



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

## Well of Mercy

Love Yourself

"Love your neighbor as yourself" Mark 12:31

During the month of February we often think about Love.

We encourage you to take a minute and think about all the love you've given and

received over the course of the past two years of pandemic life. Who are the individuals you want to be intentional about loving well in the future? Have you thanked the individuals that have loved you well? Mister Rogers always reminded people to let others know you care about them and we encourage you to do the same.

We'd also like to remind you to Love Yourself! People often think about loving others first....

What does it look like to Love Yourself Well? It could look like eating healthy meals, taking time in nature, being creative, or scheduling a personal retreat. Whatever it is that brings you joy, feeds your spirit, and makes you feel alive, we hope you're making time for it. If not, pause and consider showing yourself some love.

Be Well. Love Yourself and Others. As you return home from a Well retreat, we hope you take the love of Well with you to share.

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## Upcoming Retreats And Workshops

### March

#### [Introduction To Meditation: A Month Long Virtual Series](#)

Participate in this safe and welcoming time to explore non-judgmental moment-to-moment awareness in this weekly beginner's mindfulness meditation series.



Every Tuesday in March

**\$125**

Limited to 12 virtual retreatants

7:00-8:30pm

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Check the [Website](#) & [Facebook](#) for retreats released between newsletters.

**Programs often fill before they can be published in the newsletter.**

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### Allegiance to Earth: Conserve Energy

Environmental tips! Ways to conserve energy:

1. Consider installing a smart thermostat.
2. Insulate your home and consider installing energy-efficient windows.
3. Use natural light whenever possible.

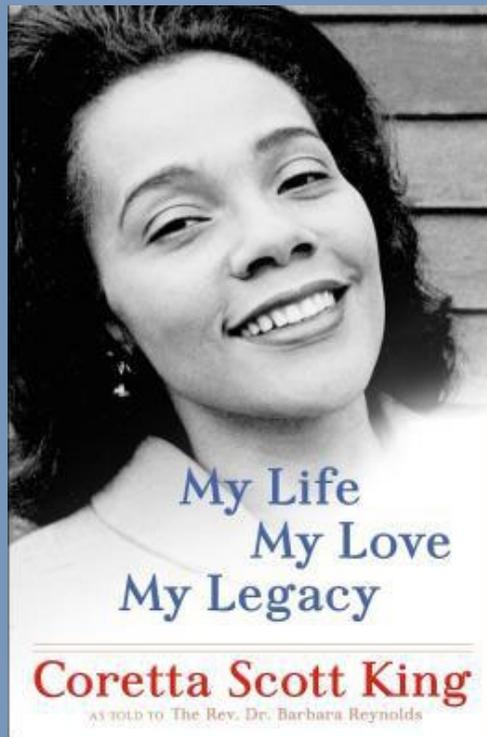
4. Turn off lights and unplug electronics when not in use, including coffee pots & phone chargers.
5. If the heat or air conditioner is on; keep windows and doors closed.



### **Connecting to Our Roots**

Our book club this month focused on three of the critical concerns of the Sisters Of Mercy: Racism, Non-Violence, and Women.

Thanks to those who joined us for an engaging discussion about Coretta Scott King's Memoir.



### **Giving: Items Needed**

We are looking to freshen up some of our **recliners and mattresses**. If you have any contacts in the furniture industry that might be interested in making a donation please contact Meg Robertson:

### **Gift Shop Corner**

North Carolina author Kathy IZARD has two books available in our gift shop.

Meg@wellofmercy.org

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## Seeking Board Members!

Seeking a diverse pool of candidates to add to our Board of Directors with skills in the following areas: Legal, IT, Accounting, Marketing and Fundraising.

If you or someone you know is interested in serving on a volunteer board of directors please email Sister Lillian at [ljordan@sistersofmercy.org](mailto:ljordan@sistersofmercy.org). Thanks for considering and sharing with your network.

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Give to Love. Love to Give. Please consider making a gift to Well in honor or in memory of someone you love. We will let them know a gift has been made in their honor.

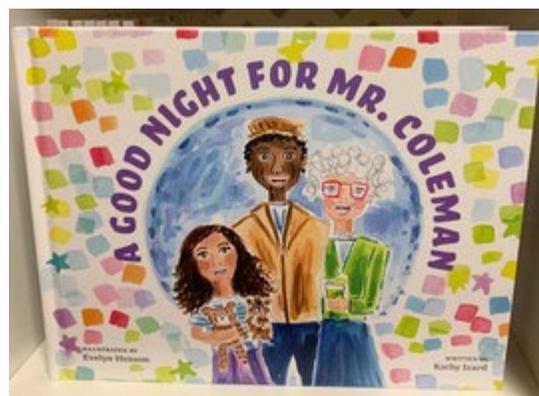


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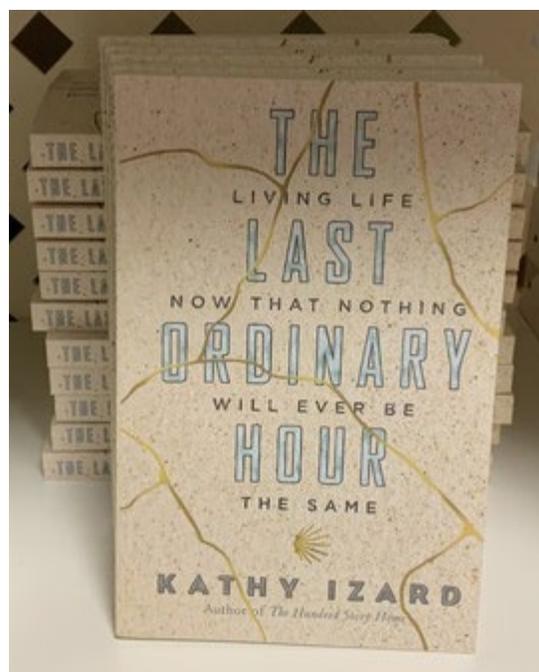
## Gratitude

We LOVE our Volunteers!

Meet Jennie! Jennie volunteers every Wednesday through Thursday mornings. She greets guests with a warm welcome and bright shiny smile. We are so grateful to have her here with us “pinch-hitting” in many areas. You might find her at the front desk, kitchen, or stocking guest houses.



***A Good Night for Mr. Coleman*** inspires young readers to believe in themselves and to know they have the power to change the world to make it a better place for others.



***The Last Ordinary Hour*** is a memoir that reminds us of the fragility of life, to move forward and lean on our faith during challenging times of crisis.

For more information about Kathy Izard see her [website](#).

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Visit our [Website](#)

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If you are interested in volunteering at Well, please email Brenda Wallace:  
[Brenda@wellofmercy.org](mailto:Brenda@wellofmercy.org)

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**Contact Well of Mercy for Inquiries & Reservations**

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**All Visits Require Advance Reservations**

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