



Mercy Center, Inc

520 West Buena Ventura
Colorado Springs, CO 80907

719.633.2302
719.633.1031 fax
www.mercycenter.com
themercycenter@aol.com

October 14, 2019

Dear Applicant,

Thank you for your interest in our programs. Our residential programs are designed to meet the particular needs of each participant and we combine individual, group and workshop opportunities for your personal growth experience. Our Guest Houses and Main Facility are air-conditioned. They provide individual bedrooms, conference rooms, library, TV room, dining room, kitchen and chapel as well as a fully equipped exercise room. The Mercy Center staff prepares lunch and dinner but breakfast is on your own. Participants help with cleanup after meals.

The Mercy Center invites you to come and learn more about the ministry of personal healing, wholeness, and well-being. We are located within the Colorado Springs area and are twenty minutes from the Colorado Springs Airport. We provide transportation to and from the airport. ***As we have space for only fifteen residents, please contact the Mercy Center about program availability before sending an application and deposit. The earlier we receive your program application and fee, the earlier we can reserve your place.*** Please plan on arriving the Saturday or Sunday before your program starts and departing either Friday after 1 p.m. or Saturday a.m.

If I can be of further assistance to you, please do not hesitate to contact me.

In Christ,

Timothy Fogle

Mercy Center is a 501 (c) 3 tax exempt /not-for-profit organization

Sabbatical Dates

Sabbatical Program for Personal Growth, Healing and Renewal

2020: February 16 – May 15, 2020; Fall - September 13 – December 11

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

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

Program Charges

Program charges cover the professional services of the participant, including directed retreat, spiritual direction (one session per week), plus room and board. Board at the Center includes not only meals but also the use of laundry machines, linens, stationery, and materials for special activities. Also included in these charges are scheduled trips that are part of the program. Vehicles are available for a small rental charge. Expenses of a personal nature or other optional activities—medical treatment, long distance telephone calls, arts and crafts, weekend excursions, postage, personal purchases, special diet needs and any additional sessions of spiritual direction, counseling, inner healing, massage and breath and bodywork (\$60 per session), etc.—are not included in the program charges. Past participants have estimated that an adequate budget for personal expenses might range from \$500 to \$1,000, depending on activities chosen and purchases made.

These program fees are contingent upon current economic conditions and could be adjusted each year (All dollar amounts are US currency rates.):

\$10,650.00	Sabbatical – Includes all 13 weeks and weekends
\$70.00	Additional Individual Sessions (Counseling, Inner Healing, Spiritual Direction, Massage, Breath and Bodywork)
\$70.00	Additional nights and suggested nightly fee for visiting guests
\$60.00	Application Fee (non-refundable)

Each of our one-week programs begin on Monday morning and end Friday noon. Participants are asked to arrive on Saturday or Sunday prior to the program and to depart Friday after 1 p.m. or Saturday a.m. These days are not charged. If a participant wishes to arrive prior to Saturday or extend his/her stay after the following Saturday, the \$60 additional night fee would apply. Pre-approval is needed due to limited space. **The Sabbatical programs usually end on Thursday afternoon so departure could be Friday morning.**

All program fees are due 60 days prior to program. Your full payment is due to confirm you space in our program. Your full payment is due no later than 60 days before your arrival unless you are late registering in which case, please overnight your check or payment can be made by credit card. Any services or expenses must be paid for at time of usage or purchase.

When arranging flights to Mercy Center, the arrival airport is Colorado Springs, Colorado. If you do decide to attend any part of our program and are accepted, plan to arrive on the Saturday or the Sunday prior to the beginning date of the program.

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 to design your sabbatical program in both length 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: Healing the Whole Person; Healing Family Relationships; Healing Scars of Abuse; 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 advance 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 4,000 books in our library, two-hot tubs, and local tourist sites.

Retreats may include: a 30-day guided or directed retreat, special themes for private retreats, and hermitage experience at the St. John of the Cross Hermitage (length of retreats can be tailored to your needs) mission re-entry, life transitions and mid-life directions.

Program Fees are \$4300 per month, includes one daily session or participation in a scheduled program for more information Call the Mercy Center Staff at 719-633-2302 or email to themeracycenter@aol.com to discuss how you can “Design Your Own Sabbatical”.

Transportation

Flying in:

Please call (719.633.2302), e-mail: themercycenter@aol.com, or Fax (719.633.1031) your travel itinerary no later than one week prior to your program. Upon your arrival at the Colorado Springs, Colorado, Airport we ask you to contact us at **719-339-8540** and we will give you instructions as to where to meet us. Typically after getting your luggage, you will exit the airport and turn left. There is a waiting area and someone will arrive approx 30 minutes after we talk to you. If you receive no answer, please call again within a few minutes. You may need a calling card or change to call from the pay phones in the airport.

Driving in:

Interstate 25 runs north and south through Colorado Springs. Take Exit 143 (Uintah). Turn west (towards the Mountains). The first intersection is Walnut and Uintah. Turn right (north) and continue 3.5 blocks. The Mercy Center is located on the right, next to the park. It is a two-story pink building with 520 above the door. Walnut curves into Buena Ventura. (There is no street sign indicating Buena Ventura until you are past the building).

Additional Services at Mercy Center

During the program, participants have the opportunity to receive inner healing, individual psychotherapy, mandala assessment, spiritual direction, massage therapy, and breath and bodywork. Participants receive one session weekly of spiritual direction as part of the program; however, you may wish to budget additional sessions at the cost of \$60 per fifty-minute session. Payments for all services are due at time of session, or you may wish to prepay for sessions and you may include it in your program check. Please indicate how many sessions you are prepaying for.

Listed below are some of the items we provide and some of the items you could bring for your personal comfort. Dress is casual. For your personal spending you may wish to bring cash, Travelers' checks or credit cards, we cannot cash checks for you.

Items provided:

Bed linens, blankets, pillows, alarm clock
Towels, washcloths
Laundry machines, soap, irons
Jacuzzi/Hot tub
2 computers for accessibility to e-mail

Items to bring:

Both semesters:

Bathing suit, water shoes, summer hat, sun-tan lotion, umbrella
Toiletries, body lotion, flashlight, backpack, large carry bag

Fall semester: (warm until November)

Light clothes, sweaters & jacket + warm clothes
Warm jacket, hat, gloves, boots

Spring semester: (much colder)

Warm clothes, warm jacket, etc. + a few light clothes

Items available for purchase:

Stamps, telephone cards, books & tapes

1. Our Mailing address if you wish to receive mail is:
The Mercy Center, 520 West Buena Ventura St., Colorado Springs, CO 80907
Fax 719.633.1031
2. Light housekeeping is a regular part of the program. We sponsor several cookouts and are located by a natural park with hiking trails. Bring some outdoor clothing and good walking shoes/boots.
3. Weekends are free for travel—Friday noon until Sunday
4. Participants are welcomed to cook an evening meal if they so desire. Bring along your favorite recipes!
5. The Mercy Center will try to provide for simple dietary needs; however, you will be asked to purchase any specialty items that you may need such as flour, breads, oils, etc. Also, a participant who is on a special diet may be asked to prepare some of his/her own meals.
6. US postal service, UPS and Federal Express all deliver and pick up at our Center.
7. Walgreens Pharmacy is the closest to the Mercy Center.
8. Departure is Friday afternoon or Saturday morning. Departure on Sunday must be arranged with the Executive Director of the Mercy Center and additional fees may apply.

We hope that these details will help you prepare so that when you arrive at the Mercy Center you can relax and be at home. We want you to be at ease as you come to enjoy and benefit from your time at the Mercy Center.

Program Cancellations

The Mercy Center will conduct all programs for registered participants. If you are attending a group retreat we will continue to offer the program for an individual. If you prefer a group and are the only one registered you will be given an opportunity to enroll in another program, with no penalty, additional fees may apply. If you plan to fly, please confirm that your program has a sufficient enrollment for your experience or expectations prior to booking your airline ticket. The Mercy Center is not responsible for nonrefundable airline tickets in any circumstance.

Refund Policy

Cancellation policy: A partial refund (50% of program fee) will be given in the event of a cancellation prior 60 days of the program. The other 50% will be applied towards a future MC program fee for you or your religious community (if applicable). Less than 60 days %100 of your program fees will be applied to a future program.

Topics for the Spring and Fall Sabbatical Include:

Inner Explorations: Exploring Unloved and Unnamed Potential

The nature of the ego and the psyche, persona - personal and professional, projections - infatuations and repulsions, the shadow, and the power shadow.

Body Stories: Listening to Our Body Wisdom

Symbolic woundedness, the wisdom of dis-ease, unlocking past hurts, healing of memories, breath work, and inner explorations through imagery, storytelling and imagination.

Family Life: Experiencing the Geneogram

Life Transitions

The individuation process, stages of psychosexual and social growth and development, life transitions, necessary losses, ritual grieving, depression or the dark night of the soul, consolation and desolation, menopause and manopause, body changes and challenges.

Conscious Celibacy: Truth or Consequence

Psycho-sexual-social development, stages of initiation into celibacy, the meaning and purpose of celibacy, Conscious Celibacy Assessment Inventory, managing libido, the biological implications of celibate living, detoxing sexual symbols and fantasies, intimacy inventory and designing a social atom.

The Myers-Briggs Type Indicator: Personality and Prayer

Understanding personality preferences, career likes and dislikes, consolation, desolation, power and intimacy, MBTI dominant and inferior functions, compatibility and conflict profiles, play, work, shadow profile, and relationships.

The Anger Workout

Understanding the power/purpose of anger and learning how to detox anxiety, fear and grief. Establishing a personal health care program and learn how to forgive and let go of the past. Reconciling major life losses such as surgery, mid-life, career change, and loss of a relationship. Experiencing serenity and learning to love the unloved parts of oneself.

Dream Explorations: Sacred Symbols, Rituals and the Presence of God

Learning the biology, psychology and spirituality of dream work. Understanding archetypes, anima/animus, night terrors and nightmares, the libido, numinous dreams, mandala symbolism and dreams of transformation.

Mountains and Hills Praise the Lord Experience

Come explore and pray some of the most beautiful vistas in Colorado. Through the meditation of scriptures and outdoor visits throughout Colorado we will meditate and ponder how God reveals presence through sacred signs and images. A journal workbook is provided to help you reflect, journal, draw and create poem/reflections of your God encounters.

Enneagram Exploration: Healing Personal Compulsions—Unearthing Potential

Naming our compulsions can begin our journey towards personal healing and recovery. Understanding the three centers, vice/virtue, consolation and desolation, pride, passion, intimacy, friendship, love and work will be explored.

Conscious Living, Loving and Being

Understanding the symbolism of food and its emotional content, learning the 5 W's and the replacement process, releasing repressed memories, healthy relationships vs. addictive relationships, healthy boundaries, and developing a health care plan.

St. Teresa of Avila and St. John of the Cross Retreat

Individual daily sessions with a spiritual director and opportunity each day for shared group experiential moments with the Seven Dwelling places of St. Teresa of Avila

Healing through Art Expressions

Weaving, medicine wheel, dream catchers, pottery, mobiles, storytelling through collages, watercolors, and mandala expressions. Harmony, rhythm, balance and proportion help to provide tangible evidence of spiritual health and mature faith formation. *Process and End of Sabbatical Review is included.*

Topics may change pending feedback and new developments.

PROGRAM

Application

Program Title _____ Program Date _____

Name: _____

Date of Birth: _____ Email _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: (____) _____

Evening Phone: (____) _____

Occupation: _____

SSN: _____

Married Single Widow/er Priest Religious

Other _____

Children and Ages

1. Please describe briefly your personal experience as a recipient:

Counseling: private, group, family, marriage

Spiritual direction; health care program

Healing Touch, Reflexology

Chemotherapy, Radiation, Medication

Inner healing (individual or group), etc.

2. What have been the results of this work?

3. List 3 goals you would like to achieve during your personal program.

4. Are you presently under psychiatric care, medication, private therapy or spiritual direction?
(Please explain.)

5. Please list any other health care practitioners with whom you work with for personal wellness. Would you say that you are in good physical health? If not, please explain:
6. Describe your relationship with God. How do you pray? How do you become aware of God's presence in your life?
7. Have you completed the Myers-Briggs Type Indicator within the last two years? If so, what is your profile? _____ What have you learned about your profile and your strengths and weaknesses?
8. Have you worked with the Enneagram and come to discover your personal compulsion and number? If so, please identify your number_____. What have you learned about your compulsion and movement towards redemption?
9. Please indicate with a **yes or no** all that apply and briefly explain your experiences. Have you worked with:
- _____A spiritual director
 - _____An inner healing provider
 - _____Dreams
 - _____Mandala symbolism
 - _____Active imagination
 - _____Journaling
 - _____Visualization

- _____ Breath work
- _____ Therapeutic touch
- _____ Bodywork
- _____ Inner child healing
- _____ Anger work
- _____ Any other _____

10. Do you have training in the following areas? If yes, who provided the training and date.

- Enneagram _____ Date _____
- Myers-Briggs Type Indicator _____ Date _____
- California Personality Inventory _____ Date _____
- Mandala Drawing _____ Date _____
- Dream Work _____ Date _____
- Journal Writing _____ Date _____

Other Training:

On separate paper, please write your autobiography (under 5 pages).

Return application with \$60 non-refundable registration fee to:
Mercy Center, Inc., 520 West Buena Ventura, Colorado Springs, CO 80907

or Fax to 719.633.1031 or email to themercycenter@aol.com
 (Program fee must be paid in full 60 days prior to the program.)

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