



Mercy Center, Inc

520 West Buena Ventura
Colorado Springs, CO 80907

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

April 9, 2018

Dear Applicant,

Thank you for your interest in our programs. Enclosed you will find our calendar which explains several programs, including the Sabbatical, and a separate booklet explaining our Vitality 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.

Our Vitality programs can be designed to meet your personal needs and schedule. 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 twenty 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 prior to 4 p.m. 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
Marketing Director

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

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.):

\$950.00	Vitality (per week)
\$60.00	Additional Individual Sessions (Counseling, Inner Healing, Spiritual Direction, Massage, Breath and Bodywork)
\$60.00	Additional nights and suggested nightly fee for visiting guests
\$60.00	Application Fee (non-refundable)

Our 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.

All program fees are due 30 days prior to program. Your full payment is due to confirm you space in our program. Your full payment is due no later than 30 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 (before 4 p.m.) prior to the beginning date of the program.

Transportation

Flying in:

Please call (719.633.2302), e-mail (info@mercycenter.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. 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/printers
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 6 p.m.
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.

Cancellation policy: A partial refund (50% of program fee) will be given in the event of a cancellation prior 30 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 30 days %100 of your program fees will be applied to a future program.

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 Email to: themercycenter@aol.com

or Fax to 719.633.1031

(Program fee must be paid in full 30 days prior to the program.)

Cancellation policy: A partial refund (50% of program fee) will be given in the event of a cancellation prior 30 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 30 days %100 of your program fees will be applied to a future program.

Vitality

“The capacity to live, grow, develop.”

(The American Heritage Dictionary of the English Language)

An intensive whole person program that combines the work of psychotherapy, inner healing, spiritual direction, breath/bodywork, mandala assessment, personal and professional educational training for adult life skills to effect personal life-change.

What Does The Vitality Program Offer? The Vitality program includes quality in-depth experiential and integrative work for men and women who seek healing from poor self-esteem, ministry burn-out, grief and loss, life and ministry transition, psycho-sexual immaturity, the father wound, the mother wound and psycho-social impairment, recovery from dysfunctional family and community systems. The Vitality programs have a specific area of concentration such as: healing the father wound, healing the mother wound, healing grief, healing anger, coping with life transitions, healing ministry burn-out, healing victims of violence, mandala assessment/integration. The Vitality program is designed for both individual and group participation and offers a prayerful environment for those who seek personal discernment, healing and direction.

Who Can Benefit? Our most recent participants have been men and women religious, priests, seminarians and laity of all ages from around the country with varied backgrounds and training. The one most common factor is their desire for an in-depth and intensive therapeutic experience that prepares them for active ministry and equips them with mature life skills for “living life to the full.” (Jn10:10) Many participants have come to heal their father wound which has left them unable to establish boundaries, maintain healthy relationships, manage and contain personal life choices, work well with authority, procrastinate and self-sabotage. Others have come to heal their mother wound that may have left them with emotional paralysis, frozen feelings or enmeshment, disaffected with body image, fear of sexuality and sensuality or an inability to relate to self, God and others.

Who Provides The Training and Services? The Mercy Center has established a team of professional men and women who combine the best of inner healing, spiritual direction, psychotherapy, body/breath work to produce an innovative treatment program. The emphasis of the Vitality program is to help men and women to live, grow and develop adult life skills and equip them for active ministry, effective personal development and growth in psycho-sexual and psycho-social maturity.

How Long Is A Vitality Program? Many of our participants come for a personally designed program and may stay in residence from 15 to 31 days +.

How Do I Apply? You will need to complete the Vitality Application that will be used to design a program to best help you achieve your personal and professional goals.

Program Design Includes:

8 individual sessions per week of any of the following services:

Individual/Group Counseling	Spiritual Direction	Ritual Grieving
Inner Healing/Healing of Memories Prayer	Massage Therapy	Breath and Body Work
Dream Work	EMDR - Trauma Resolution and Integration	
Mandala Assessment/Integration		

Additional Sessions \$60 each.