



181 Mercy Lane
Hamptonville, NC 27020
704-539-5449

Well of Mercy

Hope, Peace, Joy, and Love

Advent Blessings from Well

We recently hosted an Advent Retreat—and want to share some of the journal prompts and thoughts we explored on Hope, Peace, Joy, and Love.

Hope: What is waiting to be born in you? What are you invited to say yes to?

Peace: Peace is available to us at all times if we will say YES to the gift of receiving. We need to stay focused and grounded in God's Love and let go of things that don't serve us.

Consider a practice of Contemplative Prayer and using the Serenity Prayer.

*God grant me the serenity to accept the things I can not change,
Courage to change the things I can,
And Wisdom to know the difference.*

Joy: What has brought you Joy over the course of your life? Think back to your childhood, the things you do when you go on vacation and the things you do for others that bring you joy. It's hard to keep joy from ourselves when we are sharing love with others. What can you do to sneak more sparks of Joy into your life right now?

Love: Since we are called to love our neighbors as ourselves, learning to love ourselves is part of God's greater plan and our wellbeing. Practice loving yourself using 1 Corinthians 13 as a guide:

- I am patient with myself.
- I respond to myself with kindness.
- I don't compare myself to others.
- I don't make others look bad to make myself feel good.
- I learn from my mistakes and allow myself grace if I misstep.
- I am mindful of what others enjoy as well as myself.
- I don't play negative tapes of self-loathing.
- I forgive myself and don't continue to relive the past.
- I treat myself fairly and speak my truth in love.
- I will survive with God's love and provisions.
- I am trusting in God's care and protection.
- I will love myself through all things.
- I will accept myself as one of God's precious children and open my heart to receive the love God shares through all creatures.

We wish you a blessed Advent season filled with Hope, Peace, Joy, and Love.

Sandra O'Brien
Executive Director

Upcoming Retreats And Workshops

[Reflections & Intentions: Vision for the New Year](#)

In the beautiful setting of Well of Mercy, you are invited to reflect and vision - seeking clarity for what you want to create for your life in the months and the year ahead.

January 11-13, 2022

\$280

Includes meals and retreat materials



7 spaces remaining

[Your Launching Pad for 2022: An Online Contemplative and Creative SoulCollage® Workshop](#)

We invite you to consider your spiritual foundation during this virtual SoulCollage® workshop as we launch into 2022.

Led by Becky Hambrick, M.Ed, Spiritual Director and SoulCollage® Facilitator.

\$60

January 16 (virtual)

Limited to 10 attendees



[Soaking in the Sweetness: Directed Silent Immersion](#)

Discover the peace and serenity that come from silence—in the beautiful setting of the Sisters House at Well of Mercy.

January 21- January 23, 2022

2 Night Retreat

\$380

Includes meals and retreat materials

4 spaces remaining



See Full 2022 Calendar for ALL Retreats & Workshops

[Check Calendar Often for Updates](#)

Allegiance to Earth: Reusable Gift Bags

This season please help preserve our planet and consider using reusable gift bags instead of plastic wrapping. You may also consider saving and reusing gift boxes & bows if you do choose to wrap your gifts.



Connecting to Our Roots

The Sisters of Mercy believe that women's education, health and spirituality need special attention. They continue this mission in schools, colleges, health care institutions and spirituality centers. The Sisters advocate for equal pay, for services for domestic violence victims, and for the rights of girls and women in especially repressive societies.



Well of Mercy helps women (and men) restore spiritually. If you know of someone who needs time to get away, retreat, and spend a little time recalibrating, please let them know about Well of Mercy. Especially remember those who are teachers, healthcare providers, pastors and counselors - who need time to recharge in 2022.

Staff Spotlight

Meet Sandra O'Brien, our Executive Director.

Sandra has been coming to Well of Mercy for fifteen years. Her favorite place on the property is the Sacred Circle. If you haven't found this spot on our grounds, we invite you to spend time there on your next visit and let us know what your favorite spot on the property is.



Gratitude

Thanks to those who donated on Giving Tuesday through our FaceBook fundraiser. We were able to make our \$1,000 match!

Well Job Opportunity

Well needs a **part-time Program Assistant** to support operations, programming, and administrative tasks.

The position requires both excellent interpersonal skills (Well style) and proven experience with Excel, Word, PowerPoint, Google Docs, Zoom and Social Media. If you know of anyone who matches our needs and who would love to work in a spiritual retreat ministry - please share the job description and email resumes or inquiries to Brenda@wellofmercy.org.

[View the full job listing here.](#)

Merry Christmas *from* Well of Mercy



Gift Shop Corner

New this month in the gift shop... ornaments and wood items from [Kids Making It](#) in Wilmington, NC.



These unique items are crafted through their teens after school program and an apprentice program for those who want to spend more time in woodworking. Well is pleased to support their efforts and share these lovely items in our Gift Shop.

Thank you to all those who remember Well of Mercy in your year-end giving.



Well of Mercy

181 Mercy Lane
Hamptonville, NC 27020
704-539-5449

All visits require advance reservations

Find us on [Facebook](#)

Follow us on [Instagram](#)

Visit our [Website](#)

