

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

**Well of Mercy**  
New Year, New Beginnings

During our January *Reflections and Intentions: Vision for the New Year*

retreat, guests spent time reflecting on 2021, setting their intentions and creating vision boards for 2022. We know not everyone can get away to Well, but everyone can participate in a new year's exercise so we're sharing some of our retreat journal prompts for you to participate from home.

### **Reflecting on 2021**

- Describe love you gave others and the love you received last year.
- Who supported and encouraged you? Have you thanked them?
- List any positive habits you created, or goals you achieved, or projects you completed.
- What are you ready to leave behind from 2021?
- What served you well in 2021 that you'd like to continue in 2022?

### **Intention setting for 2022**

- How will you share your spirit, gifts, talents, and love with others?
- What are three traits you'd like others to see in you this year?
- What healthy boundaries do you need to put in place?
- What relationships will you nurture and how?
- Are there any adventures or vacations you'd like to take?
- Do you have a word, mantra, or intention for the year ahead?
- What can you do to change the world for the better in some small way?

We hope you'll carve out an hour to respond to these questions, setting the stage for a more *intentional* year ahead. And we'd love to hear how this experience impacts your view on the new year.



The staff at Well wishes you a Happy New Year!



## February

### [The Art of Self-Care and "Well" Being](#)

Discover care for yourself through retreat, relaxation, restoration and recharging.

This retreat allows time in nature, silence, and practices that support your journey of self-care.



February 15-18, 2022

3 Night Retreat

**\$420-\$525**

5 tickets remaining

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## 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

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### [Journey to The Heart: Celtic Quiet Retreat](#)

Join us for an inner and outer journey to your Heart. This guided retreat is an introduction to the tapestry of weaving toward the Heart with Celtic practices supporting the journey.



March 15-17, 2022

2 Night Retreat

**\$280-\$350**

8 tickets remaining

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### **[Writing Ourselves Whole](#)**

Reflect at Well of Mercy as you nurture, inspire and empower the writer in you.

March 29-31, 2022

2 Night Retreat

**\$280-\$380**

Limited to 10 retreatants



See Full 2022 Calendar for ALL Retreats & Workshops

[Check Calendar Often for Updates](#)

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### **Allegiance to Earth: Reusable Produce & Grocery Bags**

Many people make New Year's Resolutions that involve healthy eating. When purchasing your fruits and veggies it is often convenient to buy pre-packaged (pre-chopped) produce but we encourage you to consider buying loose, non-packaged items to reduce the use of plastic/ styrofoam trays and containers.

And don't forget your reusable cloth bags to place your loose produce in to avoid grocery store single-use versions.



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### **Connecting to Our Roots**

We'd like to share a book recommendation in connection to three Sister of Mercy critical concerns.

***Coretta: My Life, My Love, My Legacy***  
**by Coretta Scott King**

We are hosting a virtual Book Club on Feb. 22nd at lunchtime. Join us via Zoom as we

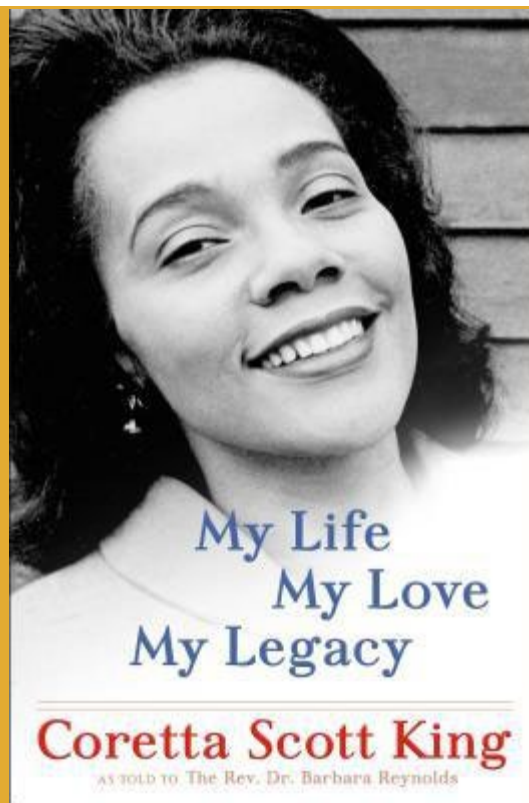
take a closer look at the Sisters of Mercy Critical Concerns of nonviolence, women, and racism through the lens of the author Coretta Scott King.

To register please sign up [here](#).

One of the ways to learn more about peacekeeping and nonviolence is to learn about people that have advocated for change using non-violent strategies. We intentionally want to highlight a courageous and inspirational woman and the work she invested in this cause.

The Sisters of Mercy believe racism is an evil affecting us all, and the more we learn about history, the more we'll have a better understanding of how things have evolved. The Sisters work to mobilize sisters and associates in recognizing and dismantling institutional racism in order to become an anti-racist multicultural community. The Sisters of Mercy advocate for upholding the voting rights of marginalized Americans and for a fair criminal justice system, and point out racism wherever it exists.

Limit 15 virtual participants.  
Facilitated by Meg Robertson.



## **Giving: Donations**

Our current [Amazon wish list](#) is here!  
Thank you in advance for helping us care for guests and staff through purchasing these items.

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## **Gift Shop Corner**

Focus this month in the gift shop...

We have hand-dyed yarn, crochet/knitting needles, and patterns available in the gift shop for creating prayer shawls



## Well Part-Time Job Opportunities

We have two part-time job opportunities available at Well! Please click on the job description links below if interested in joining our team or sharing with anyone who might be a great asset to the ministry at Well.

### Hospitality Coordinator:

From answering phone inquiries to maintaining our reservation system, this position is responsible for guest services at Well of Mercy.

[View Hospitality Co. listing here.](#)

### Program Assistant:

Responsible for providing on property administrative support to team members throughout the planning and implementation of group programming, board activities, special events and routine office administration

[View Program Assistant listing here.](#)



THANK YOU for supporting Well of Mercy with your end-of-year giving. We are humbled by, and grateful for, the outpouring of support and hope you'll continue to enable us to love others

and scarves. Put your creative juices to work and make something special with these lovely yarns for yourself or a thoughtful gift.



## Gratitude

Thanks Ryan McCall, volunteer, for helping build a fence to support lights to guide guests walking to and from the Sisters House. Randy Simmerson & Mike Holcomb, Facility Directors, say all handymen are welcome to support various projects on Mondays and Tuesdays.



Ryan McCall (volunteer), Randy Simmerson & Mike Holcomb (facility directors)

If you're interested in volunteering, email Randy at [randy@wellofmercy.org](mailto:randy@wellofmercy.org) to coordinate our projects with your

“well” in 2022. And please schedule a time to visit with us soon!



You can still be a ministry supporter even if you missed the year-end opportunity.

Find us on [Facebook](#)

Follow us on [Instagram](#)

Visit our [Website](#)

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availability.

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

**Well of Mercy**

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**All visits require advance reservations**

**New Year, New Beginnings,  
New Offerings at Well**