



“REFLECTIONS” NEWSLETTER SPRING—SUMMER 2010

Mercy Prayer Center

Mercy Prayer Center

....A Spirituality Ministry of the Sisters of Mercy

585-473-6893

www.mercyprayercenter.org

info@mercyprayercenter.org

Mercy Prayer Center presents a “Day of Reflection for Women”

Presenter: Patricia Livingston

Light is central to both our physical and spiritual lives. With the awakening Spring comes new life and lengthening light to our days. Join Pat and others for this Day of Reflection for Women. Throughout this day Pat will gently invite us to remember that we are loved and loveable. With her signature good cheer, Pat will share stories of family and friends, of joy and heartbreak, and invite us to open our hearts and minds to the light of kindness, laughter, mercy and gratitude. *(For your convenience the same program is being presented at two different sites.)*

Friday, April 16, 2010

9:30 am – 2:30 pm

Our Lady of Peace Parish Center, Geneva, NY

or

Saturday, April 17, 2010

9:30 am – 2:30 pm

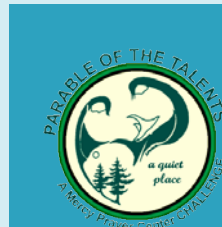
St. John of Rochester, Fairport, NY

Patricia Livingston is an award-winning writer whose works have been published in St. Anthony Messenger, U.S. Catholic, and Praying magazines. She is the author of four books, including Let in the Light and This Blessed Mess. Drawing from her life experience as a wife, mother and grandmother, Pat is a sought after public speaker who inspires audiences with down-to-earth tales of everyday living.



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**Talent Challenge
2010**

April 1 through

June 30

(See page 2)

Talent Challenge Event

We invite you to join us in this great performance!



Songs for the Center

A Musical Fundraiser for the Mercy Prayer Center

Featuring...

Vocalist Marc Webster, Graduate of Eastman School of Music and Juilliard

An Afternoon of Jazz, Musical Theatre, and Song...

Saturday, May 1, 2010

University of Rochester Interfaith Chapel

Wilson Blvd, University of Rochester River Campus

Musical Program 1:00-2:30pm

Reception is immediately after the program

Suggested Donation: \$20.00

Proceeds will benefit the Mercy Prayer Center located at 65 Highland Avenue in the City of Rochester. Administered by the Sisters of Mercy, the Mercy Prayer Center is a tranquil center for the exploration of one's spirituality and welcomes people of all faiths. The open doors of the Mercy Prayer Center seek to provide warmth, hospitality, and a supportive environment of solitude for all who come.

Tickets available at Mercy Prayer Center after April 5, 2010

Talent Challenge 2010

Talent Challenge 2009 was a great success thanks to your generosity and overwhelming ability to “**go forth and do good.**” Over \$15,000 was raised for Mercy Prayer Center in 2009.

Talent Challenge 2010 will take place between **April 1** and **June 30**. Our goal is to recruit at least 100 ‘**Talent Volunteers**’ who will agree to create a personal project to raise funds to support Mercy Prayer Center and to raise awareness for our ministry.

Parable of the Talent Challenge Participant Form

Name _____

Address _____

City/ State/ Zip _____

Email _____

Phone (H) _____ (W) _____

My project is: (describe below)

I haven't decided yet but will let you know.

Please return form to:
Mercy Prayer Center
65 Highland Avenue
Rochester, NY 14620
Phone: (585) 473-6893 Fax: (585) 473-6414
Email: info@mercyprayercenter.org
Website: www.mercyprayercenter.org

Prayer Walking Information Session

This evening session is a great opportunity to become familiar with the spiritual and physical benefits of “prayer walking” as we anticipate the beginning of a new spring season in Rochester.



- Prayer Walking helps us open our eyes to God’s wondrous creation and allows us to become more aware of God’s presence in our lives.
- Prayer Walking is known to release “spiritual” endorphins to the soul.
- Prayer Walking is for all fitness abilities.

Outdoor activities require that you dress appropriately for all weather conditions; non-skid or hiking shoes work best for walks in nature.

Tuesday, March 23, 6:30 – 8:00 pm Fee: \$10

Facilitators: Sr. Jody Kearney, RSM; Diane Ferrucci, Personal Trainer

Prayer Walking Dates: Saturdays, May 1, 22, June 5

Healing Power of Chiropractic Care

This is your chance to come and learn how the body is designed to help us live an optimum life. Dr. Schamberger comes highly recommended as a Chiropractor who sees his work as a ministry to healing those in pain, educating people about their bodies and sharing his faith in God as part of his practice.

Tuesday, April 27, 7:30 - 9:00 pm

Presenter: Dr. Heinz Schamberger Fee: \$15

Ongoing Programs

- Christian Meditation Group: weekly on Thursday mornings ~ 7:30 am
- Day to Call Your Own: March 18, April 8, May 13, June 10 ~ 9:00 - 4:00 pm
- Personal Training Group: March 22, April 12, May 17, June 7 ~ 7:00 - 9:00 pm
- Ignatian Spirituality for Everyday Living (pm session): March 25, April 29, May 27, June 24 ~ 7:00 - 9:00 pm
- Women Sharing a Woman’s Journey: April 6, May 4, June 1 ~ 9:45 - 11:45 am
- Evening Faith Sharing: April 15; May 6 ~ 7:00-9:00 pm
- Ignatian Spirituality for Everyday Living (am session): April 13, May 11, June 8 ~ 10:00 - 2:00 Noon

The Secret Pleasure of Menopause

Creating Physical and Emotional Health and Healing
During the Change

(based on the book by Christian Northrop, M.D.)

Are you prepared to have menopause be a pleasurable experience? Would you like to thoroughly enjoy the second phase of your life?

This class is designed to help women of all ages to learn to see the connection between their emotional health and physical well-being. It is a time to give “birth” to your dreams, goals and desires. Come and learn how to celebrate the best years of your life.

Monday, May 3, 6:30 - 8:30 pm

Fee: \$20

Presenter: Diane Ferrucci, Personal Trainer

Mercy Prayer Center Respite for Caregivers

Respite Care is the gift of time that you give to yourself.



Mercy Prayer Center is assuming this program that previously was known as Mercy Respite — a ministry under the direction of Sr. Anne Maloy, RSM.

Respite for Caregivers offers relief and support to family caregivers who are caring for loved ones in chronic care. It provides a needed break, home-cooked meals, massage, conversation with other caregivers, music, relaxation techniques, simple methods for stress reduction, self-care instruction, and prayerful reflections on deepening one’s spiritual journey.

Friday, April 9; Tuesday, May 18; Tuesday, September 21;
Tuesday, October 19 ~ 9:00 am - 3:00 pm Fee: \$60*

*Massage—additional fee (\$15 for 15 minutes; \$30 for 30 minutes; \$50 for 1 hour)

Charlie Brown’s Famous line was “Good Grief!”

What is so good about Grief anyway?

There is grieving and there is mourning. They are a necessary process to living a peace-filled abundant life. The presenter will share with you some insights and tools that can be used to get to the life God has waiting for you again and can help dispel some of the myths around grieving that keep people in pain for years.

Tuesday, May 4, 7:00 - 9:00 pm

Fee: \$15

Presenter: Rose Marie Tischer



Mercy Prayer Center
 65 Highland Avenue
 Rochester, NY 14620

A Ministry of the Sisters of Mercy



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Dated Material

REGISTRATION FORM

Please complete and mail to the address below at least one week prior to the scheduled program.

Name: _____

Address: _____

Phone: _____

Email: _____

Amount Enclosed: \$ _____ Resident _____ Commuter _____
 (Please Indicate)

Program choice(s) and date(s):

Register on-line at:
www.mercyprayercenter.org
OR
Mail to:
Mercy Prayer Center
65 Highland Ave.,
Rochester, NY 14620

Registration Policy

\$5 Non-Refundable Deposit required for EACH program. 50% Non-Refundable Deposit for all overnight, weekend and week-long programs. Refunds are only given if a program is cancelled by Mercy Prayer Center. For more information or to register, call 585-473-6893 or you can register by credit card or E-check on-line at www.mercyprayercenter.org.

American Express, Discover, MasterCard and Visa are accepted.

(Many programs fill quickly, so we recommend early registration. In consideration of our presenters, a program may be cancelled if the minimum registration is not met seven days prior to program dates.)