




# MERCY PRAYER CENTER REFLECTIONS

 A Spirituality Ministry of the Sisters of Mercy | WINTER 2012

## New Opportunities!!!

As I wrote this letter we were entering the season of Advent, a time of spiritual preparation, anticipation and expectation. Mercy Prayer Center's team got an early start and began engaging these three characteristics of the Advent season back in August. At our Planning Days we reaffirmed our strategic plan's goal to create ways to reach out to young adults. There is great concern today that young adults are not choosing to be involved in formal religion. Developmental theory suggests that youth are not so much abandoning formal religion as they are trying to make it their own. Shortly afterward we received an invitation from *Foundation for the Future* to submit a grant proposal focused on spiritual growth of young adults under the age of 20. Our preparation, anticipation and expectation goals were realized in October when we received a grant award to implement our project "Youth Witnessing to Youth" which focuses on teaching and empowering youth to take on leadership roles as prayer and retreat leaders.

We are grateful to Sr. Karlien Bach RSM, Theology teacher at Our Lady of Mercy High School, Mr. Nathan Drahms, Campus Minister at the University of Rochester Catholic Newman Community, Mary Bills, Youth Minister at Aquinas Institute, and, Sr. Patricia Beairsto RSM, Campus Minister and Theology teacher at Our Lady of Mercy High School for graciously offering to lend their expertise to our project.



*Students from University of Rochester Catholic Newman Community enjoy a weekend retreat at Mercy Prayer Center*

You will also notice in this newsletter that we have added a few new retreat offerings in our 2012 calendar. In February, Fr. Ray Fleming will guide a retreat weekend. In March, Madalene Stafford will lead a weekend retreat focused on "An Exploration of Celtic Christian Spirituality". Come summer we will have two shorter Guided Retreats in August. With this change we hope to open up opportunities for people who may not have the time or resources to make a week long retreat.

My hope for you is a new year filled with all of the blessings you need!

In Mercy,

*Karen*

Karen Kosciolk  
Executive Director

# Upcoming Programs

## Spiritual Direction at Mercy Prayer Center and in Geneva

"Spiritual direction is the contemplative practice of helping another person or group to awaken to the mystery called God in all of life, and to respond to that discovery in a growing relationship of freedom and commitment." (James Keegan, SJ)

If you are committed to praying regularly and are willing to share that experience in confidence with a spiritual director, consider this invitation to enter into spiritual direction at MPC. The spiritual director is a listening, supportive person who creates an atmosphere where one can look honestly at his or her relationship with God, as it is lived out in everyday life. Frequency of sessions may vary with each person. Generally, the frequency of meeting is every four to six weeks.

**Facilitator:** Sr. Jody Kearney, RSM

**By appointment at Mercy Prayer Center;  
65 Highland Ave; Rochester, NY**

**In Geneva, NY – by appointment on either the  
First Monday OR Last Tuesday of each month.**

**Location: Our Lady of Peace Parish Offices;  
130 Exchange Street; Geneva, NY**

**\$35 per session**

## Women Sharing a Woman's Journey

This ongoing program is for women of all ages wishing to experience time for prayer, quiet time, and faith sharing while being enriched by God and one another. We will read and share insights from *A Place of Mercy* by Thomas O'Brien about an outreach ministry in the heart of the city of Rochester, directed by a local Sister of Mercy, Grace Miller.

**Facilitator:** Sr. Margaret Mattle, RSM

**1st Tuesday of the month: January 3, February 7,  
March 6, April 3, May 1, June 5, 10:00 am – 12:00 Noon**

**\$20 per session** (plus cost of book to be purchased by participants)

## Christian Meditation Group

Join with other pilgrims on the inner journey to silence, stillness and simplicity. This group follows John Main, OSB's invitation to Christian Meditation. The group meets weekly in the Chapel for one hour. Newcomers are always welcome.

**Facilitator:** Karen McNamara

**Every Thursday morning starting January 5  
through June 14 with the exception of April 5,  
7:30 – 8:30 am**

**Free will offering**

## The Mystery of a Personal God

In his classic contemplation, *The Holy*, Rudolf Otto describes God as both "tremens" and "fascinans", two Latin words that point to a divine being who causes us to tremble in awe, but also who fascinates and attracts us. In these sessions we will explore our own beliefs and perceptions about God to discover ways we might relate to this All-Holy One who created us in love but is way beyond our human comprehension.

**Facilitator:** Sr. Margaret Mattle, RSM

**Mondays, January 9, 16, 23, 30, 1:30 – 3:30 pm**

**\$80 for series**

## Spirituality and Dreams

New and experienced dreamers will have an opportunity to explore the rich symbolic meaning of their dreams. The emphasis is on how God is "whispering in our ears" as we dream, and how dreams are connected to our ongoing prayer life. This is a participatory experience that includes both instruction and practice in unraveling dreams.

**Facilitator:** Dorothy Lindsay

**Mondays, January 9, 16, 23, 30;  
February 6, 13, 1:00 – 3:00 pm**

**\$120 for series**

## Rhythms of Light and Darkness

Throughout our lives we continually experience mood changes influenced by our personal and relational circumstances. This workshop will give us insights that help us understand our own and others' behavior and motivation, and show us ways of acting more fully in the light of faith and avoiding the shadows of ignorance and misunderstanding.

**Facilitator:** Sr. Margaret Mattle, RSM

**Saturday, January 14, 9:30 am – 3:30 pm**

**\$35** (bring your own lunch; beverages provided)

## Enneagram & Healing

This program focuses on healing the brokenness that your particular Enneagram number indicates and uses the basic program of meditation recommended in the book, *Body, Mind, Spirit* by Richard Johnson, Ph. D. Participants in the program will need to purchase this book and should have a basic understanding of Enneagram.

**Facilitator:** Sr. Margaret Mattle, RSM

**Wednesdays, January 18, February 15,  
March 21, April 18, May 16, 1:00 – 3:00 pm**

**\$20 per session**

## Soul Fire: Accessing Your Creativity

Using the book of the same name by Thomas Ryan, CSP, we will explore the spirituality of creativity. "Creativity is something we all have, and there are myriad possibilities for the expression of our creative energies: cooking, gardening, painting, sculpture, carpentry, travel, dance, music, acting, sewing, writing, weaving, singing, and raising children, to name a few. "While young adults would get much from this experience, our target audience are those in the second half of life. It is in the second half of our lives that we may have the time to become attentive to that which is smoldering within us.

**Facilitator:** Pat Lawlor

**Thursdays, January 19, February 2, 16,  
March 1, 15, 29, 10:00 am – 12:00 Noon**

**\$100 for series**

## Praying With Color Workshop

"Praying with Color is a prayer form that gives God an invitation and a new door into our hearts and minds," writes Sybil MacBeth. "For many of us, using only words to pray reduces God by the limits of our finite words."

This workshop is for everyone. You need not be an artist. You need the desire for prayer. Maybe you doodle. Maybe you love color. Maybe you are a visual or kinesthetic learner. Whatever the case, this workshop is a time to experiment with color and shapes as a prayer expression. Bring your colored pencils and plan for a morning of coloring/praying.

**Facilitator:** Bonnie Matthaideess

**Monday, February 6, 9:00 am – 12:00 Noon**

**\$25**

## A Day to Call Your Own

Carve out one day for yourself and take a break! After an optional 9:30 am opening prayer, you are free to spend the day in prayer, quiet reflection, and solitude. This program is limited to only 8, so you are encouraged to make your reservation early!

**Facilitator:** Mercy Prayer Center Staff

**Thursdays February 9, March 8, April 12, May 10,  
June 7; exception: Tuesday, January 17**

**9:30 am – 4:00 pm**

**\$20 per day** (includes a light lunch)

## Seasons of Recovery

- Every season speaks a message of promise and change throughout our lives
- Seasons are symbolic experiences and challenges that enable our recoveries to evolve

# Upcoming Programs *continued*

This program is open to all who are active in 12-steps programs or interested in the spirituality of recovery. Each session will offer a short presentation, time for reflection, discussion and prayer.

**Facilitator:** Sr. Catherine Kanick, RSM

**Tuesdays, February 21, May 15, July 17, October 16, 7:00 – 9:00 pm**

**\$20 per session**

## Lenten Mass and Soup Supper

Lent offers us the opportunity to reflect on the Paschal Mystery, Jesus' passion and death, leading into the Resurrection. This evening will begin with Eucharist and will end with a simple soup supper.

**February 27, 5:30 pm**

**\$20**

## Praying with Icons: Beholding Divine Mystery

Icons are inseparable from prayer. As you gaze upon an icon, the sacred silence of the icon invites the inner attitude of contemplative prayer. The icon is theology, tradition, revelation and transfiguration. Connecting heaven and earth, the icon is a witness to the kingdom of God in our midst. In the time we have together, we will explore the history of the icon, learn how an icon is "written" and how it has been and continues to be used in sacred liturgy and worship—both public and private.

**Facilitator:** Pam Keyes has been a prayer guide and presenter for the *Ignatian Spiritual Exercises* over the last ten years at Mercy Prayer Center. Through her travels and study in the Middle East, from the Coptic monasteries of the Wadi Natrun in the Western Desert of Egypt to the Orthodox Patriarchate of Constantinople (Istanbul), Turkey, Pam has experienced first-hand the use of the sacred icon in the worship and liturgy of these ancient Eastern Churches.

**Thursday, March 8, 7:00 – 9:00 pm**

**\$20**

## Finger Lakes Region Lenten Day of Reflection

We invite you to join with others seeking to spend a day in prayer and meditation on the graces that are extended to us in the holy season of Lent. Fr. Hoan will lead us in prayer and reflection, sharing his insights and his gift of guitar music. Time for quiet and personal prayer will be integrated into the agenda for the day. Dress comfortably and bring your own bag lunch.

**Facilitator:** Fr. Hoan Dinh, Parochial Vicar, Our Lady of Peace Parish – Geneva. Born and raised as a farm boy in Vietnam, Fr. Hoan survived many cross-cultural experiences prior to settling in Rochester in 2001. His graduate studies in religion and theology at the Catholic Universities in Washington DC and Louvain, Belgium fostered his passion to explore one's spiritual growth.

**Saturday, March 10,** Our Lady of Peace Parish Center – St. Francis DeSales Church; 130 Exchange Street; Geneva, NY 14456

**9:30 am – 2:00 pm**

**\$35** (please bring your own bag lunch; morning snack, beverages and dessert will be provided.)

## Introduction to Centering Prayer Workshop

Contemplative prayer is the opening of the mind and heart, one's whole being to God. The root of this ancient Christian tradition is interior silence and resting in God. Centering Prayer is a way that prepares one to receive the gifts of contemplative prayer by consenting to God's presence and action within us.

This workshop, based on the works of Fathers Thomas Keating, Basil Pennington and William Meninger will cover the essential of doing the prayer, establishing a daily practice, understanding the challenges and strategies for overcoming them. Practice times will be included.

**Facilitator:** Dorothy Lindsay and Tom Agness

**Saturday, March 10, 9:00 am – 3:00 pm**

**\$45** (bring your own lunch)

## Follow-up Sessions to the Introductory Workshop on Centering Prayer

Each of the Centering Prayer Follow-up sessions will provide an opportunity for prayer practice, support of each person's personal practice, as well as instruction by Fr. Thomas Keating on Centering Prayer via DVD.

**Facilitator:** Dorothy Lindsay

**Mondays, March 19, 26; April 2, 9, 16, 23,  
1:00 – 2:30 pm**

**\$120 for series**

## What to Wear

*A Day of Reflection*, designed just for you—this will be a time for you to focus on what the scripture invites you to “put on” and what to “put off” as you live your everyday life and the extraordinary circumstances that visits each and every one of us. Bring your Bible and a notebook or journal as we will dig into and unpack several passages, including Colossians 3 that tells us “what to wear” as God's chosen and dearly loved people. The day includes:

- Morning Prayer
- Time for Teaching
- Large Group Experience
- Quiet, Personal Time

**Facilitator:** Bonnie Matthaïdëss

**Thursday, March 22, 9:30 am – 2:00 pm**

**\$35** (bring your own lunch; beverages provided)

## Spiritual Exercises of St. Ignatius Information Session

- Have you heard about the Spiritual Exercises of St. Ignatius and wondered what they are all about?
- Has someone you know recommended that you make the Spiritual Exercises?
- Not sure what this commitment may entail?

Come join others who are interested in learning more about the Spiritual Exercises of St. Ignatius in the 19th Annotation format. This evening is set aside to give attendees an overview of this thirty week retreat and a deeper understanding of how God may be working in their lives. Details of the Application process will also be discussed AND application packets will be available.

**Facilitator:** Giovina Caroscio

**Monday, April 12, 7:00 – 8:30 pm at Ministry Center (formerly St. Mary's School), 25 Center St, Waterloo, NY**

**Monday, April 23, 7:00 – 8:30 pm at Mercy Prayer Center, 65 Highland Ave., Rochester, NY**

**No Charge**

## Awakening the Dreamer, Changing the Dream

A day of reflection created by the “Pachamama” Alliance. Pachamama, which means “Mother Earth”, includes the sacred presence of earth, sky, the universe and all time. The purpose of this Alliance is to bring about an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet, as this is highlighted by carefully focused films. (Powerpoint)

**Facilitator:** Sr. Jean Murin, RSM

**Saturday, May 5, 9:30 am – 3:30 pm**

**\$45** (please bring your own lunch)

# Retreats

## Fourth Annual Summer Institute:

AN OPPORTUNITY FOR LEARNING, SHARING,  
AND REFLECTING

### Topic: Contemplation in Action

Summer is often a time when we look for space in our lives for personal renewal and reflection on our life, work and ministry. We encourage you to take a mini-break and participate in this spiritual growth opportunity. The program format includes group prayer, presentation, individual reflection and some group sharing.

Tuesday, July 17, Wednesday, July 18,  
Thursday, July 19,

\$30.00 per session

\$75.00 for all three sessions

Site: TBA

## Men's Weekend Retreat: Good Teacher, What Must I Do to Obtain Eternal Life?

This question, which the Gospels (Mark 10:17, Matthew 19:16, Luke 18:18) tell us was put to Jesus by a potential follower, is one that each of us must ask. These days together will allow us, as thinking and caring men, to address this question with thoughtful presentations, honest discussion and sincere prayer.

**Facilitator:** Joe Kelly, a Roman Catholic layman, recently retired from Nazareth College where he was a Professor of Religious Studies for 27 years. He is now actively involved in Adult Christian Education and retreat work in parishes throughout the Diocese of Rochester.

Friday, January 20, 7:00 pm – Sunday, January 22 after brunch.

\$250 resident / \$200 commuter

## Directed Retreat Weekend

Start the New Year with a "Get Away Weekend with God" – an opportunity for a time of quiet and solitude in a contemplative space. This retreat begins and ends with a group prayer service and offers spiritual direction each day. Eucharistic Liturgy is offered on Saturday.

Come! Rest, pray, and reflect on your life in relationship to God, yourself, and others.

**Facilitator:** Sr. Margaret Mattle, RSM, Pat Lawlor, and Giovina Caroscio

Friday, January 27, 7:00 pm –  
Sunday, January 29 after brunch.

\$250 (residents only)

## Guided Winter Retreat: If Today You Hear God's Voice

What makes "winter"? How do we "thaw out"? Come and see. Only at Mercy Prayer Center!

**Facilitator:** Rev. Raymond Fleming

Friday, February 17, 7:00 pm –  
Sunday, February 19 after brunch

\$250 resident / \$200 commuter

## Weekend Retreat: Guests of an Ancient Wholeness An Exploration of Celtic Christian Spirituality

This retreat will focus on identifying the gifts of the Celtic Christian experience, exploring the spiritual pathway it offers and suggesting ways in which one might pray and live from the wisdom of this tradition. Using words and music, silence and image, participants will explore the vitality and relevance of this spiritual tradition, the meaning of the person and the meaning of the Christ, and the implications of this faith perspective for life choices, prayer, and inter-relationship.

**Facilitator:** Madalene Stafford

Friday, March 16, 7:00 pm – Sunday, March 18 after brunch

\$250 resident / \$200 commuter

## Private Retreat Week

Come and rest awhile and let your spirit be renewed. The Private Retreat Week offers

- time for quiet reflection and prayer
- private room and meals included
- massage by appointment (additional fee)
- use of the pool (weather permitting) at Mercy Center

**Facilitator:** Mercy Prayer Center Staff

**Friday, June 22, 7:00 pm –**

**Thursday, June 28 after brunch**

**\$350**

## Directed Retreat Week

It's that time of year to renew your spirit! This week of quiet and reflection offers:

- the opportunity to meet one-on-one with a spiritual director
- daily Liturgy
- massage by appointment (additional fee)
- private room and meals
- use of the pool (weather permitting) at Mercy Center

**Facilitator:** Mercy Prayer Center Staff

**Friday, July 6, 7:00 pm –**

**Thursday, July 12 after brunch**

**\$395**

## Guided Retreat: Radical Amazement: Encountering the Divine Presence in Creation

God's voice is spoken in nature and nature is God's messenger. This retreat will open pathways to encounter the Divine Presence in the natural world as a means of being carried to deeper union with God. Through prayer, presentation, reflection and group sharing retreatants will be given a glimpse of the amazing and pervading presence of God in all of creation. Retreatants will have a special opportunity to view the night sky in a telescope - weather permitting.

**Facilitator:** Dr. Peter Saracino & Giovina Caroscio  
Peter holds degrees from Cornell University, Antioch University/New England and a doctorate in Teaching and Curriculum from the University of Rochester.

**Wednesday, August 1, 7:00 pm –**

**Sunday, August 5th after brunch**

**\$335 residents / \$285 commuters**

## Praying with the Saints: Prayer Activities that Touch our Soul

This five day retreat will explore a variety of forms of prayer influenced by some of the great Saints of our Catholic tradition. There will be input on each style of prayer, suggestions for how to use the prayer and ample time for personal prayer and sharing, using the rich variety of prayer techniques presented.

**Facilitator:** Sr. Jody Kearney, RSM & Pat Lawlor

**Wednesday, August 8, 6:30 pm –**

**Sun. August 12, after Brunch**

**\$335 residents / \$285 commuters**

## Called to Question –A Spiritual Memoir by Joan Chittister, OSB

Centered on a series of conversations with spiritual writers featured in her private journal, Sr. Joan looks at the common questions that we explore in our daily lives in an attempt to unravel their many meanings, give them flesh, and honor their spiritual import here and now, at this time in our own lives. By sharing the questions, doubts, and convictions of her own heart, she explores the heart of faith itself and nurtures a spirituality that pushes readers beyond superficial questioning and unexamined faith. This will be an interactive experience that will include Prayer and Ritual, Presentations, Shared Wisdom, Personal Time for Reflection and Creative Activity.

**Facilitator:** Sr. Carolyn Gorny-Kopkowski, OSB

**Sunday, August 19, 6:30 pm –**

**Friday August 24 after brunch**

**\$375 residents / \$300 commuters**



MERCY PRAYER CENTER  
65 Highland Avenue  
Rochester, NY 14620

Non-Profit Org.  
U.S. Postage  
PAID  
Rochester, NY  
Permit No. 210

## Registration Form

**Please complete and mail to the address below at least two weeks prior to the scheduled program.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_ Resident \_\_\_\_\_ Commuter \_\_\_\_\_

Program choice(s) and date(s):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Register on-line at:**

[www.mercyprayercenter.org](http://www.mercyprayercenter.org)

OR

**Mail to:**

Mercy Prayer Center  
65 Highland Ave.,  
Rochester, NY 14620

### Registration Policy

50% Non-Refundable Deposit for all 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](http://www.mercyprayercenter.org). Discover, MasterCard and Visa are accepted. Many programs fill quickly, so we recommend registration at least 2 weeks prior to program. In consideration of our presenters, a program may be cancelled if the minimum registration is not met seven days prior to program start date.