

Mercy Spirituality Center is a retreat center for people of all faiths, committed to the radical belief that each of us needs time apart to find, deepen, or refresh our connection to what matters most in life. We are deeply grateful to be able to offer our beautiful space to the community for rest and reflection.



Located just one block from Highland Park, Mercy Spirituality Center is an affordable place to host meetings, workshops and retreats. We invite your group or organization to experience time apart in our serene environment to reflect, learn, and share.

We offer 10 private guest rooms, meeting spaces for groups as small as 5 or as large as 35, kitchen and dining facilities, richly stocked library, and spacious yard. Call 585-473-6893 to find out more.

Mission Statement

Our mission is to create a community of active contemplatives by providing lifelong growth opportunities, spiritual direction and retreats.

Our programs are rooted in an awareness of the God in all things. We seek to deepen that connection through care of the Earth, building a contemplative community, and concern for social and ecological justice.



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Mercy Spirituality Center



Contemplation Into Action

Mercy Spirituality Center

Rooted in the Christian Tradition



Through Scripture and Christian traditions, we have learned about the deep interconnections between the Spirit, the human and the earth. While our programs draw primarily from the Christian story, individuals and congregations of all faiths – or no-faith – are respected and encouraged to participate.

Learn by doing

Our retreats and programs go beyond good teaching. When you join us, you will be invited to enter into experiences to discover or deepen your spiritual practice—and bring it into your daily life.

Our Offerings

Quiet retreats for centering

Our day-long, mini-weekend and full weekend retreats provide opportunities for slowing down and making space for the more in your life. We offer practices designed to quiet busy minds in order to make room for a deeper and richer experience of the divine.



Spiritual Direction: we will walk with you.

The journey toward God is not meant to be a solitary one. Contact us to find the spiritual companion you need. In spiritual direction, seeker, guide and Spirit meet in holy conversation so “you may have life and have it more abundantly.” The content of any direction session is simply your life – whatever you feel moved to bring to prayer and reflection.

We also offer support and enrichment for spiritual companions, including group and one-on-one supervision.



The Spiritual Exercises of St. Ignatius

The Spiritual Exercises create an awareness of God in all things—all people, all creation, every human experience, and especially in the person of Jesus. We offer a model of the Spiritual Exercises designed by St. Ignatius for use in daily life which takes place over 30 weeks, rather than 30 days.

The Creation Stations

We invite you to contemplate nature on our beautiful grounds; walk our Creation Stations, or perhaps just sit in quiet to experience God in nature. Booklets of prayers and reflections are available for your use.

