



Mercy Center, Inc.  
520 West Buena Ventura  
Colorado Springs, CO 80907  
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www.mercycenter.com  
themercycenter@aol.com

## Mercy Center Colorado Springs 2019 Calendar of Events

- Jan 27-Feb 1 ..... Sabbatical Program begins with Encounters with Sacred Living  
Feb 4-8..... Inner Explorations: Healing the Past, Releasing Creativity, Finding Our Innocence.  
Feb 11-15..... When My Body Speaks: Healing the Whole Person  
Feb 18-22..... Myers-Briggs Type Indicator Personality and Prayer  
Feb 25-Mar 1 ..... Enneagram Explorations: Healing Compulsions - Unearthing Potential  
Mar 4-8 ..... St. Theresa of Avila and the Seven Dwelling Places  
Mar 11-15..... Healing Emotions Resolving Anger, Fear, Anxiety, Shame & Guilt  
Mar 18-22 ..... Dream Explorations: Sacred Symbols, Rituals, and the Presence of God  
Mar 25-29 ..... Conscious Celibacy: Truth or Consequences  
April 1-5 ..... Holy Week Retreat, Rituals, Symbols and the Paschal Mystery  
April 8-12 ..... Life Transitions: Journey through the Labyrinth  
April 14-19 ..... Mountains & Hills Adventure  
April 22-26 ..... Spring Sabbatical Farewell Celebrations  
May 6-10 ..... Healing the Father and Mother Wound – Vitality  
May 13-17 ..... St. Theresa of Avila and the Seven Dwelling Places – Retreat  
May 20-24 ..... Compassion & Forgiveness: Life Skills for Living Life to the Full  
May 20-24 ..... Spirituality & Recovery  
May 27-31 ..... Creative Expressions Retreat with water color, clay, and collage  
May 27-31 ..... Praying with the Mystics - Retreat  
June 3-7 ..... The Tour of Mid-Life Transitions  
June 10-14..... Guided, Directed and Private Retreats available  
July 1-Aug 2 ..... Spiritual Directors Renewal/Training Program (3 Master Level Credits Available)  
Aug 5-9..... Spirituality & Recovery  
Aug 12-16..... Healing Family Relationships: Family Genogram and Exploring Blessings & Burdens  
Aug 19-23 ..... Praying with the Mystics–Retreat  
Aug 19-23..... Healing Childhood Experiences: Understanding and Healing your Inner Child  
Aug 26-30..... The Tour of Mid-Life Transitions  
Sept 2-6..... Conscious Eating: Creating a Health Care Plan for Living, Loving and Being  
Sept 2-13..... Vocation and Formation Providers Training Program  
Sept 15-20..... Fall Sabbatical begins with Encounters with Sacred Living  
Sept 23-27..... Mountains & Hills Adventure  
Sept 30-Oct 4..... Inner Explorations: Healing the Past, Releasing Creativity, Finding Our Innocence  
Oct 7-11 ..... When My Body Speaks: Healing the Whole Person  
Oct 14-18..... Enneagram Explorations: Healing Compulsions - Unearthing Potential  
Oct 21-25 ..... Healing Emotions: Resolving Anger, Fear, Anxiety, Shame & Guilt  
Oct 28-Nov 1 ..... Myers-Briggs Type Indicator Personality and Prayer  
Nov 4-8 ..... Conscious Celibacy: Truth or Consequences  
Nov 11-15..... Dream Explorations: Sacred Symbols, Rituals, and the Presence of God  
Nov 18-22..... St. Theresa of Avila and the Seven Dwelling Places  
Nov 25-27..... Conscious Living, Loving and Being  
Dec 2-6 ..... Life Transitions: Journey through the Labyrinth  
Dec 9-13 ..... Fall Sabbatical Farewell Celebrations



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## ***Sabbatical Programs***

*September 15 – December 13, 2019*

*Feb 16 – May 15, 2020*

*September 13 – December 11, 2020*

### *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.



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## *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 is \$4,400 per month. For more information Call Tim Fogle at 719-633-2302, 719.339.8540 or email [themercycenter@aol.com](mailto:themercycenter@aol.com) to discuss how you can "Design Your Own Sabbatical".*



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## Compassion & Forgiveness: Life Skills for Living Life to the Full

Compassion is a call from God to enter into the lifelong quest to develop concern for everybody, to live with a disciplined respect for every single human being. Building a life around the art of forgiveness creates a life-style of awareness of the Divine breaking through our pain and suffering – leading us into a deeper knowledge of God’s divine mercy. Explore the pattern of qualities and behaviors that lead us to be caring, supportive and helpful to ourselves and all people. A presentation will be given every morning and afternoon with time for small group discussion of the graces received.

## Healing Family Relationships: Developing your Family Genogram and Exploring Family Blessings & Burdens

The Genogram is a simple procedure of visually identifying family systems and it can provide opportunities of personal growth and healing. The Genogram is "a genealogical and historical diagram of your personal family system." One such Genogram that most of us are familiar with would be the genealogy of Jesus Christ as listed in the Gospel of Matthew. As you begin to research, explore and design your Genogram you will begin to unearth hidden potential and expose dysfunctional patterns, family treasures and secrets, models and mentors of health and well-being as well as men and women within your family system who may not have reconciled relationships and passed onto the next generation their unresolved grief and pain. The Genogram will allow you to participate in the healing of your family system and bring the gifts of well-being and wholeness to each person within your family system.

## Healing Childhood Experiences: Understanding & Healing your Inner Child

The quest for the Original Wound will lead us to explore the Nine Pathogenic Attitudes that can keep us in pathogenic shame & guilt, addictions, broken relationships, broken friendships, work-place abuse, domestic violence, co-dependency and emotional addiction and holding onto family secrets. We will explore the burden of the inner vow syndrome and establish a Health Care Plan for recovery & well-being.

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

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.

## The Tour of Mid-Life Transitions

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.

## Spirituality & Recovery

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

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.



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Our fee schedule is as follows: Unless otherwise indicated all dollar amounts are US currency.

Rates include room and board and workbook(s).

\$9,650.00	Sabbatical for USA Colorado	
\$4,400.00	per month Design Your Own Sabbatical	
\$3,300.00	Spiritual Direction Training/Renewal Program	
\$1,850.00	Vocation Formation Providers Training Program/ Pastoral Leadership Intensive	
\$1250.00	Mandala Training	\$900.00 (non-resident)
\$950.00	Vitality (per week)	\$525.00 (non-resident)
\$725.00	Any One week Program	\$475.00 (non-resident)
\$700.00	Internship Program per week	
\$500.00	5 Day Retreats	

\$60.00 Additional Individual Sessions

Counseling, Inner Healing, Spiritual Direction, Massage Therapy, Mandala Assessment, Art Therapy, Breath and Bodywork

\$60.00 Additional nights and visiting guests nightly fee (includes breakfast)

\$60.00 Application Fee

Please submit a \$60 non-refundable application fee with your application form.

Our programs begin on Monday morning and end Friday noon.

Arrive on Saturday or Sunday prior to 530pm as Program begins with welcome dinner Sunday at 530pm.

Depart on Friday or Saturday.