



A Foothills Oasis

Mercy Center Auburn



Winter: A Season of Possibilities

Upon the threshold of any new beginning is an invitation to embrace the newness of the moment, of having never been at this threshold before. The possibilities of a vibrant Spring are hidden in Winter's insistence just as a renewed life in Christ is invited every Advent and Lent. At this new year and at whatever threshold we stand, we might ask *"What vibrant life of our own remains hidden beneath any insistence of burden, stress, anxiety, or distraction pressing in on us?"* Or *"What new hope awaits us in the coming year?"* Some might think that the answer to such a question will be revealed once we are able to set time aside for personal prayer and reflection. And this would be true and essential for growing deeper in faith and in loving relationship with God. But it is also true that new life awaits us in the present. One recent encounter inspired this consideration. In a time of particular anxiety of my own I was witness to the following exchange between two friends on the threshold of a new depth of sharing (my own account is an observation from a distance and abbreviated for this writing):

K: My mom is in hospice. They found cancer. Life has been rough.

A: I'm so sorry K. I was a wreck when my mom went through this in 2008. Is she cognizant?

K: Yes sometimes. And she eats some when I feed her.

A: This must be a very difficult time. I'm here if you need anything. I thought I hadn't heard from you because you were depressed about the Giants losing.

K: I had a long and hard conversation with my brother about how unavailable he is. It was heated and all he could do was be defensive.

A: I remember how hard it was, especially when we're not equipped for grieving.

K: It's very difficult to the point where you hope she goes to her final sleep. I'm stressed out but need to hold it together. It's not easy.

A: No. It's not easy.

K: Wow. You are a very good friend. Maybe the best on earth. My kids don't care as much as you do. You must be a saint.

A: I'm no saint. Trust me. Your kids don't understand. Don't hold it against them. They don't know yet about the stress of death but they will one day.



K: I have been playing my saxophone every night and it puts mom to sleep. I just play things like Twinkle Twinkle. I thanked her for all the lessons and bringing me to the music store every week. The other night I saw tears and a very sad face. Tough. I am sleeping in the room next to hers.

A: I read books to my mom during her last few weeks. The last book was the Amy Tan book "The Opposite of Fate." I cried a lot then. Your playing and your mom's tears are a beautiful thing.

K: Playing music is much better than my reading to her. She would get bored with my books on heat transfer formulas and thermal energy. I think she likes my playing. Maybe the only one in the world that likes my playing.

A: Nonsense! I'm sure my cat would enjoy your playing.

K: Well, the band gets a lot of applause and the woman that was on a walk at the senior center wanted her picture taken with me. I played for her the UCLA fight song and the Star Spangled Banner and a couple of Christmas songs.

A: You're a good man K.

K: Nah, I was just practicing. I calculated that mom spent well over \$10,000 on lessons for me all those years. I shouldn't suck.

K: The toughest part is getting up in the morning and going to her room not knowing ...

In a few precious moments, new life was born out of a wintertime experience of darkness. The intimate and wholehearted exchange held the loving and the suffering in sacred—if bittersweet—union. The impulse towards tears was tempered with sweet comic relief; the fear and anger re-directed by compassionate considerations. A son playing

music for his dying mother shares with another son who remembers the pain, and both are touched by life's beautiful and harsh realities.

The possibilities for new life and hope are God's invitation to us at this moment, we need only be present ... to the sadness, the fear, the joy, the fragile, the dying, the silence, and the music. Saint Augustine said that in God's creation "birth is always happening." I continue to hold in prayer and gratitude the graces from this encounter that centered my heart and renewed my spirit.

Colleen Gregg, Mercy Center Director

JANUARY 2017

Centering Prayer Intensive

Silent Seven-Day Retreat - January 13-20, 2017



Come taste the silence of prayer with other contemplative companions and rest in the stillness, away from the busyness of daily life, and allow the mind, body, and spirit to surrender to God's presence and action within.

The retreat offers two tracks simultaneously. You choose the track that works best for you. The Intensive Retreat track will include three sets of three 20 minute periods of Centering Prayer daily, with an in-depth look at the prayer practice and the Spiritual Journey, inspired by recorded talks given by Fr. Thomas Keating for these retreats. The Post Intensive Retreat track (*normally for those who have previously participated in one or more Intensive Retreats*) will have additional silent time for Centering Prayer without group educational time.

Facilitators: Susan Turpin, Marty Badgett & Father William Sheehan, OMI.

Begins: Friday, January 13th with registration from 3:00 to 6:00pm; dinner at 6:15pm; ends Sunday, January 20th after lunch at 12:00 noon.

Cost: \$510 resident (\$75 non-refundable deposit)

FEBRUARY 2017

In The Company of Mystics

Creative Expression of the Mystic in You

February 26 - March 3, 2017



Throughout the ages, mystics have found ways to express, in some tangible artistic form, their encounters with God. Blessed with and guided by their writings, this retreat will invite us to explore our own spiritual lives and to artistically give expression to the voice that lies within the depths of our soul's journey. Extensive periods of silence will be part of this retreat to facilitate a creative environment and inner deep listening.

Through reflection, artistic expression and community sharing, we will bear witness to our own and each other's journeys. Retreatants will have the opportunity to use their own visual artistic mediums* or creative writing materials as part of the process.

**Watercolors, acrylics, color pencils, oil pastels, markers or similar easy-cleanup materials are acceptable; please no oil paints.*

Facilitator: Kathy Pooler

Begins: Sunday, February 26th with registration from 3:00 to 5:00pm; dinner at 5:15pm; ends on Friday, March 3rd after lunch at 12:00 noon.

Cost: \$450 resident (\$75 non-refundable deposit)

Gift Yourself or Others the Gift of . . . *Catherine's Cottage*

Our two suite hermitage is available for private retreat days with options for spiritual direction and massage. Give yourself, or someone you know, the gift of time away for prayer, discernment, solitude, and resting in God.

Gift Certificates Available!



MARCH 2017

Courage for the Call

Saturday, March 4, 2017



God's everyday invitation calls us to a profound joy, a calming peace, a stronger connection to the Divine. Sometimes that call can feel scary. Am I worthy? Will I get hurt? What will I have to let go? But within that call is the grace to respond as

we learn to surrender and trust. We can find our courage in all that we already are and all that we don't have to be, if we place our trust in God's hands.

Facilitator: Christine Jurisich

Begins: Saturday, March 4th from 9:00am to 3:00pm.

Cost: \$35 (includes lunch)

Becoming All Flame: Praying With Poems by John of the Cross

Silent Weekend Retreat - March 24-26, 2017



This retreat is a contemplative exploration of two of John's greatest poems. *The Living Flame of Love* is his concentrated expression of the goal of the journey, "becoming all flame" in the experience of union with God.

The *Dark Night* traces the journey of transformation of mind and heart on the way to that

goal. Both poems provide striking images that can illuminate our experience of God no matter where we are on our spiritual path. We will approach the poems through meditative listening, contemplative silence and creative response to what they touch in our hearts

Facilitator: Jim Neafsey, D.Min.

Begins: Friday, March 24th with registration from 3:00 to 6:00pm; dinner at 6:15pm; ends Sunday, March 26th after lunch at 12:00 noon.

Cost: \$220 resident/\$190 commuter (\$75 non-refundable deposit)

APRIL 2017

Holy Week Ignatian Retreat

The Spiritual Exercises in the Garden of the Heart

Silent 7-Day Retreat - April 10-16, 2017



In world literature, a garden is a place that reveals the relationship between nature and culture, an enclosed safe space where one can be present to beauty with those one loves. In this retreat, Sr. Michelle will facilitate your time in the

gardens of your heart with your loving God. Experience the four weeks of the Spiritual Exercises of St. Ignatius through the lenses of the Garden of Eden, the Garden Enclosed, the Garden of Gethsemane, and the Garden of the Resurrection.

We will celebrate the fullness of these most holy days with the Mass of the Lord's Supper, celebration of the Lord's Passion, Easter Vigil, and Easter Sunday morning Mass.

Facilitator: Michelle Gorman, RSM

Begins: Monday, April 10th with registration from 8:00 to 9:00am. Opening conference at 9:30am. Ends Easter Sunday, April 16th after brunch.

Cost: \$395 resident (\$75 non-refundable deposit)

Note: Good Friday Taizé Chant and Tenebrae Service of Light (*main Chapel of the Sisters of Mercy*)

Time: 7:30 to 8:30pm (*Free will donation accepted*)

Centering Prayer Day

Saturday, April 22, 2017



Join us for a silent prayer day devoted to silent communion with God through the practice of Centering Prayer. This day is for those with an established practice of Centering Prayer.

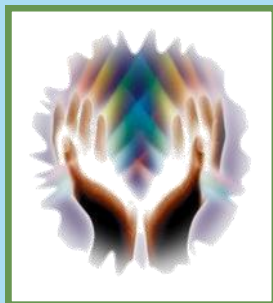
Sponsored by: Contemplative Outreach of Sacramento/Stockton (COSSA)

Begins: Saturday, April 22nd from 9:00am to 3:30pm

Cost: \$35 (includes lunch)

Women's Spiritual Spa Retreat

Weekend Retreat - April 28-30, 2017



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: Retreat Team

Begins: Friday, April 28th with registration from 3:00 to 6:00pm; dinner at 6:00pm; ends Sunday, April 30th after lunch at 12:00 noon.

Cost: \$225 (\$75 non-refundable deposit)
(currently accepting waitlist for residency)

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

MAY 2017

God's Unconditional Love: Healing Our Shame

Weekend Retreat - May 5-7, 2017



The healing and transformation of shame begins when we come to see ourselves through the lens of God's unconditional love rather than through the lens of shame.

All of us have feelings of inadequacy and secretly fear that there is something wrong with us. During this retreat, through the practice of imaginative contemplation, it is our hope that you will open yourself to a deepening knowledge of God's unconditional love.

Facilitators: Wilkie Au, Ph.D.
Noreen Cannon Au, Ph.D.

Begins: Friday, May 5th with registration from 3:00 to 6:00pm; dinner at 6:15pm; ends Sunday, May 7th after lunch at 12:00 noon.

Cost: \$220 resident/\$190 commuter
(*\$75 non-refundable deposit*)

Special Mother's Day Introduction to SoulCollage®

Saturday, May 13, 2017



As a way to honor your mother join us for this playful introduction to SoulCollage®, a collaging process that opens up natural channels of creativity

and imagination. *You don't have to be an artist to enjoy it!*

After a basic introduction and cardmaking in the morning, we'll spend the afternoon making and sharing cards that honor mothers of all kinds, including: biological mothers, Mother Mary, Mother Earth, and our own inner mother. Feel free to bring photographs to use in cardmaking.

Facilitator: Joan Stockbridge

Begins: Saturday, May 13th from 9:30am to 3:30pm.
(bring your own lunch)

Suggested Donation: \$20

Healing of Grief and Loss

Saturday, May 27, 2017



This day of healing from grief addresses how we deal with change, loss of a loved one, divorce, and painful transitions that reflect the grieving process. The day will offer practical tools in

dealing with grief in a peaceful, quiet setting, including prayer, reflection, sharing and a comforting closing ritual.

Facilitators: Mercy Retreat Team

Begins: Saturday, May 27th from 9:15am to 3:00pm.

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

11th Step Retreat

4-Day Retreat - June 1-4, 2017



Join us for our fourth annual weekend of contemplation and practice focused on the 11th step. This retreat will include meetings,

instruction and practice in sitting and walking meditation, as well as talks and discussion explaining the basics of mindfulness as a universal tool to enhance your ability to integrate the 12 steps into all aspects of your life.

Facilitators: John Bruna & Peter Kuhn

Begins: Thursday, June 1st with registration from 3:00 to 6:00pm; dinner at 6:15pm; ends Sunday, June 4th after lunch at 12:00 noon.

Cost: \$225 resident/\$185 commuter
(*\$75 non-refundable deposit*)

Coming Alive: Poetry as a Way of Paying Attention Saturday, June 17, 2017



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, June 17th from 9:30am to 3:30pm.

Cost: \$35 (*includes lunch*)

Anam Cara: Restoring the Harmony of Life Through Celtic Spirituality

Silent 4-Day Retreat - June 22-25, 2017



Ancient Christian Celtic spirituality is of immense wealth and importance. It is Spirituality that incorporates respect and love of nature and creation; an awareness of the mystery at work in everyday life; the sacredness of seasons restoring us to cosmic harmony, as well as the discovery of the wildness of God, prayer, and ourselves. Through myth, prayer, and poetry this retreat will connect to what is most sacred within you.

Facilitator: Michael Fish, OSB Cam

Begins: Thursday, June 22nd with registration from 3:00 to 6:00pm; dinner at 6:15pm; ends Sunday, June 25th after lunch at 12:00 noon.

Cost: \$225 resident/\$185 commuter
(*\$75 non-refundable deposit*)

Days of Prayer, Reflection and Teaching Fr. Tom Bonacci, C.P.



Spring Program

Exploring the Courage & Wisdom of Mary Magdalene
Four Distinct Reflections

- **March 11, 2017**
What Does it Mean to Follow After Jesus?
- **May 13, 2017**
Exploring the Model of Discipleship
- **July 15, 2017**
What is the Nature of the Feminine Mystical Tradition?
- **September 30, 2017**
The Future of Ministry and Discipleship in the Community of Jesus

Please see our website at mercycenter.org for more details.

Facilitator: Fr. Tom Bonacci, C.P

Begins: Saturdays, 9:30am to 2:30pm.

Cost: \$40 (*includes lunch*)

Pathways Series

Reading & Praying the Bible at the Beginning of the 21st Century

Deacon Charles "Red" Cheever

September 2016 thru July 2017

Saturdays - 9:30am to 3:30pm (*bring your own lunch*)

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



2017 SESSION DATES

Jan 7 ▪ Feb 4 ▪ Mar 4 ▪ Apr 1 ▪ May 6 ▪ June 3 ▪ July 1

Weekend Retreat - Retreat 1 - August 11-13, 2017; Retreat II - August 13-15
(*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: \$20 (*bring your own lunch*)



2017

- ◆ **January 3:** *Behold the Lamb*, Sr. Maura Power
- ◆ **February 7:** *Engaging Your Brain to Deepen Your Spiritual Practice*, Tanda Ainsworth
- ◆ **March 7:** *Lenten Day of Silent Reflection*, Colleen Gregg
- ◆ **April 4:** *We Are a New Creation*, Darcy Wharton
- ◆ **May 2:** *Dreams as Spiritual Awakening*, Diana Francis Metzler, RSM
- ◆ **June 6:** *"One Does Not Seek for God, One Waits for God"* (Simone Weil), Charmaine Jayawardene, RSM
- ◆ **July 4:** No Session

Centering Prayer *Weekly Gathering*

Every Wednesday Morning - 9:30 to 11:00am

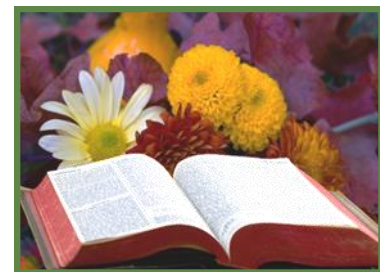
Centering Prayer & Lectio Divina

(*no fee*)

Every Thursday Evening - 6:30 to 7:30pm

Centering Prayer

(*no fee*)



Mindful Self Compassion

8-Week Series - January 15 to March 5, 2017



facilitated by Nancy Symons
\$375 - Sundays 1:00 to 4:00pm
 Jan 15, Jan 22, Jan 29, Feb 5,
 Feb 12, Feb 19, Feb 26, Mar 5

Mindful Self Compassion (MSC) is an evidence-based eight-week program teaching practical tools to help people cope with difficult moments in their lives with kindness, care and compassion. Expanding research demonstrates that self-compassion is strongly associated with emotional well-being, less anxiety, reduced depression and less stress, maintenance of healthy habits such as diet and exercise and satisfying personal relationships. *Visit our website for more details.*

Coming in 2017-2018

Visit our website for updates and details!

Women's Summer Spiritual Spa
 August 2-6, 2017
Facilitator: Retreat Team

Title TBD
 Retreat I - August 11-13, 2017
 Retreat II - August 13-15, 2017
Facilitator: Deacon Charles "Red" Cheever

Mindfulness Retreat
 August 24-27, 2017
Facilitator: John Bruna

A Direction of My Own: A Single's Retreat
 September 15-17, 2017
Facilitator: Victoria MacDonald, MA

Title TBD
 September 30, 2017
Facilitator: Christina Jurisich

Women's Spiritual Spa
 October 13-15, 2017
Facilitator: Retreat Team

Centering Prayer Day
 October 14, 2017
Facilitator: COSSA

Anam Cara II
 February 8-11, 2018
Facilitator: Michael Fish, OSB Cam

Register here for any of our retreats or go to www.mercycenter.org to register on-line.

Retreat Registration or Donation Form

Name (s) _____ Phone # _____

Address: _____ Email: _____

City, State, Zip _____

Retreat (s) _____

I cannot make a retreat at this time, but please accept my donation in the amount of \$ _____ to continue Mercy Center's mission to enhance the life of prayer and spiritual growth of persons and communities.

Credit Card # _____ Exp Date _____

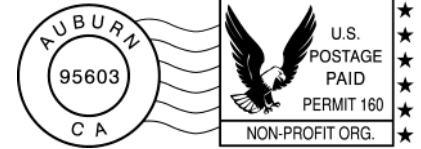
PLEASE MAIL TO:

Mercy Center Auburn • 535 Sacramento Street, Auburn, CA 95603 • for more information call 530-887-2019

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