

2017 Retreat and Program Schedule

► **Yoga Fall 2016 Series (18 Sessions)**

Tuesdays, January 3—May 9, 2017
5:30—6:30 P.M.

This yoga class will build flexibility, strength, and balance. Learn stress management techniques to quiet the mind, increase concentration, and build body confidence.

Instructor: Barb Michael is the owner of Optimal Lifestyles, Inc., a health and fitness company specializing in general fitness and yoga.

Total cost for 18 sessions: \$180

Single session: \$12

Contact: Agnes Brueggen, RSM at 314.909.4630

► **Liturgical Composers' Forum Concert**

Thursday, January 26, 2017
7:00 P.M.

Come for an inspiring evening of musical excellence featuring group and solo performances from many of the finest published liturgical composers in the world. Celebrate the music and experience many of the women and men whose music has enhanced our liturgical prayer and worship throughout the years.

This event is a fundraiser for both Mercy Conference and Retreat Center and the Liturgical Composers Forum and will be used to host musical events at Mercy Center and to contribute to the future of quality liturgical music composition.

Cost: **\$50 payable in advance.**

Contact: Sandy Meyer

► **Music at Mercy Series: New Comma Baroque performs *Somewhere in Time: Telemann's 'Lost' Fantasias for Solo Viola da Gamba***

Sunday, March 12, 2017
2:00 P.M.

Artist: Phillip W. Serna performs on double bass with numerous Midwest orchestras as well as on violas da gamba with period-instrument Early Music ensembles. In performance, Phillip has appeared on Chicago's 98.7FM WFMT, Wisconsin Public Radio, Milwaukee Public Radio and WUIS NPR.

Cost: A freewill donation will be welcomed to support the work of Mercy Conference and Retreat Center. This event is a New Comma Baroque event honoring this center. Registration required.

Contact: Sandy Meyer.

► **Stories from John's Gospel: A Lenten Morning of Prayer by Fr. Chuck Barthel**

Monday, March 13, 2017

Registration: 8:30 A.M.

Program: 9:00 A.M.—Noon

Fr. Chuck Barthel will reflect on stories from John's Gospel that help us prepare for our Triduum and Easter Celebration. The program will offer presentations woven with music and reflection.

Presenter: Father Chuck Barthel has been pastor of Christ, Prince of Peace parish since 2008.

He has a Master of Arts and Master of Divinity (Spiritual Theology and Pastoral Ministry) from Kenrick Glennon Seminary.

Non-refundable registration: **\$25 due February 24**

Total cost, including registration: \$35

Contact: Sandy Meyer

► **Music at Mercy Series: Erin Bode Live in Concert**

Saturday, April 8, 2017

7:00—9:00 P.M.

Artist: Erin Bode has the rare mix of sophistication and class with a sincere kindness and approachability. Her easy smile only enhances the talent and training that is so compelling in her performances. Erin's talent and appeal have been lauded in the Wall Street Journal, the Washington Post, Jazz Times, the St. Louis Post-Dispatch and many other major publications.

The Erin Bode Group has performed nationwide at venues such as Blues Alley in Washington D.C, Zanzibar Blue and World Cafe Live in Philadelphia, and at Sweet Rhythm and Joe's Pub in New York. They have played three European tours, as well as a stint at the Cotton Club in Tokyo, Japan. Erin has opened for Jamie Cullum, Michael Buble, Chris Botti and a host of other high profile musicians. She has received classical training and holds a bachelors degree in music.

Cost: Tickets: \$25 (Regular)

\$50 (Friend of Mercy Center) which includes a pre-concert, private meeting event with the artist. Tickets must be purchased in advance.

This event is a fundraiser which will benefit Mercy Conference and Retreat Center.

Contact: Sandy Meyer

► **3-Day Holy Week Silent Directed Retreat**

April 10—12, 2017

Registration: Monday, 8:00 A.M.

Retreat concludes Wednesday afternoon.

Come and enter more deeply into the paschal mystery by spending these early days of Holy Week in quiet reflection. Give yourself holy leisure to meet with a spiritual director each day, reflect on the rich readings of the season, and join in a Eucharistic Celebration daily. Find your heart, mind and spirit fully prepared to celebrate the Sacred Triduum.

Spiritual directors: Ginger Andrews, RSM, Agnes Brueggen, RSM, and Rita O'Dea.

Non-refundable registration: **\$25 due March 24**

Total cost, including registration:

Overnight: \$325

Commuters: \$270

Contact: Sandy Meyer

► **Finding Sabbath during Eastertide: A Retreat of Refreshment and Renewal for Religious Leaders by Rev. Tina Newberry**

April 28—29, 2017

Registration: 9:30 A.M. Program: 10:00 A.M.

Program ends 3:00 P.M. Saturday with option to stay until 5:00 P.M. for additional reflection/prayer.

After planning and leading Lenten and Easter observances for others, religious leaders also need their own time and space to restore and renew themselves. Pulling away for a Sabbath experience during Easter's feast days gives spiritual caregivers time and place, as Rabbi Zalman Schachter-Shalomi said, "to pamper my soul."

The focus of this Sabbath retreat is an intentional journey *inward* to attend to that part of one's self that is nourished by a deepening into God—a still-point. The retreat focus is also an intentional journey *outward* to nurture one's connection with God through the earth and through others—an ever-widening circle.

Presenter: Rev. Tina Newberry, M.R.E. is a spiritual director, an educator, and a writer. She earned a Master of Arts in Religious Education, certification of Spiritual Direction Training from the Haden Institute, and a certificate in the Clinical Training Program in Analytical Psychotherapy from the C. G. Jung Institute of Chicago, a program she now co-directs.

Non-refundable registration: **\$25 due April 14**

Total cost, including registration:

Overnight: \$150 (single)

or \$115 (double, per person)

No commuters

Contact: Sandy Meyer

► **Female Body, Female Soul**

A Day of Reflection by Kathleen Davis

Saturday, April 29, 2017

Registration: 8:30 A.M.

Program: 9:00 A.M.—4:00 P.M.

Join us for an exploration of the spirituality of women in light of our unique physical gifts. Our reflection time will be spent honoring the creative bodies and souls of women and recognizing how deeply the two are connected. As we reclaim the sacredness of our own life cycle, we discover women's profound link to the life cycles of earth and our collective call to nurture all of creation.

Presenter: Kathleen Davis is a full time spiritual director and retreat leader. She has her Master's of Arts in Pastoral Studies from Aquinas Institute of Theology as well as graduate certificates in Youth Ministry and Spiritual Direction.

Non-refundable registration: **\$25 due April 14**

Total cost, including registration: \$60 (includes lunch)

Contact: Sandy Meyer

► **Walking with the Mystics**

A 6-Day Silent Retreat by Katherine Doyle

May 22—May 27, 2017

Registration: 10:00—11:00 A.M. Monday

Retreat concludes midmorning Saturday.

Deep in the heart of all believers is a desire to draw near to the God of life. Mystics of the Christian tradition teach us the path to relationship with the God who loves us. Among the mystics companioning retreatants will be Therese of Lisieux, Catherine of Siena, Francis de Sales, Julian of Norwich and Clare of Assisi. The retreat will provide time for individual prayer, ritual experience, presentation and sharing.

Presenter: Mary Katherine Doyle, RSM is the Novice Minister for the Sisters of Mercy Novitiate in St. Louis. Trained in history and spirituality, she has ministered in education, communications, faith formation, spiritual direction and retreat ministries. Katherine formerly served as the Director of Catholic Faith Formation in the Diocese of Sacramento, CA and as Director of Mercy Center in Auburn, CA. She is the author of *Like a Tree by Running Water*.

Non-refundable registration: **\$25 due May 5**

Total cost, including registration:

Overnight: \$460

Commuters: \$300

Contact: Sandy Meyer

Gift Certificates Available

Click: www.mercycenterstl.org

Call: 314.909.4663



Register for Programs Online

and pay with PayPal

at: www.mercycenterstl.org



► **Technology for Reflective Ministries
Retreat and Workshop by Avis Clendenen**

July 24—28, 2017

Registration: 8:00 A.M. Monday

Program concludes Friday afternoon.

3 CEU's will be granted through Saint Xavier University, Chicago for participation in this week.

Monday and Tuesday Dr. Clendenen will offer a retreat which will also serve as a model of how to integrate technology and the arts into presentations. Wednesday through Friday she will offer a workshop helping participants expand their choices and fine-tune their skills as they utilize technology in the presentation of reflective content. This program is ideal for educators at all levels, ministers, retreat-givers, and leaders in mission services.

Participants must bring a laptop with at least 8 hours of battery life available each day.

Presenter: Avis Clendenen, Ph.D. and D.Min., Chicago Theological Seminary, is Special Assistant to the President at Saint Xavier University in Chicago where she is also Professor Emerita of religious studies. Avis works in the area of the integration of insights from depth psychology, spiritual traditions, and the arts.

Non-refundable registration: **\$25 due July 7**

Total cost, including registration:

Early Arrival: \$75 (Includes Sunday boxed supper, overnight stay, and Monday breakfast)

Retreat Only: (July 24-25)

Overnight: \$205

Commuters: \$145

Retreat and Workshop: (July 24-28)

Overnight: \$525

Commuters: \$350

Contact: Sandy Meyer

SAVE THE DATE



► **TRAUMA AND THE CHILD**

August 19, 2017

Program for pastoral workers, educators, and nurses.

► **REV. DR. EMANUEL CLEAVER III
PRESENTS AN ADVENT PREPARATION
WORKSHOP FOR CLERGY**

October 2—4, 2017

Workshop Leader: Rev. Dr. Emanuel Cleaver III

is Senior Pastor of St. James United Methodist Church in Kansas City, MO.

Liturgical Coordinator: Paul Vasile is a church musician, consultant, composer and Executive Director of *Music that Makes Community*.

► **NEW AWAKENINGS HOSTS ILIA DELIO, OSF**

October 28, 2017

9:00 A.M.—4:30 P.M.

Presenter: Ilia Delio, OSF, is an American theologian specializing in the area of science and religion.

To register, contact Bob Kaintz hoyal1@aol.com or call 314.256.1787.

CONTACT US



CALL: 314.966.4686

CLICK: WWW.MERCYCENTERSTL.ORG

E-MAIL: SMEYER@MERCYCENTERSTL.ORG

REGISTER: ONLINE AT WEBSITE OR
MAIL INCLUDED REGISTRATION FORM

Registration Form (Registration usually closes two weeks prior to the event.)

Reduced rate available upon request. Please contribute to our scholarship fund for those needing financial assistance.

Program: _____ Overnight Commuter

Name _____

Address _____
Street City State Zip

Home phone _____ E-mail _____

Work Phone _____ \$25 non-refundable registration enclosed: _____

Cell Phone _____ Please notify us ASAP if you have a special diet/need.

Make checks payable to Mercy Conference and Retreat Center and address to: Sandy Meyer • 2039 North Geyer Road •

St. Louis, MO 63131-3332

Office use only: Confirmation sent

**Mercy Conference
and Retreat Center
2039 North Geyer Road
St. Louis, MO 63131-3332**



► Learning to See Everything through the Eyes of God

Friday Mornings 9:00–11:00 A.M. March 3, 10, 17, 24, 31, and April 7, 2017

There comes a time in each of our lives when we have lived in this world long enough to sample its wares but have concluded that the things we were told would make us happy – money, sex, power, possessions – bring little personal satisfaction; that, in fact, the more feverishly we pursue these goals, the more dissatisfied and alone we feel. Questions we may ask include: how can I live a life of meaning; or what makes me come alive; or how am I being called today? It seems that in the human heart there stirs a recurrent homesickness and there is a small voice that asks us the same questions over and over; who am I; why am I here; where am I going; what is real? We invite you to join us on a journey that offers the possibility of transforming despair into hope and fear into love by connecting wisdom stories with our own stories.

Facilitators: **Maury Boehmer MA, MRE**, facilitates workshops, seminars, and adult education programs on spirituality and relationships. **Genny Boehmer MPS**, is a spiritual director and gives workshops and days of reflection on women's spirituality and inner healing.

TO REGISTER, CONTACT: Maury Boehmer Phone: 636-256-9067 Email: MAGB324@aol.com

Registration recommended by February 24, 2017. Fee \$75.00

Make checks payable to Maury Boehmer and mail to:
Maury Boehmer 324 Quinnmore Drive Ballwin MO 63011