



Busy Person's Retreat Schedule

- October 3-7 & October 10-14, 2011
- January 30-February 3, 2012
- June 4-8, 2012

Days of focused prayer and reflection for students while on or off-campus

- The Busy Person's Retreat is a unique opportunity for you to deepen your relationship with God while at Mercy College.
- A retreat that fits itself into your busy schedule.
- The retreat is free and open to ALL students on a first-come basis. Limited to first 24 participants.
- What makes this retreat experience unique is that each day you will have the opportunity to meet/speak and pray with your own personal Spiritual Guide.
- Participants have the ability to experience this retreat and yet maintain their busy, daily schedule.

How Can I Participate in This Retreat?

1. Pre-Register (Required)

Complete the registration form online at www.mchs.edu/faith by Noon the Wednesday before the start of the retreat. The online form will be available at the beginning of each semester/term.

2. Orientation Meeting (Expected)

Orientation will take place from 12:00 – 12:30 PM or 4:00 – 4:30 PM in Brennan Hall Chapel (indicate your preference) on the first Monday of each week.

3. 30 Minutes of Prayer

Set aside half an hour each day for focused reflection/prayer (fit into YOUR schedule). A guidebook will be provided.

4. Talk with a Retreat Companion

Meet/Speak with your spiritual guide for a half-hour each day (fits into YOUR schedule: exact details TBD at orientation meeting with your guide).

Testimonials

Listen to what other Mercy College students who have participated are saying* about this retreat experience...

"I found the retreat to be very interesting. I have never participated in anything like this before, and never would have considered attending if not for Dr. Joe...I enjoyed her (Spiritual Guide) humor, her intelligence and her love for beauty and nature. She is a good listener- she made me feel lucky and grateful for everything that I have in my life."

– Lisa Paulsen

"I am thankful I attended this retreat and look forward to it next fall. I would encourage everyone to take a few minutes out of their day to enjoy this great opportunity! ...I was a bit apprehensive the first day we met in the chapel, because I didn't know for sure what the plan was. Luckily, at the meeting I attended at noon, there was only a small group of people and we didn't have to speak in front of everyone. Meeting with Joan (Spiritual Guide) was wonderful because she has such a calm, understanding demeanor. She made me feel very relaxed."

– Heather McClain

"I very much enjoyed this opportunity to grow spiritually, challenge myself personally and try a new adventure. ...I was also somewhat hesitant, as a non-Catholic to meet with a nun as my spiritual guide. Sr. Joan made that very easy however and our time together supported my belief that we have a common base or denominator, that of serving God. We were able to study together, share thoughts, ideas and interpretations without being judgmental of each others faiths or beliefs."

– Paula Williams

* excerpts from student extra credit papers, used with permission