with Pachamama Alliance to offer a solutions-focused program based on the book *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, by Paul Hawken. For more information, contact Holly Rockwell at 585-473-6893 or hrockwell@mercyspiritualitycenter.org.

REGISTER AT: connect.pachamama.org/en/node/533

DATES: Thursdays, January 4, 11, 18, and February 8; 6:30 – 9:00 pm

FEE: Free will offering

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, including the nine personality types, levels of development within each type, wings, and dynamics of movement between the points in stress and health. This class will provide a safe space for personal exploration.

FACILITATORS: Amy Stratton Smith and Susan Rupp

DATES: Mondays, January 8, 15, 22, 29, Feb.5; 7:00 – 9:00 pm

FEE: \$125

REGISTRATION DEADLINE: \$25 Deposit due by January 4; Note: Please do not register online or at Mercy Spirituality Center. 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 or 503-4935

THE TRIADIC SELF; ENNEAGRAM PATTERNS

This 5-week series complements the Enneagram Foundations class and offers another lens for understanding the patterns of behavior mapped by the Enneagram. Text: *The Wisdom of the Enneagram* by Don Riso and Russ Hudson

FACILITATORS: Amy Stratton Smith and Susan Rupp

DATES: Tuesdays, January 9, 16, 23, 30 and February 6; 7:00 – 9:00 pm

FEE: \$125

REGISTRATION DEADLINE: \$25 deposit due by Friday, January 5; Note: Please do not register online or at Mercy Spirituality Center. To register, see notation above.

PRIVATE RETREAT

A private retreat is time spent away from one's normal life for the purpose of reconnecting with God and self. We offer an overnight private room with breakfast and lunch foods available for your own preparation and ease of your personal rhythm. Spiritual Direction is available upon request for an additional fee. Please call ahead if interested.

DATES: Fridays, January 12; March 2; May 4; each retreat begins Friday, 7:00 pm and ends Saturday, 4:00 pm

FEE: \$100

PRACTICING THE 11TH STEP

Open to anyone in a 12-Step Recovery Program. We will begin with a presentation on the spirituality of the 11th step, followed by brief instruction in a prayer or meditation style and time to practice what you've learned.

FACILITATORS: Sr. Cay Kanick RSM / Karen McNamara

DATES: Tuesdays, January 16; February 20; March 20; April 17; May 15; 7:00 – 8:30 pm

FEE: \$20 per session or \$80 for series

DAY TO CALL YOUR OWN

With a short phone call to 585-473-6893 **any day** can be "a day to call your own." We are more than glad to accommodate your schedule. We have also set aside the specific days listed below. We provide a simple soup lunch to feed your body. You determine what your soul needs.

FACILITATORS: MSC Team and Collaborators

DATES: Thursdays, January 4; February 15; March 15; April 19; May 10; June 21; 9:00 am – 4:00 pm

FEE: \$25 per session

DIRECTED RETREAT WEEKEND

Come away to be refreshed and renewed in this first month of the New Year. The awesome love of God awaits you. This retreat opens and closes with a group prayer and you will be accompanied each day by an experienced Spiritual Director.

FACILITATORS: Mercy Spirituality Center Team

DATE: Friday, January 26, 7:00 pm through Sunday, January 28 after brunch

FEE: \$260

THE PRACTICE OF SELF-KINDNESS AND SELF-CARE: An afternoon for spiritual directors and prayer guides

Self-kindness is an in-depth awareness of how best to grow into our true self. Come together with other spiritual companions to explore the Ignatian Principle and Foundation. Is my praise offered in freedom? What is my understanding of reverence? Am I serving God authentically? How am I living into the purpose for which I was created?

FACILITATOR: Marcy Nesbitt

DATE: Saturday, February 3; 1:00 – 4:00 pm

FEE: \$35

DAY FOR CENTERING PRAYERS

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.

FACILITATOR: Dorothy Lindsay, Local Coordinator Commissioned by Contemplative Outreach / Team

DATE: Tuesday, February 6; gathering at 9:00 am; Program 9:30 am – 3:30 pm

FEE: \$50 (Lunch provided)

CONTINUING THE JOURNEY RETREAT: For those who have completed the spiritual exercises/19th annotation

Journaling is more than a recording of the events of our days. It involves mindful meditation on spiritual reading, prayer or the events of our lives and the work that the Holy Spirit accomplishes in us through them all. As we record our thoughts, we become increasingly aware of God's presence in our unique spiritual journey. Bring a notebook or journal, a favorite pen or two, and even some colored pencils or crayons.

FACILITATOR: Marianne Antczak

DATE: Friday, Feb. 9, 7:00 pm, through Saturday, February 10, 4:00 pm

FEE: \$100

***Please mark your calendars. We are planning an additional retreat for those who have completed the Spiritual Exercises on Friday, April 13 – Saturday, April 14.**

LENTEN MASS & SOUP SUPPER

We hear the invitation in this season of Lent to "return to God with your whole heart." Come join us for Eucharistic Liturgy followed by a simple soup supper and engage in prayer and conversation to inspire your spiritual journey.

DATE: Monday, February 26; 5:30 pm

FEE: Free will offering, but please pre-register as space is limited

PRIVATE LENTEN RETREAT

This retreat offers you personal dedicated quiet time during Lent. (See private retreat listing for details).

DATE: Friday, March 2, 7:00 pm through Saturday, March 3, 4:00 pm

FEE: \$100

LENTEN DAY OF REFLECTION

Come immerse yourself in a day of spiritual enrichment using imagery, art and media to help you connect with Jesus' life experiences and see your own call to discipleship at a more contemplative pace.

FACILITATOR: Nancy Grear

DATE: Tuesday, March 6; 9:30 am -2:30 pm

FEE: \$40

MEN'S RETREAT – MAKING GOOD LIFE DECISIONS

In our everyday lives we are constantly faced with decisions. Some of these decisions are small and others have significant consequences. This retreat is designed to help us traverse these times of decision using spiritual insights.

FACILITATOR: Rev. Patrick Zengierski

DATE: Friday, March 9, 7:00 pm through Sunday, March 11, 12:00 pm

FEE: \$260

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): _____

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.

REGISTER ON-LINE:

www.mercyspiritualitycenter.org

OR

MAIL TO:

Mercy Spirituality Center
65 Highland Avenue
Rochester, New York 14620



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REGISTER ON-LINE

www.mercyspiritualitycenter.org

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