

FALL 2018

Mercy Spirituality Center

# REFLECTIONS

*A Spirituality Ministry of the Sisters of Mercy*

Sisters of Mercy  
Hermanas de la Misericordia

## 40 Years & Counting... KAREN KOSCIOLEK EXECUTIVE DIRECTOR

On Friday, August 4th, Mercy Spirituality Center began a yearlong celebration of our 40th Anniversary with a 2-day event featuring prominent speaker, activist and author, Shane Claiborne. These 2 days were thought provoking, tear filled, joyous and profound. Shane challenged us to see the Gospel as not just a way of believing, but as a way of living. In his closing reflection on Saturday, Shane said *"this work is less about a moment and more about a movement. It's all about pointing the way to Jesus..."* Join us for continuing the conversation.

We have several more opportunities for you to join us in celebrating this monumental occasion. On Tuesday, November 13th we will present our Woman of Peace lecture series. We have chosen to highlight Frances Warde, RSM, at this event as a way to also mark the 175 Anniversary of the arrival of the Sisters of Mercy in the United States. Mother Frances Warde's pioneering spirit built schools, hospitals, and colleges across the country.

In June of 2019 we will culminate the closing of our 40th anniversary year with a Gala. Stay tuned for more details!

We are deeply grateful to the Sisters of Mercy, who have supported us spiritually, prayerfully and financially these past 40 years. It is an honor and a privilege to partner in ministry with you. We continue to grow and serve because of the commitment and support from the Sisters of Mercy, our donors, collaborators, guests and volunteers. We sincerely thank you.

In the words of Catherine McAuley, *"May he grant you every grace and blessing and make you one of his dearest and best beloved."*

In Mercy,

*Karen*



*Prominent speaker, activist,  
author Shane Claiborne. 40th  
Anniversary event kick-off.*

# RETREATS & PROGRAMS

## SPIRITUAL DIRECTION

Every faith tradition in the world values seeker-guide relationships — the journey toward God is not meant to be solitary. Our spiritual directors work from a variety of perspectives and we welcome people of all cultures, genders, sexual orientations, faith traditions, and races. We seek to provide a safe non-judgmental place where you feel comfortable sharing your story. If you feel that you might benefit from a companion on your spiritual journey, we can help.

**To find out more, please contact Sr. Jody Kearney, RSM or Holly Rockwell to set up an interview. Call 585-473-6893 or email [jkearney@mercyspiritualitycenter.org](mailto:jkearney@mercyspiritualitycenter.org) or [hrockwell@mercyspiritualitycenter.org](mailto:hrockwell@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](mailto:info@mercyspiritualitycenter.org). But contact us early! Available weekends fill quickly.**

## THE SPIRITUAL EXERCISES OF ST. IGNATIUS RETREAT

The Spiritual Exercises of St. Ignatius are designed to lead us into deeper relationship with ourselves, with others, and with God. You are invited to bring all of yourself — your imagination, memories, heart and intellect — into this life-changing walk with Jesus. These practices are meant to be engaged with, NOT studied. Mercy Spirituality Center offers the '30-week Spiritual Exercises in Everyday Life.' You can choose to attend 30 weekly sessions, at the Center or to participate virtually using Skype, FaceTime and Sound Cloud. Applications are available at [www.mercyspiritualitycenter.org](http://www.mercyspiritualitycenter.org). **For more information, contact Holly Rockwell at 585-473-6893 or email [hrockwell@mercyspiritualitycenter.org](mailto:hrockwell@mercyspiritualitycenter.org).**

## BOUNDLESS COMPASSION

During these turbulent times, many people are seeking more compassion in their lives and communities, but are not sure where to begin. Renowned author, and spiritual midwife, Joyce Rupp, OSM has written a new book, **Boundless Compassion** that will serve as a guide in this important journey. Joyce presents us with a practical, no-nonsense invitation to develop a compassionate consciousness. Boundless Compassion calls us to be compassionate to ourselves, others and the world with Jesus Christ as our ultimate model. The format will include reading her book, prayer, journaling and small group faith sharing. Please purchase book before the first session. *(Available on Amazon)*

**FACILITATORS:** Barb Linhart and Pat Lawlor

**DATES:** Mondays, September 10 (Introductory Session), September 24, October 8, 22, November 12, 26 and December 10. **TIME:** 1:00 - 3:00 pm OR 6:30 - 8:30 pm **FEE:** \$140

## MEDITATIONS AT MERCY

Join Companions on the Way for an evening of meditations to reconnect with Creation, Creator, and yourself! Offerings will include outdoor meditation with our Creation Stations and indoor meditations with Celtic Knotwork from the Lindisfarne Scriptorium and Celtic chants from "Sounds of the Eternal." There will be an introductory gathering at 5:30 pm and a closing gathering at 7:30 pm; in between, participants are invited to move between meditations as their spirits are drawn.

**FACILITATOR:** Rev Kevin Hershey and Companions on the Way

**DATES:** Monday, September 10 **TIME:** 5:30 – 8:00 pm **FEE:** Free will offering

## CONTINUING THE CONVERSATION:

### Moving Dreams Into Action

As a kickoff to our 40th anniversary, we hosted Shane Claiborne who spoke to many of us at The Clover Center for Arts and Spirituality on "Becoming the Church We Dream Of." The workshop on Saturday was entitled "Dreams into Action." This program is a follow up to that session. We want to offer a time and place to continue these critical conversations about how we move from dreaming to action. All are welcome whether or not you were able to attend the Claiborne event. We want to keep the energy that was generated in motion!

**FACILITATOR:** Mercy Spirituality Team

**DATES/TIMES:** Tuesdays, September 11, October 9, November 6, and December 4, 10:00 - 11:30 am OR 7:00 - 8:30 pm **FEE:** Free will offering

## 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

**DATES:** Tuesday, September 18, 2018 and Tuesday, February 5, 2019 **TIME:** Gathering at 9:00 am; Program 9:30 am – 3:30 pm **FEE:** \$50 per session, Lunch included

## A DAY TO CALL YOUR OWN

Come be refreshed! Spend a day nourishing your spirit in this place of peace and quiet. We provide a private room, a simple lunch, and our beautiful house and grounds for you to explore as you wish. Read, meditate, walk, pray, nap—this day is for you. Register early. There are a limited number of spaces available.

**FACILITATOR:** Sr. Gert Erb, RSM

**DATES:** Thursdays: September 20, October 18, November 29 and December 20

Call to inquire about additional availability **TIME:** 9:00 am – 4:00 pm Arrive at 9:00 am (settle in), 9:30 am Morning Prayer (optional) **FEE:** \$25 per session, Lunch included; add an overnight to your day for an additional \$75.

## DAY OF 12 STEP SPIRITUALITY: SEEKING AND FINDING

*"No power on earth could relieve our alcoholism.*

*God could and would if he were sought."*

**BIG BOOK, CHAPTER 5**

This program will focus on 11th step spirituality and maintaining an on-going relationship with our Higher Power. It will include presentations, discussion and quiet time.

**FACILITATOR:** Kay Kanick, RSM

**DATE:** Saturday, December 1 **TIME:** 9:30 am – 2:30 pm **FEE:** \$35, Bring your own lunch

## CONTEMPLATIVE PRACTICE GROUPS AT MERCY SPIRITUALITY CENTER

### [ M O R N I N G ]

#### CHRISTIAN MEDITATION GROUP

"It is good to remind ourselves from time to time that meditation is not just another activity or interest in life. It is so absolutely fundamental and central that we can say that it is both life giving and life transforming." . John Main, OSB. This group meets weekly in the library for one hour. Newcomers are always welcome.

**FACILITATORS:** Lucien Cayer/ Karen McNamara

**DATES:** Thursdays, September 20 through December 20; no gathering on November 22

**TIME:** 8:00 – 8:50 am **SUGGESTED FREE WILL OFFERING** — \$5/session

### [ A F T E R N O O N ]

#### CHRISTIAN MEDITATION AT LUNCHTIME

All are welcome to attend, but this program is intended especially for those who work during the day. Both science and faith tell us that meditation contributes to health and wellness. 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, September 27 through December 20; no gathering on November 22

**TIME:** 12:10 – 1:00 pm **SUGGESTED FREE WILL OFFERING** — \$5/session. Bring your bag lunch; drinks provided.

### [ E V E N I N G ]

#### CENTERING PRAYER GROUP

Centering Prayer facilitates the movement from more active modes of prayer - verbal, mental or affective prayer - into a receptive prayer of resting in God. This group is meant for anyone who wishes to practice a contemplative form of prayer with others. Beginners are always welcome.

**FACILITATOR:** Michelle Peter

**DATES:** Every other Tuesday, September 25 – December 18; no gathering on November 20

**TIME:** 5:30 – 6:30 pm **SUGGESTED FREE WILL OFFERING** — \$5/session

#### AUTUMN 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. We will gather at Mercy Spirituality Center and walk for about an hour in Highland Park before returning to the center. Dress for the weather.

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

**DATE:** Saturday, October 20 **TIME:** 9:30 – 11:00 am **FEE:** \$10

#### INTRODUCTION TO CENTERING PRAYER

Contemplative prayer is the opening of the mind and heart, one's whole being to God. The root of this ancient Christian tradition is interior silence and resting in God. This workshop, based on the works of Fathers Thomas Keating, Basil Pennington and William Meninger will cover the essentials of doing Centering Prayer, establishing a daily practice, understanding the challenges, and learning strategies for overcoming them. Practice times will be included.

**FACILITATORS:** Tom Agness, Cheryl McElhatten and Dorothy Lindsay

**DATE/TIME:** Tuesday, October 16, 9:30 am – 3:00 pm **FEE:** \$50, Lunch included

#### FOLLOW-UP SESSIONS TO INTRODUCTION TO CENTERING PRAYER

Each of the Centering Prayer Follow-up sessions will provide an opportunity for prayer practice, support of each person's personal practice, as well as instruction by Father Thomas Keating on Centering Prayer via DVD.

**FACILITATOR:** Tom Agness, Cheryl McElhatten and Dorothy Lindsay

**DATES:** Tuesday, October 23 (Parts 1 & 2); Tuesday, October 30 (Parts 3 & 4); Tuesday, November 6 (Parts 5 & 6) **TIME:** 1:30 – 3:30 pm **FEE:** \$25 per session

#### CONTEMPLATIVE PRACTICES WORKSHOP

Contemplation is a universal spiritual practice found at the core of all the great religious traditions. Recent years have seen the rediscovery of Christian forms of contemplation intended to deepen our relationship with God. The way of simplicity, silence and solitude can be practiced by anyone. This workshop is intended for those who are drawn to the practice, but don't know how to begin. The day will include instruction, guided prayer practice and time to address specific questions about how to set up and maintain a contemplative practice at home. Participants will also be invited to join one of the contemplative practice groups that meet regularly at the Center.

**FACILITATORS:** Tom Agness/Karen McNamara

**DATE:** Saturday, November 3 **TIME:** 9:30 am – 3:00 pm **FEE:** \$50, Lunch included

#### WOMAN OF PEACE, Frances Warde RSM

**This program is held in honor and memory of Louise Maloney, a woman who lived her life dedicated to peace and in solidarity with the underprivileged.**

In celebration of our 40th anniversary as a ministry and the arrival of the Sisters of Mercy in the United States 175 years ago, we have chosen to highlight Frances Warde RSM as our Woman of Peace. Sisters of Mercy first came to the United States in 1843. Led by Mother Frances Xavier Warde, a group of seven Sisters of Mercy from Ireland arrived in Pittsburgh, Pennsylvania, and founded the first Mercy convent in the United States. Mother Frances Warde went on to establish nearly 100 more convents in the United States and soon other Sisters of Mercy from Ireland followed. Frances Warde's pioneering spirit built schools, hospitals, and colleges across the country.

**FACILITATOR:** Dr. Mary Sullivan, RSM

**DATE:** Tuesday, November 13 **TIME:** 7:00 - 9:00 pm **FEE:** \$20

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

## ADVENT MASS & SOUP SUPPER

During the season of Advent we are called to seek the light of Christ even in the midst of darkness. We invite you to join us during this time of wonder to share liturgy and a simple meal. **DATE:** Monday, December 3 **TIME:** 5:30 pm **FREE WILL OFFERING**  
*(Please pre-register as space is limited)*

## ADVENT CENTERING PRAYER RETREAT

This retreat will include extended periods of centering prayer, group lectio divina, and daily conferences. The experience of silence and solitude in community will deepen the experience of God's transforming love in everyday life. This retreat is designed for those with an established daily practice of centering prayer.

**FACILITATOR:** Rita Panciera, RSM **DATES AND TIMES:** Thursday, December 6, 7:00 pm through Sunday, December 9 after brunch **FEE:** \$350 resident / \$280 commuter

## ADVENT DAY OF REFLECTION

Advent can sometimes get lost in the pace, as well as all the expectations, of the season. It is a busy time and our heads are filled with details and desires of what we want to accomplish. So taking a day apart is probably a hard decision to make. This day will provide space, quiet, and inspiration to help you engage with what is going on in your own heart so that you may be able to really enter into this time of hope and expectation.

**FACILITATOR:** Jody Kearney, RSM **DATE AND TIME:** Tuesday, December 11, 2018, 9:30 am - 2:30 pm **FEE:** \$35, Bring your own lunch

## TEAM DIRECTORY

### KAREN KOSCIOLEK, Executive Director

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### SR. JODY KEARNEY, RSM, Program Director

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### HOLLY ROCKWELL, Program Manager/Community Outreach Coordinator

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### GOLDIE ROGERS, Volunteer Secretary

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*We are most grateful to Dr.'s Sheila and Larry Dalzell of*  
**Dalzells Hearing Centers**

*for sponsoring the cost of our newsletter.*



**MISSION STATEMENT:** Our mission is to create a community of Active Contemplatives through lifelong growth opportunities, spiritual direction and retreats. **VISION STATEMENT:** Mercy Spirituality Center strengthens and supports people of all faiths in their lives of active contemplation.

# 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](http://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](http://www.mercyspiritualitycenter.org)

OR

**MAIL TO:**

Mercy Spirituality Center  
65 Highland Avenue  
Rochester, New York 14620



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**REGISTER ON-LINE**

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