
Mercy Center – Colorado Springs 2021 Calendar of Events

- Feb 14 – 19..... Sabbatical Program begins with Encounters with Sacred Living
Feb 22-26. ...Inner Explorations: Healing the Past, Releasing Creativity, Finding Our Innocence
March 1-5..... When My Body Speaks: Healing the Whole Person
March 8-12.....Myers-Briggs Type Indicator Personality and Prayer
March 15-19..... Enneagram Explorations: Healing Compulsions - Unearthing Potential
March 22-26..... St. Teresa of Avila and the Seven Dwelling Places
March 28- April 4..... Holy Week Retreat, Rituals, Symbols and the Paschal Mystery
April 5-11.....Healing Emotions Resolving Anger, Fear, Anxiety, Shame & Guilt
April 12 – 16.....Dream Explorations: Sacred Symbols, Rituals, and the Presence of God
April 19-23Conscious Celibacy: Truth or Consequences
April 26-30Life Transitions: Journey through the Labyrinth
May 3-7..... Mountains & Hills Adventure
May 10-14.....Spring Sabbatical Farewell Celebrations
- May 17-21Healing the Father and Mother Wound – Vitality
May 24-28 St. Theresa of Avila and the Seven Dwelling Places – Retreat
May 31-June-4Spirituality & Recovery
June 7-11..... Praying with the Mystics - Retreat
June 14-18..... The Tour of Mid-Life Transitions
June 4-June 30..... Guided, Directed and Private Retreats available
- June 28 – July 30 Spiritual Directors Renewal/Training Program 3 Master Level Credits
- August 2-6
 The Power of Servant Leadership – Healthy, Functional Adult Life Skills for Effective Leadership,
 Parenting, Pastoring.
August 9-13.....
 Emotional Intelligence: How to maximize personal and social skills for effective living and working
 with difficult people.
August 16-20..... Conscious Eating: Creating a Health Care Plan for Living, Loving and Being
August 30 - September 10...Pastoral Leadership Institute/Vocation & Formation Directors Training Program
- September 12-17..... Fall Sabbatical begins with Encounters with Sacred Living
September 20-24..... ..Mountains & Hills Adventure
Sept 27- Oct 1.....Inner Explorations: Healing the Past, Release Creativity, Finding Our Innocence
October 4-8When My Body Speaks: Healing the Whole Person
October 11-15 Enneagram Explorations: Healing Compulsions - Unearthing Potential
October 18-22..... Healing Emotions: Resolving Anger, Fear, Anxiety, Shame & Guilt
October 25-29..... Myers-Briggs Type Indicator Personality and Prayer
Nov 1-5Conscious Celibacy: Truth or Consequences
November 8-12....Dream Explorations: Sacred Symbols, Rituals, and the Presence of God
November 15-19 St. Teresa of Avila and the Seven Dwelling Places
November 22-26Conscious Living, Loving and Being
Nov29-Dec3.....Life Transitions: Journey through the Labyrinth
December 6-10 Fall Sabbatical Farewell Celebrations

Mercy Center – Colorado Springs 2022 Calendar of Events

Feb 13 – 18..... Sabbatical Program begins with Encounters with Sacred Living
Feb 21-25. ...Inner Explorations: Healing the Past, Releasing Creativity, Finding Our Innocence
Feb 28 – March 4..... When My Body Speaks: Healing the Whole Person
March 7-11.....Myers-Briggs Type Indicator Personality and Prayer
March 14-18..... Enneagram Explorations: Healing Compulsions - Unearthing Potential
March 21-25..... St. Teresa of Avila and the Seven Dwelling Places
March 28- April 1.....Healing Emotions Resolving Anger, Fear, Anxiety, Shame & Guilt
April 4-8.....Dream Explorations: Sacred Symbols, Rituals, and the Presence of God
April 10-17..... Holy Week Retreat, Rituals, Symbols and the Paschal Mystery
April 18-22Conscious Celibacy: Truth or Consequences
April 25-29Life Transitions: Journey through the Labyrinth
May 2-6..... Mountains & Hills Adventure
May 9-13.....Spring Sabbatical Farewell Celebrations

May 16-20Healing the Father and Mother Wound – Vitality
May 23-27 St. Theresa of Avila and the Seven Dwelling Places – Retreat
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June 6-10..... Praying with the Mystics - Retreat
June 13-17..... The Tour of Mid-Life Transitions
May 30 -June 24..... Guided, Directed and Private Retreats available

June 27 – July 29 Spiritual Directors Renewal/Training Program 3 Master Level Credits

August 1-5

The Power of Servant Leadership – Healthy, Functional Adult Life Skills for Effective Leadership, Parenting, Pastoring.

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Sept 26- 30.....Inner Explorations: Healing the Past, Release Creativity, Finding Our Innocence

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November 14-18 St. Teresa of Avila and the Seven Dwelling Places

November 21-25Conscious Living, Loving and Being

Nov 28-Dec 2.....Life Transitions: Journey through the Labyrinth

December 5-9 Fall Sabbatical Farewell Celebrations

Sabbatical Programs:

2021: Spring- February 14-May 14, Fall - September 12-December 10

2022: Spring - February 13 – May 13, Fall - September 11 – December 9

Spirituality & Recovery

May 31-June 4, 2021

All addictions are the absence of a grounded and embodied spirituality. If your drug of choice is food, alcohol, drugs, sex, pornography, money, love, gambling, power or control this week long program will take you to the core of your wanting self and help you name what is missing and help you replace it with spirituality and recovery. Understanding how unresolved personal and family grief and trauma can replicate itself in addictive thinking, feeling and behaving will lift the burden of guilt and shame. This program is designed for deep introspective moments, personal assessment and inner explorations while learning how to apply the power of prayer, forgiveness, serenity, achieving virtue and creating personal values that will guide you for a life time.

Praying with the Mystics

June 7-11, 2021

The spiritual disciplines and personal reflections of each mystic will provide a day of shared reflection and personal time to ponder and meditate with one mystic per day. There will be a morning and afternoon reflection given each day so the rest of the day can be spent in quiet and solitude. Possible mystics may include: Clare of Assisi, Hildegard of Bingen, Julian of Norwich, Thomas Merton, Pierre Teilhard de Chardin, Dorothy Day, Catherine Doherty.

The Tour of Mid-Life Transitions

June 14-18, 2021

Every person will experience a personal and professional shift and changing archetype during the mid-life transition. Reviewing the defining moments of Phase One of Life will help us anticipate and prepare for the defining moments of Phase Two of Life. Exploring mid-life anxiety, mourning and ritual grieving will free us to begin the treasure hunting of our inner alterations and the emergence of the inferior function and shadow.

The Power of Servant Leadership – Healthy, Functional Adult Life Skills for Effective Leadership, Parenting, Pastoring.

August 2-6, 2021

Robert Greenleaf believed that leadership ought to be based on serving the needs of others and on helping those who are served to become “healthier, wiser, freer, more autonomous, more likely themselves to become servants.” The leadership crisis that exists in many organizations has opened the door to create a quiet revolution in workplaces around the world. Specific skills that are measurable, tangible and achievable are key to the success of servant leadership. This week long program will assess your leadership skills, help you learn how to empower others, create a template for your particular organization and the application of the servant leadership model and how to practice the 10 characteristics of the servant leader. This program has helped parents create unique skills to empower their children and adult children, pastors, teachers, youth ministers, pastoral associates, supervisors and clinical supervisors.

Emotional Intelligence: How to maximize personal and social skills for effective living and working with difficult people.

August 19-13, 2021

We humans must learn personal and social competencies otherwise suffer the consequences of feeling battered in the workplace, overlooked for promotions, emotionally over-sensitive to critical feedback and lose out on developing our hidden potentials. Come and learn more about your personal competence and expand self-awareness and self-management skills so that you can stay aware of your emotions and manage your behavior and tendencies and your responses to life experiences. Also learn how to expand your social competencies through social awareness and relationship management skills. This includes your ability to understand other people's moods, behavior and motives in order to improve the quality of your personal and work relationships.

Conscious Eating: Creating a Health Care Plan for Living, Loving and Being

August 16-20, 2021

The Conscious Eating program developed at the Mercy Center helps individuals explore the unconscious motivations for food dependency, the symbolism of food choices, how food becomes a love substitute and how to create a replacement plan for food dependency. You will create a Health Care Plan using the Wholistic Medical Network model, an exercise plan and assessment, a social network support system and the Intimacy Check list inventory.

Design Your Own Sabbatical in Beautiful Colorado

Many professional men and women who desire personal and professional growth need flexible time and adjustable schedules that provide the opportunity to tailor a sabbatical program to meet their specific needs. The Mercy Center offers individuals the opportunity to design a sabbatical program in both lengths of time and variety of topics.

You may choose from any variations of our 13-week sabbatical program or from the four-semester program that includes The National Institute for Inner Healing. These NIIH four semesters include: When my Body Speaks; Healing Family Relationships; Effective Family Living; Healing the Mother & Father Wounds; and Healing Childhood Wounds. The Rich in Mercy Institute has four semesters you may include in your personally tailored sabbatical program. These include Beyond Guilt to Giftedness; Madness or Mysticism; Healing Our Images of God; Healing Spiritual Shame. You may also choose from any of the content from our Spiritual Directors Training Program or the Vocation/Formation Training Program.

If you desire to explore advanced training programs at the Mercy Center you may choose from the following areas: Mandala Exploration and Integration; Conscious Eating and Inner Healing; Exploring Family Systems Through the Genogram; Myers-Briggs Type Indicator; Enneagram Explorations and Healing Compulsions; Dreams, Archetypes and Shadow Explorations.

Additional personal growth sessions can be included in your sabbatical design. These may include individual counseling; spiritual direction; mandala assessment; dream and archetype exploration; body/breath work; massage therapy includes craniosacral therapy, deep-tissue massage, trigger point therapy, therapeutic touch, and balancing therapy; grief counseling; life transitions counseling; career counseling; couples counseling; trauma resolution that includes EMDR-Eye Movement Desensitization Reprocessing; Adult Children of Alcoholics; Survivors of Sexual Abuse; Art Expressions; and Mission Re-Entry.

Recreation opportunities include our exercise and workout room, 200+plus videos, and library, hot tub, and local tourist sites.

Retreats may include: a 30-day guided or directed retreat, special themes for private retreats, and length of retreats can be tailored to your needs, mission re-entry, life transitions and mid-life directions.

Program Fees can vary pending your particular design: base Program Fee for 2021 is \$4,600 per month. For more information Call Tim Fogle at 719-633-2302 or email to themeracycenter@aol.com to discuss how you can “Design Your Own Sabbatical”.

Sabbatical Program for Personal Growth, Healing and Renewal

Our Sabbatical Program provides a unique program design of personal and professional growth opportunities that envelop a whole person approach for growth, healing and renewal. The eclectic blend of spirituality, psychology, theology, education, therapeutic experiences, inner healing, spiritual direction, art expressions, dream work, body/breath work, and healing touch provides a dynamic and innovative opportunity for personal growth and renewal. Our community life revolves around shared prayer, Eucharist, meals, outings to local sites throughout the state of Colorado, reading, study time, small group sharing, class time and various retreat experiences. Our way of life reflects our dedication to healing the whole person.

Each week the participant meets with a Spiritual Director. **Additional sessions** are available for \$60 per session: individual spiritual direction, inner healing, counseling, mandala assessment, art therapy, breath/body work or massage therapy.

Program Charges: Program charges include room and meals and also the use of laundry facilities, bed linens and towels. Also included in these charges are scheduled trips that are part of the program. Vehicles are available at a small rental fee. Phone cards can be purchased at the front office. Any extraordinary dietary needs are to be incurred at participant's expense. Expenses of a personal nature e.g., medical treatment, long distance telephone calls, arts and crafts, weekend excursions, postage, personal purchases, special diet needs or other optional activities and any additional sessions of spiritual direction, counseling, inner healing, massage and breath and bodywork are not included in the program charges. Please note-any other personal or group excursions are at the expense of the participant.

It is advisable to have your own medical insurance.

Our fee schedule is as follows: Unless otherwise indicated all dollar amounts are US currency. Rates include room and board and workbook(s).

\$11,650.00	Sabbatical for USA Colorado
\$5,200.00	per month Design Your Own Sabbatical
\$3,500.00	Spiritual Direction Training/Renewal Program
\$1,850.00	Vocation Formation Providers Training Program/ Pastoral Leadership Intensive

\$600	Mandala Training-3 days	\$300.00 (Non-Resident)
\$950.00	Vitality (per week)	\$525.00 (Non-Resident)
\$750.00	Any One-week program	\$475.00 (Non-Resident)
\$700.00	Internship program per week	
\$500.00	Retreats (5 days)	
\$70.00	Additional Individual Sessions (Counseling, Inner Healing, Spiritual Direction, Massage Therapy, Mandala Assessment, Art Therapy, Breath and Bodywork)	
\$70.00	Additional nights and visiting guests nightly fee (includes breakfast)	

Please submit a \$70 non-refundable application fee with your application form. Our programs begin on Monday morning and end Friday noon. Participants are asked to arrive on Saturday or Sunday prior to program.