



MERCY CENTER AT MADISON

# *Soundings*

## *Spring/Summer 2009 Programs*

In a welcoming atmosphere of simplicity and beauty, Mercy Center programs foster contemplation, challenge participants to holistic growth in an accepting environment and manifest a commitment to social justice.

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## Mercy Center Needs Friends!

We invite you to join us! The Mercy Center "Friends of Mercy Center" program was established to help us create an active community of, well, Friends! Help support Mercy Center while enjoying benefits such as:

- \$5 off day programs\*
- 10% off purchases in the Mercy Center Bookstore\*
- \$25 off when you register for one year of the School of Spirituality
- Invitation to the VIP shopping event at the Fair Earth Bazaar
- Invitations to exhibition openings and gallery talks taking place at the Mary C. Daly, RSM Art Gallery

The best benefit of all is knowing your "friendship" enables us to fulfill our mission to provide a place apart — a peaceful sanctuary to listen, learn and reflect.

Becoming a Friend of Mercy Center is easy. The annual fee is just \$75 per person and you can become a Friend by mail, phone, online or in person. Please call (203) 245-0401 x 170 for more details or visit us on the web [www.mercybythesea.org](http://www.mercybythesea.org).

**PLEASE CONSIDER BECOMING A FRIEND OF MERCY CENTER IN 2009!**

*\* Some exclusions apply*



## Come to Mercy Center to dance and dine by the sea!

Mercy Center will host the third annual *Dancing by the Sea* gala on **Saturday, June 6, 2009** starting from 6:00 p.m.

In addition to fabulous food and drink, *Dancing by the Sea* will feature an auction with items ranging from weekend getaways, gift baskets, wine, items for home and garden and much, much more.

Don't miss out on this wonderful opportunity to dine under the stars and dance on the beach until mid-night! Tickets are \$125 per person and proceeds will benefit the good works of Mercy Center. To reserve a seat or a table for *Dancing by the Sea* please call 203.245.0401 x 170 or [Krista@MercyByTheSea.org](mailto:Krista@MercyByTheSea.org). For previews of some of the auction items, visit [www.MercyByTheSea.org](http://www.MercyByTheSea.org).

**Please join us for an unforgettable evening!**

*Sponsorships are still available – please consider supporting Mercy Center by becoming an event sponsor.*

# Dear Friends,

Most of you are aware that the Sisters of Mercy of the Americas, Northeast Community, have made a life affirming commitment to the long-term future of our ministry at Mercy Center at Madison by entering into a two-year period of renovation and renewal of our physical plant. When all is completed, this sacred place will be evermore contemplative, eco-friendly and comfortable. However, this time “in-between” does offer some logistical challenges as it also offers precious opportunities for our imaginations to envision anew.

As we enter this transition period, we offer your perennial favorite programs and presenters as a way to counter-balance the “unfamiliar” you may encounter during your stay. You will still find a warm welcome when you arrive, fresh tasty food from our kitchen, a contemplative environment and the glorious beauty of our waterfront. You may also notice that sections of our main building are no longer accessible as we prepare for renovations; that all our overnight guests have now been upgraded to Seascape, a modern, intimate space with in-room baths, breathtaking water views and air conditioning; and that the steam table has returned to the dining room, which is likely to be less crowded.

We are a simpler, leaner retreat center, reflecting our times and always listening for what the Spirit calls us to be and to become. We promise to keep you posted on the changes as they unfold. And we hope that you will continue to come for your own restoration and renewal and to participate in the co-creation of a sustainable, compassionate and joyful Earth. When you come to Mercy Center for your own restoration and renewal, you support ours.

With gratitude and in peace,

*Joan Linley*

Program Director

## What You Need to Know Before You Arrive...

Your safety and well being is our top priority during Mercy Center's transition phase and we would like you to be aware of some important changes to our overnight services.

- Meals: The Seascape kitchen will be supplied with breakfast foods for a self serve continental breakfast. A substantial, wholesome luncheon meal will be served in the Mercy Center dining room or self serve in the Seascape kitchen. Dinner will be a lighter meal, self serve in the Seascape kitchen. Please inform us well in advance of any food allergies.
- Between the hours of 4:30pm and 8:00am there will be no staff or security on site but there is contact information for a member of staff on call available near the telephone in Seascape. We ask that guests be vigilant during this time period. It is not advisable that guests walk the grounds or beach after dark.
- Please keep your keys with you at all times.
- Emergency information is posted in the Seascape kitchen near the telephone.
- There is a small community of Sisters of Mercy in residence in the main building. Please respect their privacy.

We thank you for bearing with us during this transition period and trust that your stay will be both restful and restorative. If you have any questions or concerns or any other needs please call or email Betty Orosz 203.245.0401, ext. 140 and [betty@mercybythesea.org](mailto:betty@mercybythesea.org).

**Tai Chi for Life: Meditation in Motion for Elders**

WITH SUZANNE HANLEY

MONDAY, MARCH 9, 9 AM – 1 PM

\$35

This program is designed especially for those of us who are of a “certain age.” Gentle movement can contribute to a sense of wellness for people of all ages. Tai Chi can be a conduit through which we come to know peace, bringing our spiritual being into harmony with our physical being. Through a series of slow and gentle movements, learn to create an inner stillness and balance. Beginners are welcome. Lunch is included in this program.

**Tai Chi by the Sea WITH SUZANNE HANLEY**

WEDNESDAYS, 5 PM – 6 PM

\$78 PER SIX-WEEK SESSION

SESSION 1: MARCH 11, 18, 25, APRIL 1, 8, &amp; 15

SESSION 2: APRIL 29, MAY 6, 13, 20, 27 &amp; JUNE 3

A Tai Chi class focusing on health and well-being meets weekly at the Center (outdoors when weather permits). This is a great way to relieve stress, improve your balance and just feel better. Beginners are always welcome at any time. Make sure to call and register in advance of the beginning of your session.

**A Day of Mindfulness WITH JERRY SILBERT**

SATURDAY, MARCH 21, 9:30 AM – 3:30 PM

\$45 (FRIENDS \$40)

ALSO PRESENTED SATURDAYS: APRIL 25, JUNE 13, JULY 11 &amp; AUGUST 15

Join us for a day of mindfulness – a practice to reduce stress and live fully “your one wild and precious life.” We will practice clarity of mind, focus, and the non-judgmental observation of experience as it unfolds from moment-to-moment. In a safe, relaxed atmosphere, a variety of mindfulness practices, gentle yoga and meditation will be introduced and guided. Silence will be observed for much of the day. No experience necessary. This retreat is open to anyone who would like to experience the practice and benefits of mindfulness. Wear comfortable slacks and loose fitting clothing. If you have a mat and blanket, please bring it (some mats will be available).

**Reiki Training – Level III Certification WITH DORY DZINSKI**

SUNDAY, MARCH 22, 9 AM – 3 PM

\$250

This is the level of commitment. Students learn three more sacred symbols, how to conduct psychic surgery, and are attuned to a goals-oriented letter to themselves in order to attract the life of their dreams. Certificate in Level III Reiki awarded upon completion. (All three levels will be offered again in Fall 2009)

**Directed Retreat (5-day) WITH LILYAN FRAHER, RSM**

SUNDAY, MARCH 22, 7 PM – FRIDAY, MARCH 27, 10 AM

\$350

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

**Theological Reflections: The Inner Lantern WITH FLORENCE TRAHAN, RSM**

THURSDAY, MARCH 26, 9:30 AM – 4 PM

\$45 (FRIENDS \$40)

Theological reflection is an illuminating process that enables us to find deeper meaning underlying our daily beliefs and practices. Through a carefully structured format we come to know ourselves more honestly in all our strengths and weaknesses. The workshop offers a description of the process, reflection time, dialog, and the opportunity to experience a theological reflection group.

**“This program was very helpful because it gave me a process rather than just information about a concept. I enjoyed the group support and interaction.”**

*2008 participant in Theological Reflections with Sr. Florence Trahan*

## Holy Week Directed Retreat – In Seascape WITH FLORENCE TRAHAN, RSM

AND FR. TERRENCE DEVINO, SJ

SUNDAY APRIL 5, 7 PM – SUNDAY, APRIL 12, 10 AM

\$400

ENROLLMENT LIMITED TO 8 IN SEASCAPE

In an atmosphere of silence, this week will include daily spiritual direction Monday thru Thursday, daily liturgy Monday through Wednesday, and a simple, contemplative commemoration of the Paschal Mystery Holy Thursday through Easter Sunday morning.

## Alert to the Now WITH LILYAN FRAHER, RSM

WEDNESDAY, APRIL 8, 9:30 AM – 3 PM

\$45 (\$40 FRIENDS)

Have you stopped to ask yourself, "Where am I?" Presence is needed to become aware of not only where you are, but who you are. Many of us are so imprisoned in our minds that the beauty which surrounds us, the gift that is given us is missed. Why not gift yourself with a day to reflect, share and become more "alert to the now."

## Encountering the Risen Christ WITH JANET WEBER, RSCJ

THURSDAY, APRIL 16, 9:30 AM – 3:30 PM

\$45 (\$40 FRIENDS)

Sieger Koder is a modern German artist whose paintings draw us deep into the mystery of God's love for us. This reflection day offers the opportunity to pray with his paintings of Mary Magdalene's and Peter's encounters with the Risen Christ and the meaning these encounters have for us.

## Gifts from the Sea: A Day of Renewal WITH PATRICIA STERE SEARS

SATURDAY, APRIL 18, 9 AM – 4 PM

\$65

Anne Morrow Lindbergh wrote of the gifts she received when she spent time by the sea just to be. We also can drink deeply from the well of refreshment that comes from being by the sea. Using the metaphor of shells, we will explore Ann's thoughts about the inner spiritual path of simplifying, shedding, and centering, and the importance of solitude for right relationship with ourselves and others. Our day includes guided meditations, journaling, sharing, and time alone to walk the beach.

## Feelings that Challenge Our Prayer Life WITH CAROL HOVEY

SATURDAY, APRIL 25, 9:30 AM – 3:30 PM

\$45 (\$40 FRIENDS)

Some feelings seem to distract from our prayer. Are they obstacles or can they be springboards to deeper prayer? We will spend the day examining our attitudes towards feelings in general and some specifically, those darker feelings, like fear and anxiety, that we don't like to experience. The day will include time for reflection and prayer.

## A Day of Mindfulness WITH JERRY SILBERT

SATURDAY, APRIL 25, 9:30 AM – 3:30 PM

\$45 (FRIENDS \$40)

See chronological listing, March 21 for details

**"Fabulous,  
experiential  
program – great  
balance of time  
together and time  
alone, great  
exercises ...  
I love this place!"**

*2008 participant in Being a  
Mystic in Everyday Life with  
Carol Hovey*



PHOTO BY STEVE GERE

**“I feel centered,  
relaxed, connected  
and ready to walk  
in the world  
more aware.”**

*2008 participant in Native  
Awareness I with Timothy  
Kowalik, Timothy Grantham  
and Cynthia Kasmirsky*

### **Women of Courage, Women of Vision WITH PATRICIA COOK, RSM**

FRIDAY, MAY 1, 9:30 AM – 3 PM

\$45 (\$40 FRIENDS)

Come to spend a day together, celebrating the lives of two wild and wonderful women of courage and vision. Although separated by hundreds of years, and differing by country and by culture, these two women named Catherine demonstrate a remarkable pair of women who dared to follow the Dream of Jesus in very bold ways. Catherine (Benincasa) of Siena and Catherine (McAuley) of Dublin invite us to copy today, *not* their unique and timebound lives, but their shining example of fidelity to God's personal call. Can you believe it? Come and celebrate!

### **Art Journaling WITH JUDY FORTUNE, RSM**

SATURDAY, MAY 2, 9:30 AM – 3:30 PM

\$45 (FRIENDS \$40)

A day of reflection, quiet and exploration of the lines, colors and textures living within our spirits. How might these seemingly simple things lead us into a deeper sense of self and God? There will be time for quiet, group process and the delight of discovery. No artistic experience is needed. Bring your own personal journal. Art materials will be provided. **Materials fee of \$3 paid to the instructor.**

### **Praying with Art: Accessing the Holy WITH JANET WEBER, RSCJ**

THURSDAY, MAY 7, 9:30 AM – 3:30 PM

\$45 (\$40 FRIENDS)

In common with praying with scripture, the arts beckon us to engage contemplatively with our life experience, and to become attentive to God's abiding presence in the midst of creation and the world around us. Accompanied by images drawn from the arts, the day includes input, personal reflection time, optional art work and communal sharing. No artistic talent necessary.

### **Sharing Our Journeys: A Day for Mothers and Daughters**

WITH PATRICIA STERE SEARS

SATURDAY, MAY 9, 9:30 AM – 4 PM

\$65/PERSON (\$60 FRIENDS)

This retreat for mothers and daughters (and grandmothers, too!) is an opportunity to recall memories, affirm the present, and spend time together in nurturing your mother-daughter relationship. This relationship changes over time, with new learnings, new opportunities for healing, and new gifts to give to one another. Through sharing, journaling, creative expression, and walks along the beach, you will explore the challenges and joys of your individual life journeys, deepen your friendship, and have fun. Come share with women 14-104. "Steps" and "in-laws" are most welcome. **A great Mother's Day gift!**

### **Directed Retreat (5-day) WITH JANET WEBER, RSCJ**

SUNDAY, MAY 10, 7 PM – FRIDAY, MAY 15, 10 AM

\$350

IN SEASCAPE

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

### **Certification in "Sitting" Tai Chi WITH SUZANNE HANLEY**

MONDAY, MAY 11, 9 AM – 1 PM, LUNCH INCLUDED

\$35

This class is designed for anyone who works with, lives with, or has a connection with someone who would benefit from gentle moving exercise, but is not able to participate in a "standing" Tai Chi class. "Sitting" tai chi offers an alternative way to reap the benefits of this Chinese art. It is adapted from the Sun style Tai chi. Certification for offering a "sitting" tai chi program, a instruction booklet and a sitting tai chi DVD are available on completion of this program. **A \$35 materials fee is payable to instructor for DVD and manual.**

### **Listening from Within WITH DALE STEFANICK**

SATURDAY, MAY 16, 9:30 AM – 3:30 PM

\$45 (FRIENDS \$40)

Spend the day in nature's garden by the sea treating yourself to simple techniques that will help you to find your inner stillness. Practice breathing and relaxation exercises, and move your body gently with the rhythm of your breath. Love, appreciate and acknowledge yourself with positive affirmations. Create a life picture without paints, pencils or crayons! There will be time for individual reflection throughout the day. This is a day for you, the wellspring from which all the care you provide to others flows.

### **A Time of Respite for Those Who Grieve WITH SUZANNE HANLEY**

MONDAY, MAY 18, 9 AM – 1 PM

\$35

For those who are mourning the loss of a loved one, this is a time to gather with others in a safe space and to learn selected Tai Chi and Chi Gong techniques that Suzanne found helpful in creating breathing room during her own deep grief. Bring a picture of your loved one to place on our altar of memories. **This program includes lunch.**

## The Spirituality and Activism of Sr. Dorothy Stang

WITH DEBORAH PALLATTO-FONTAINE

SATURDAY, MAY 30, 9:30 AM – 3 PM

\$45 (\$40 FRIENDS)

*"We must be poor with the poor and recapture a tender and kind relationship with Mother Earth. Then we will know how to act."* Dorothy Stang, Sister of Notre Dame de Namur, was a social activist and missionary killed for the sake of justice, protecting the rights of poor farmers and indigenous people in the Amazon forest of Brazil in 2005. For nearly 40 years, Dorothy chose to live in poverty so she could help the oppressed who did not have any control over their lives. Her passions involved social justice, peacemaking, respect for the environment, land reform, and solidarity with the poor. In this day of reflection, you will learn about Dorothy's life, the risks she faced as a missionary, how she responded to God's call for justice in the world, and how her faith and love of scripture enabled her to advocate for the human rights of farmers. Through presentation and video, individual and shared reflection, music, poetry, and scripture, we will also discern where God may be calling us to take a stand for justice in our world today.

## Native Awareness I WITH TIMOTHY KOWALIK, TIMOTHY GRANTHAM

AND CYNTHIA KAZMIRSKY

SATURDAY, MAY 30, 9AM – 4PM

\$45 (FRIENDS \$40)

Our ancestors, the native cultures around the globe, needed an acute awareness of their surroundings to survive, but they took this further and cultivated an expansive awareness, using it as a bridge to bring experiences of Divinity into their daily lives. In this class, we will introduce core routines, as handed down by Tom Brown Jr. of the Tracker School, which allow us to experience this native awareness of our physical and spiritual realms. Exercises will include meditations, sit spots, seeing with "owl eyes", foxwalking, and sensing presence. Please bring a notebook, pen, pad for sitting on the ground, and dress comfortably for the weather as we will be doing both indoor and outdoor exercises regardless of the conditions. **Program includes lunch.**

## Native Awareness II WITH TIMOTHY KOWALIK, TIMOTHY GRANTHAM

AND CYNTHIA KAZMIRSKY

SUNDAY, MAY 31, 9AM – 4PM

\$45 (\$40 FRIENDS)

In this program, we will begin where Native Awareness I ended; we will go deeper in our exploration of the worlds of Nature and Spirit. We will experience nature with indoor and outdoor exercises. There will be little review of Native Awareness I; participants should have taken the Native Awareness I course or other tracker programs. Please dress comfortably for the weather. Please bring a notebook, pen and a scarf for a blindfold. Program includes lunch.

**"An exceptionally beautiful presentation – informative, prayerful, inspirational, motivating..."**

*2008 participant in Radical Love: The Spirituality of Dorothy Day with Debbie Pallatto-Fontaine*



PHOTO BY STEVE GERE

## Songs of the Garden: Mask-Making with Green Women/Men

WITH JANET WEBER, RSCJ

THURSDAY, JUNE 11, 9:30 AM – 3 PM

\$45 (FRIENDS \$40)

Since the time of Eden and the Resurrection, gardens are special places for encountering the Holy. In this program we look at the holy within encountered in the garden of our lives, using the tradition of green women and men. These mythical beings may help us to encounter the holy in ourselves through mask making. **Materials fee of \$4 paid to instructor.**

## A Retreat in Art Journaling WITH JUDY FORTUNE, RSM & JOAN LINLEY

SATURDAY, JUNE 13, 7 PM – SATURDAY, JUNE 20, 10 AM

\$475

ENROLLMENT LIMITED TO 8 IN SEASCAPE

This silent retreat is focused on combining the use of non-representational art work and journaling as a form of prayer that calls us to honor our creative, often hidden self. No previous artistic experience is needed. This week offers reflective atmosphere, faith sharing and meetings with the director.

## A Day of Mindfulness WITH JERRY SILBERT

SATURDAY, JUNE 13, 9:30 AM – 3:30 PM

\$45 (FRIENDS \$40)

See chronological listing, March 21 for details

## A Taste of Tai Chi WITH SUZANNE HANLEY

WEDNESDAYS, 5 – 6 PM

\$36/3 SESSIONS

SESSION 1: JUNE 17, 24, JULY 1

SESSION 2: AUGUST 12, 19, 26

An opportunity to sample the benefits of Tai Chi, a sense of slow and gentle movements that facilitate an inner stillness and release stress. Tai Chi can be a conduit through which we bring our spiritual being into harmony with our physical being. This class is conducted outdoors, overlooking Long Island Sound, whenever weather permits. **Beginners are welcome.**

## Made in the Shade: Weaving a Container Moss Garden

WITH BARBARA DOUGLAS

SATURDAY, JUNE 20, 9:30 AM – 12:30 PM

\$25

PLEASE NOTE: LUNCH IS NOT INCLUDED IN THIS PROGRAM

Moss gardening is an increasingly popular method of plant husbandry, incorporating simple plant cultivation with basic art styles to create unique, everlasting and portable gardens that you can change and expand upon as time goes by. Using brushy clumps of many-hued mosses collected from along the shoreline, each participant will learn how to build a beautiful container moss garden from the ground up. Discussion will include strategies on how to cultivate moss on a larger scale in your garden or yard. The class will walk Mercy Center grounds in search of native mosses and learn how to identify them. Participants will bring home their own container moss garden with care instructions. **\$4 materials fee to be paid to the instructor.**

## Luscious Lavender WITH CYNTHIA KAZMIRSKY

SATURDAY, JUNE 27, 9:30AM – 2PM

\$40 (FRIENDS \$35)

Explore the wonderfully fragrant, medicinal, decorative, calming, culinary and luscious properties of lavender. We will wander among the blooming lavender on the Mercy Center landscape and gather the blooms to create gifts of the season. Come see, smell, taste, and feel the wonderful delights of this luscious plant. **Materials fee of \$3 paid to instructor. Program includes lunch.**

**“Barbara is passionate and knowledgeable about the subject – friendly and upbeat and very helpful. I LOVED having a finished (and beautiful) project to take home. I hope to participate in more classes like this. Thanks!”**

*2008 participant in Made in the Shade with Barbara Douglas*

**Directed Retreat WITH MARY DALY, RSM**

FRIDAY, JULY 3, 7 PM – FRIDAY, JULY 10, 10 AM \$450

ENROLLMENT LIMITED TO 6 IN SEASCAPE

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

**A Day of Mindfulness WITH JERRY SILBERT**

SATURDAY, JULY 11, 9:30 AM – 3:30 PM \$45 (FRIENDS \$40)

See chronological listing, March 21 for details

**Directed Retreat WITH FLORENCE TRAHAN, RSM**

FRIDAY, JULY 17, 7 PM – FRIDAY, JULY 24, 10 AM \$450

ENROLLMENT LIMITED TO 6 IN SEASCAPE

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

**Taking the Beatitudes Seriously WITH MICHAEL CROSBY, OFM CAP**

FRIDAY, JULY 24, 7 PM – FRIDAY, JULY 31, 10 AM \$475/PERSON DOUBLE OCCUPANCY

ENROLLMENT LIMITED TO 14, DOUBLE OCCUPANCY IN SEASCAPE

In Matthew's Gospel, the Beatitudes launch Jesus' teaching. As the gospel develops these beautiful teachings play out in all the rest of Jesus' words and deeds. Michael Crosby will show how Matthew's eight beatitudes represent the essence of contemporary discipleship and how, in our communities, we can find ways to incorporate them in order to bring about personal, communal and collective transformation. Register early for this intimate themed retreat with this renowned author and retreat leader. Please note that although this retreat will be in silence, accommodations are double occupancy so that as many people as possible can take advantage of this special opportunity.

**Directed Retreat WITH JUDY FORTUNE, RSM**

FRIDAY, JULY 31, 7 PM – FRIDAY, AUGUST 7, 10 AM \$450

ENROLLMENT LIMITED TO 6 IN SEASCAPE

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

**“Excellent in every aspect. It has rejuvenated my feelings on how to live my life. Outstanding presenter. This was my first experience at Mercy Center. Will definitely attend other programs.”**

*2008 Participant in Day of Mindfulness with Jerry Silbert*



PHOTO BY STEVE GERE

## Perceiving and Responding to the Face of God in Our Universe

WITH MARY DALY, RSM AND MARY ELLEN MURPHY, RSM

FRIDAY, AUGUST 7, 7 PM – FRIDAY, AUGUST 14, 10 AM

\$475

ENROLLMENT LIMITED TO 8 IN SEASCAPE

How do we see the face of God in the universe that science describes to us today? How does our Sacred Story invite us into deeper relationship with the God of this universe, with the Christ of the cosmos? In this silent retreat participants will seek to experience and contemplate the integral unity of God's Creation as the cosmos comes into continual consciousness of itself and of the One who creates it. Through contemplating the face of the living God reflected in our universe in and through the image of the Cosmic Christ, you will be invited to recognize the action of God in yourself, within the human community and in the universe. You will be invited to respond to the invitation God offers you. **Register early for this popular themed retreat!**

## Directed Retreat WITH FLORENCE TRAHAN, RSM

FRIDAY, AUGUST 14, 7 PM – FRIDAY, AUGUST 21, 10 AM

\$450

ENROLLMENT LIMITED TO 6 IN SEASCAPE

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

## A Day of Mindfulness WITH JERRY SILBERT

SATURDAY, AUGUST 15, 9:30 AM – 3:30 PM

\$45 (FRIENDS \$40)

See chronological listing, March 21 for details

## Directed Retreat WITH JUDY FORTUNE, RSM

FRIDAY, AUGUST 21, 7 PM – FRIDAY, AUGUST 28, 10 AM

\$450

REGISTRATION LIMITED TO 6 IN SEASCAPE

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

## Directed Retreat WITH FLORENCE TRAHAN, RSM

FRIDAY, AUGUST 28, 7 PM – FRIDAY, SEPTEMBER 4, 10 AM

\$450

REGISTRATION LIMITED TO 6 IN SEASCAPE

A retreat experience grounded in solitude, silence, prayer and daily meetings with the spiritual director. Directed retreats call for receptivity to the movements of the Spirit and are adaptable to the needs and desires of each individual.

**Please note:** we ask that you arrive for five- and seven-day retreats no later than 7 pm to ensure that you have time to get settled in your room before an 8 pm gathering with your retreat director and fellow retreatants.

## Men's Spirituality

Where do men go to talk about the significant aspects of their lives? These groups provide a safe, trusting, accepting environment where men can share the stories of their own lives, address the many questions of faith and spirituality, and explore their personal relationship with God. Each session includes continental breakfast. All groups are facilitated by **Jay Bowes and Lee Chamberlain**

### The Breakfast Club

MEETS WEDNESDAYS FROM 7 – 9 AM

FEE \$180/10 SESSIONS

February 4 & 18, March 4 & 18, April 1 & 15, May 6 & 20, June 3 & 17

### Sunrise Group

MEETS TUESDAYS FROM 7 – 9 AM

FEE \$180/10 SESSIONS

February 10 & 24, March 10 & 24, April 7 & 28, May 12 & 26, June 9 & 23

### Peer Group

MEETS THURSDAYS FROM 7 – 9 AM

FEE \$180/10 SESSIONS

February 12 & 26, March 12 & 26, April 9 & 30, May 14 & 28, June 11 & 25

Catherine McAuley founded the Sisters of Mercy in Dublin Ireland in 1831. The spirituality of Catherine can be described by an overarching purpose with two interrelated and inseparable aspects: union with God and compassionate service. All the subsequent ministries established by the Sisters of Mercy since that time throughout the world express those two components of her spirituality.

Mercy Center's spiritual formation programs were founded more than twenty years ago in this same spirit of awareness of God's action in our lives and compassionate engagement with the world around us. The School of Spirituality and the Spiritual Direction Practicum remain the cornerstone of our programming and have a national reputation for excellence.

## School of Spirituality

A two-year adult education program that helps individuals from a variety of faith traditions and communities deepen their basic understanding of Christian history, scripture, spirituality, prayer and mission.

This program is unique in that it not only offers information and scholarship, but participants are also stimulated and enriched by the diverse faith experiences and insights of their classmates. Nearly every class includes opportunity for dialog and small group discussion.

Through weekly staff lectures, guest presentations and independent reading, participants explore their responses to God's presence and action throughout creation and human history. Participants also write weekly reflection papers focusing on their own experiences and how they apply themes and principles of spirituality in their own lives.

### Each year comprises two, 12-week semesters:

#### 2009– 2010

*"The glory of God is the human being, fully alive..." St. Irenaeus of Lyon*

This year looks at the growth and development of the spiritual person and the scriptural call to live "life to the full." The first semester explores the integrated process of human development with particular attention to the key transitions in our spiritual journeys, such as midlife. In the second semester participants consider how our ever-deepening relationship with God ultimately calls us to action in our world and to proclaim God's love and justice in how we live and relate to others at work, in our families and in the world at large. The course includes a session on the ministry of spiritual direction.

#### 2010 – 2011

*"In the beginning was the Word..." John 1*

This year is devoted to the study of Sacred Scripture. Participants will consider the ways in which God communicates with God's people, what can be learned about God and ourselves from this communication and how we may respond to God's invitations. The fall semester looks at God revealing, "what is God?"; the second semester focuses on God revealed in Jesus and, "what is Christ?" As the emphasis is on scripture as living, the class will experience a variety of prayer methods and ways to respond to the invitation of scripture.

Both years also include a (Saturday) retreat day of prayer and reflection at the Center.

Classes meet on Monday evenings from 7 to 9 pm beginning in September and ending in mid-April, with two prayer/integration evenings, one at the end of each semester.

Participants may enter during either year. A certificate is awarded upon completion of the program to participants who have met all of the requirements for class.

Fee: 2009 – 2010: \$450 per semester/\$900 for the year  
2010 – 2011: \$475 per semester/\$950 for the year  
\$50 non-refundable deposit applied to cost

Registration and interviewing: Ongoing for September initiation. Contact the Program Director, Joan Linley (203.245.0401 extension 460 or joan@mercybythesea.org)

# Spiritual Direction Programs

## Spiritual Direction Practicum

CONTACT FLORENCE TRAHAN, RSM, PRACTICUM COORDINATOR

REGISTRATION AND INTERVIEWING THROUGH MAY FOR SEPTEMBER INITIATION

\$1200 PER YEAR (2009 – 2010)

The practicum is a two-year supervision program for aspiring spiritual directors who have a basic foundation in the areas of Scripture, Theology, Spirituality and Psychology. In the first semester, participants explore the concepts of spiritual direction. By the second semester of the first year, participants are learning by doing in a supportive spiritual environment and continue to develop their gifts through spiritual direction supervision throughout the second year. Participants in the Practicum discern their call to the ministry of spiritual direction.

Sessions: Twenty-six Wednesday evening sessions, 7 – 9 pm, from mid-September to mid-April. Program also includes fall Saturday reflection days and two retreat weekends.

## Institute in Spiritual Direction WITH FLORENCE TRAHAN, RSM

SUNDAY JUNE 7, 7 PM – SATURDAY, JUNE 13, 2009, 1 PM

\$550

This six-day residential program is open to beginning and more experienced directors who seek to develop their skills and expertise. This institute provides opportunities for input, role play, dialog, presentation of written verbatims, small peer supervision group, and the opportunity to lead the group in prayer. There will be time for study, rest, quiet, and evening communal prayer. Applicants must be directing a minimum of two persons and bring written verbatim. Interview is required before registration.

## Internship in Spiritual Direction/Spirituality

CONTACT FLORENCE TRAHAN, RSM, INTERNSHIP COORDINATOR

This internship is for persons who feel called to spiritual direction or retreat ministry. The program features individual guided study with the following components:

- Monthly sessions with a staff supervisor for a two-year period
- Dialog on selected readings in spiritual direction or the Ignatian Retreat Exercises
- Supervision of written verbatims or of retreat experience
- Participation in two June Institutes (for spiritual directors)
- Participation in directed retreats (for retreat directors)

## Spiritual Direction

A number of staff, graduates of the practicum and interns are available for spiritual direction. A donation is requested for these services. The suggested range is \$35 to \$75 per session. Contact Judy Fortune, RSM in the Program Department for more information and referral.

**“AMAZING PROGRAM. It offered the opportunity to deeply reflect. It was just wonderful, instructive and rigorous. Florence ... models, directs and guides us. I will recommend more people to come to this beautiful, contemplative place.”**

*2008 participant in the Institute in Spiritual Direction*

## Mercy Center's Program Staff

**Mary Daly, RSM**, (Emeritus) is an artist and theologian, with a doctoral degree in religious studies, experienced in spiritual direction and retreat work. Mary is a lecturer and artist committed to the creative process and the development and use of our creativity to enhance our growth in spiritual life.

**Judy Fortune, RSM**, is a certified spiritual director, retreat director and supervisor, with a Master of Divinity degree from the Weston Jesuit School of Theology in Cambridge, MA. Her special focus in programming is women's spirituality as it integrates with the creative process of personal transformation. She also uses art journaling as a technique for deepening prayer.

**Joan Linley** is Mercy Center's Program Director, a certified spiritual director and spiritual direction supervisor. She served as Minister of Spirituality & Aging at St. Paul & St. James in New Haven, and maintains a practice in organization consultation. In her former life, she worked as the Vice President for Corporate Strategy at the NYC Economic Development Corporation and as the Vice President for Administration at the Financial Services Corporation of New York City.

**Florence Trahan, RSM**, is an experienced spiritual director and supervisor, with an MA in Religious Studies from Manhattanville College and a Certificate in Spirituality from Loyola University. She is the Coordinator of Mercy Center's Formative Spirituality Programs, including the Summer Institute for Spiritual Directors.

## Special Guest Presenters

**Michael Crosby, OFM, Cap.**, belongs to the Midwest Province of the Capuchin Franciscans. He is an award winning author, (including *Spirituality & the Beatitudes: Matthew's Vision for the Church in an Unjust World and Can Religious Life Be Prophetic?*) He has also authored books and lectures on the topic of corporate social responsibility and advises investors concerned about using their monies to promote social change. He offers retreats, workshops and talks in the Americas, Africa, Asia and Europe. For more info, visit his website: [www.michaelcrosby.net](http://www.michaelcrosby.net).

## Program Presenters

**Jay Bowes** is an associate spiritual director at Mercy Center. Jay develops and presents programs for men as well as programs in the area of contemplative prayer.

**Lee Chamberlain** is a spiritual director who has been involved in formation and presentation of men's programs at Mercy Center for the last ten years.

**Patricia Cook, RSM, PhD**, is currently a prison chaplain for the State of Connecticut. She has previously served as an educator, spiritual director, Guatemalan missionary and ministry director for the Diocese of Norwich. One of her avid interests is being the co-founder and faculty member of the Certificate in Spiritual Direction Program at Sacred

Heart University in Fairfield, CT. We welcome back Sr. Patty as a former member of our staff.

**Fr. Terrence Devino, SJ**, is a spiritual and retreat director who serves as Vice President for University Ministries at the University of Scranton, where he is responsible for leadership and management of the University's Campus Ministry, the International Service Program and the Community Outreach Office. He previously served as the Associate Chaplain in Campus Ministry at Fairfield University and the Assistant Director of the Jesuit Urban Center in Boston.

**Barbara Douglas** is a University of Connecticut Certified Master Gardener and Certified Horticultural Professional. She is author of "The Gardening Spirit," a weekly column in shoreline newspapers. She gardens privately, with organic collectives, and as a service/labor of love for those who want gardens of their own, but for a variety of reasons, cannot produce them.

**Dory Dzinski, MA, LPC**, is a licensed professional counselor in private practice, and an energy therapy trainer at Mercy Center, the Institute of Healing Arts & Sciences and Manchester Community College. She holds a Certificate of Spirituality from Saint Joseph College, and is editor/publisher of The Door Opener magazine.

**Lilyan Fraher, RSM**, is an educator and retreat and spiritual director and certified supervisor. She is particularly interested in creation and Native American spirituality.

**Timothy Grantham** has had a lifelong love affair with old skills and ways of living. He has studied primitive skills with the Tracker School, been trained in the Vision Quest experience with Earth-Heart. Tim has taught survival skills and ceremony at the Apeiron Institute for Environmental Living and works with schools and local Boy Scouts. He is a member of New England Trackers.

**Suzanne Hanley** has been a player of Tai Chi since 1994 and a teacher since 1996. She is a wife, mother, watercolor artist and gardener. She has trained with many teachers and her focus is in helping others learn Tai Chi as a means for moving towards health and well being.

**Carol Hovey, MS**, is a family therapist, spiritual and retreat director, wife and mother. Her ministry focuses on empowering and healing both women and children.

**Cynthia Kazmirsky** has played in the woods and swamps and honored the plants and nature since childhood. A child of Slovak farmers, she became aware of the healing spirit of plants and herbal medicines. She has studied with Tom Brown, Jr., attended the Tracker School and herbal studies with Gail Ulrich and Rosemary Gladstar. She now lives in the woods of south central Connecticut and caretakes the land that owns her.

**Timothy Kowalik, PhD**, has been studying healing and awareness in the aboriginal traditions taught by Tom Brown, Jr. He has taught awareness and basic survival skills at the Apeiron Institute for Environmental Living, the Bioneers by the Bay

Conference, and to schools and scout troops. Tim is on the Board of The Children of the Earth Foundation (COTEF), which teaches awareness and survival to children throughout the US. He is also a founding member of New England Trackers.

**Mary Ellen Murphy, RSM**, is currently a visiting professor of chemistry at St. Joseph College. She is an internationally known organic biochemist who was co-investigator of the Apollo II lunar rocks for NASA and more recently NASA NEAR team member analyzing the chemical composition of the surface of the asteroid Eros. Her other research interests are meteorites, oil shales and petroleum source rocks.

**Debra Pallatto-Fontaine, PhD**, is a Commissioned Minister of Spiritual Formation, United Church of Christ, a certified spiritual director, retreat leader, and a mission volunteer in China, with a Master of Theology degree from Hartford Seminary and advanced degrees from the University of Connecticut. She also completed the Women's Leadership Institute at Hartford Seminary. Debra is Professor of Teacher Education and Family Studies at Becker College where she teaches courses in education, psychology, and religion, and is the lead teacher in Mercy Center's School of Spirituality. Debra is especially interested in integrating spirituality and mission and in interreligious engagement.

**Patricia Stere Sears, MA**, is a life-long seeker and member of the Religious Society of Friends (Quakers). A graduate of Union Theological Seminary, she is an educator with more than 30 years' experience designing and leading retreats, workshops and training events. Patricia's work draws on her interests in spiritual development, women's health and psychology, earth-centered spirituality, healing, meditation and creative expression.

**Jerry Silbert, MD**, trained at Harvard's Mind/Body Medical Institute and at the Center for Mindfulness in Medicine at the University of Massachusetts Medical Center. His special interests are in the health of individuals, the health of communities and the health of the environment.

**Dale Ann Stefanick, MHSA, RN**, has been a stress management workshop leader since 1988. She is a holistic health nurse and a Reiki Master/Teacher. She teaches breathing and relaxation techniques and guided imagery seminars to community organizations and health care providers throughout Middlesex County. She is currently the Customer Relations Manager for Middlesex Hospital and is also a Certified Personal Trainer, Aerobics and Fitness Instructor, Pilates Instructor and Contemporary Yoga teacher for both the hospital and the Valley Shore YMCA. She holds a special place in her heart for the Mercy Center, which has brought her tranquility and happiness for many years.

**Janet Weber, RSCJ**, is a Religious of the Sacred Heart, with a background in the arts, international education and anthropology. This artist, poet and contemplative believes in the many ways God has given us a sharing in the divine creative energy.

## Program Mission

Mercy Center offers its programs in a seaside setting of quiet beauty to engage people from a variety of backgrounds who seek to grow as women and men of integrity and faith.

### The Center programs

- foster reflection, learning and meditation
- challenge participants to holistic growth in an accepting environment
- provide a welcoming atmosphere of simplicity and beauty
- manifest a concern for justice and a sensitivity to poverty.

### Thus the Center offers programs which

- enable and develop the deepening of spirituality
- challenge participants to practice peace and justice
- foster spirituality through the creative and healing arts
- develop appreciation of creation and stewardship for the environment.

## Mission Statement

Mercy Center at Madison, a sponsored work of the Sisters of Mercy, is a conference and retreat center for human development. We offer a hospitality that reveres the value and uniqueness of each person.

Mercy Center at Madison is blessed with 33 acres of breath-taking, ocean-front property resplendent with shrubs, flowers and other plantings. A seven-circuit classical labyrinth overlooks the water. Over 45 different species of trees grace the property, including Sugar Maple, Red Maple, White Pine, Black Gum, Paper Birch, Dogwood, Serviceberry, Hawthorne, Eastern Red Cedar and Red Oak. From Mercy Center's beautiful, private beach to our outdoor gardens to our Seaside Meditation Room and Chapel, you will feel welcomed, safe and peaceful here.

## Moving Towards Sustainability

The Ecology Program at Mercy Center is born out of one of the tenets of the Sisters of Mercy to revere Earth and work more effectively toward the sustainability of life. Mercy Center seeks to fulfill this vision by examining its own business practices and incorporating more sustainable and ecologically sound methods into our operations. As we educate ourselves, we also strive to provide workshops and events to help the community learn about local environmental concerns and connect with nature and programs which give opportunities for greater spiritual connections to Earth.

- We use energy efficient fluorescent lamps and EnergyStar products
- Our toilets have been converted to low-flush toilets
- We recycle paper, containers, electronics, and hazardous waste
- We compost and/or mulch garden and landscape debris
- We use local and/or organic food when possible
- We follow the standards written by CT Northeast Organic Farming Association (NOFA) Organic Land Care management program
- Our Ecology Center has a library and reading room in Shalom, second floor
- We provide programs and opportunities to help individuals and groups connect with the natural world
- We offer scholarships for Earth and Spirit programs
- We offer endless volunteer opportunities

## Accommodations and Dining

We value simplicity. Our simple, clean guest rooms do not have phones or televisions, to free you from distractions. Phones and televisions can be found in some common areas. We provide linens and towels, and some rooms have views of the ocean. Program fees are based on double room accommodations with the exception of the directed retreat programs. Wheelchair accessibility is available but limited. Please advise us of special needs at the time of registration.

During the renovation period all bedrooms are located in our Seascape facility. All but one of these rooms offers a water view and the building is air-conditioned. The Seascape kitchen will be supplied with breakfast foods for a self serve breakfast. A substantial luncheon meal will be served in the Mercy Center dining room. Dinner will be a lighter meal, self serve in the Seascape kitchen.

## Hold Your Next Meeting at Mercy Center

Set on 33 acres and 1100 feet of private beach, Mercy Center offers nonprofit, government and business groups a unique setting where learning, planning, exploring and innovating can flourish.

### Our conference rooms and packages offer:

- Conference rooms in our Main Building accommodate groups of 2 to 200
- SeaScape, a beautiful private building with conference facilities for groups up to 20 people and overnight accommodations for up to 14 double occupancy, 8 single occupancy
- Audiovisual equipment available for rental, including TV/DVD and TV/VCR equipment, overhead projectors, slide projectors, screens, easel/pad, microphones and LCD projector
- Meals, snacks and beverages all freshly prepared by our chef and feature made-from-scratch pastries, soups, entrees and desserts. Specific food allergies can be accommodated with advanced notice
- The availability of simple overnight accommodations
- Ample free parking

Call 203-245-0401 or e-mail [info@MercyByTheSea.org](mailto:info@MercyByTheSea.org) for information, availability or to schedule a tour.

## Registration and Fees

Many of our programs fill quickly and participants are urged to register as far in advance as possible. Fees for full-day programs include tuition and lunch. **Fees for overnight programs include tuition, double-room accommodations and meals.**

**Register online:** Registering online is quick, easy and secure. [Visit www.MercyByTheSea.org](http://www.MercyByTheSea.org).

**Fax:** Complete the form on this page and fax it to 203.245.8718.

**Mail:** Complete the form on this page and send it to:  
Mercy Center, Program Department

167 Neck Road

P.O. Box 191

Madison, CT 06443-0191

**Phone:** Call Betty at 203.245.0401, ext. 140.

## Payment Information

### MAJOR CREDIT CARDS ACCEPTED

**Payments and deposits:** Payment for programs is due in full on registration.

**Cancellation:** Participation in programs can be cancelled up to 10 days prior to program start date; fee will be refunded minus \$10 for a day program and \$25 for an overnight program.

**Refunds:** Refunds cannot be given for cancellations made fewer than 10 days prior to the program start date. Refunds will be provided in full for any program cancelled due to lack of enrollment.

**Tuition assistance:** No one will be refused participation in a program due to financial difficulties. Please speak to the Program Dept. if you need financial assistance.

## Arrival Time

**For Day Programs:** Registration is 15 minutes prior to starting time for program.

**For Overnight Programs:** Registration is 30 minutes prior to starting time for program.

## Directions

### FROM NEW YORK

Take I-95 north to Exit 59. Right off exit, left at light onto Route 1. Travel two miles along Route 1; turn right onto Neck Road. (It's the first right after the car dealership.) At stop sign, turn right, continuing on Neck Road. Entrance to Mercy Center is on left, about a half mile down road, just past Mercy School.

### FROM PROVIDENCE

Take I-95 south to Exit 61. Left onto Route 79. Turn right onto Route 1. Travel about one mile along Route 1. After passing the Unitarian Church, take first left onto Neck Road. Entrance to Mercy Center is on left, about a half mile down road, just past Mercy School.

### FROM HARTFORD

Take I-91 south to Exit 22S (Route 9) to Route 17S (New Haven). Continue on Route 17; at fork, bear left onto Route 79. Continue on Route 79 for several miles until it intersects with Route 1. Turn right onto Route 1. Travel about one mile along Route 1. After passing the Unitarian Church, take first left onto Neck Road. Entrance to Mercy Center is on left, about a half mile down road, just past Mercy School. OR Take I-91 south to New Haven. Pick up I-95 north (left lane). Continue with directions FROM NEW YORK above.

## Registration Form

**Send to:** Mercy Center, Program Dept., P.O. Box 191, Madison, Connecticut 06443-0191 **Fax to:** 203.245.8718

NAME

ADDRESS

CITY/STATE/ZIP

DAYTIME TELEPHONE (REQUIRED)

E-MAIL

PROGRAM TITLE

DATE

FEE

PROGRAM TITLE

DATE

FEE

PROGRAM TITLE

DATE

FEE

TOTAL DUE

SPECIAL NEEDS, FIRST FLOOR OR DIETARY (ALLERGIES) REQUESTS

PLEASE CHARGE MY CREDIT CARD

CHECK ENCLOSED (PAYABLE TO MERCY CENTER)

CARD NUMBER

EXPIRATION DATE (MONTH/YEAR)

SIGNATURE

Would you like to add a donation to Mercy Center to help those who would like to attend programs but cannot afford to do so? Please indicate the amount of your contribution: \$ \_\_\_\_\_

*Thank you for your support of Mercy Center.*



PHOTO BY STEVE GERE

**Stop the world for a day. Or two.**  
*Renew your spirit and refresh your mind with  
a personal retreat at Mercy Center at Madison*

You deserve some personal time for quiet reflection. To meditate. Read. Write. Paint. Or just be. You'll find that time here at Mercy Center at Madison.

Enjoy the quiet, or the company of other guests. Walk our beautiful, private beach or enjoy our outdoor gardens. Visit our Seaside Meditation Room, Chapel or silent living rooms. You are welcome to participate in one of our programs, request spiritual direction, or just enjoy our grounds. The choice is yours.

Simple, clean accommodations. We value simplicity. Our private guest rooms do not have phones or televisions, to free you from distractions. We provide linens, towels and views of the ocean.

Private Retreats are available the following dates:

April 17 – 23

April 27 – May 1

September 28 – October 2

October 13 – 16

Call us at [203.245.0401](tel:203.245.0401) or e-mail  
[info@MercyByTheSea.org](mailto:info@MercyByTheSea.org)  
to schedule your stay or find out more.



*Mercy Center  
at Madison*

A sponsored work of the Sisters of Mercy

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Madison, CT 06443-0191

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