

Our Women's Retreat – Your Life Is Just About To Change, Again! at Mercy Center is nearly here. We are ready and eager to be with you. There is always surprise in just “who” we are and who we will meet to spend three days together, and because of that and the many other gifts of life, no two retreats are ever the same. And that's a wonder in itself!

We will begin on **Thursday evening, August 19, 6:00p** for dinner. However, it would **be good to arrive earlier** in the afternoon with enough time to find your room, get settled and, for those who have not been to Mercy Center, to explore the surroundings. There will be a brief reflection you will want to prepare before we meet in the **Aspen Room** at **7:30p**.

### Schedule

#### Friday and Saturday

9:30a – Gathering

11:30a – Gathering

Noon – Lunch

1:00p – FREE for massage, hiking, napping, spiritual direction

5:30p – Social

6:00p – Dinner

7:30p – Gathering

#### Sunday

9:30a – Gathering

11:15a – Mass

Noon – Lunch and Farewell

To answer the question, “**Do I need to bring anything?**” the answer, of course, is “**Yes.**”

- **Generosity to yourself** in allowing your thoughts in the next days to drift in the direction of the “retreat coming up”. That will help you to transition into the experience just by letting it sit on your “back burner” over the next days, and allow yourself to feel your desire to be there. Let yourself remember what made you signed up, your deepest desires for this retreat, what you want for yourself and your relationship with God...
- Please bring a **pillar candle** that sits on a glass or ceramic little dish. No tapers – they burn out too quickly and we will use these each day and often.
- Please bring a **spiral bound sketch book with blank pages**. This can come in the size that attracts you. We are going to do some side-by-side writing and abstract coloring—“art and journal making.” Relax – this is very simple and don't let your “oh, no! I am not an artist” message show up! This is a very anxiety free experience. “Show and tell” will be minimal and optional.
- So, for coloring, please bring a box of **crayolas** and/or **oil based pastels (craypas)**.
- Please bring **5 – 10 photos of yourself at various times in your life**.

If there is anything else you are wondering about, please feel free to contact us at [lizarina@yahoo.com](mailto:lizarina@yahoo.com) or 650.380.1780.

With joy and anticipation,

Liz and Therese