

## FACULTY/STAFF RETREAT

COST: \$40.00 - 9:00 TO 3:00PM - INCLUDES LUNCH

# EVERY DAY SABBATH CREATING HEALTHY SPACE AND PACE



FACILITATED BY  
MERCY CENTER STAFF

We *may not* have the ability to control the outside influences that interrupt our heart's desire for harmony and well-being, but we *do* have the ability to respond from a place of deeper inner peace so that the intrusions will not frustrate the vibrant life that is God's intention for us.

This day of retreat will invite us to return to a rhythm of life that holds in healthy balance the *pace* of life and *space* for rest, renewal, and joy.

**Colleen Gregg, MA**, is Director of Mercy Center Auburn, and serves as spiritual director, retreat facilitator, and program coordinator. She has been involved in retreat ministry for over 20 years. Colleen holds a Master's degree in Pastoral Theology and received her spiritual direction and supervision certifications from the Institute of Spiritual Direction at Mercy Center Burlingame.



Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019  
[www.mercycenter.org](http://www.mercycenter.org)