



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

Well of Mercy Summer of Freedom

July Inspiration

FREEDOM. It's something we don't spend much time thinking about and often something we take for granted. Some of us experienced a loss of many freedoms during COVID. The freedom to connect with friends and family and hug people we love. The freedom to dine in restaurants. The freedom to sit in a room with the people you work with and connect with them on a personal level. Here at Well of Mercy, staff recently started sitting in a room with each other again for devotions once a week—and it's powerful. I don't know if we realized how much we missed it until we started again. We're a small team and there's a deep level of connection that happens when you take a few minutes a week to stop, to connect, to think, express gratitude and reflect. Last week, we pulled words out of a bag and everyone shared

thoughts about their word. Someone had TRUST, it was what they needed, someone else had JOY and explained why it meant something to them.



I pulled the word FREEDOM and quickly thought how ironic it was that I was pulling it around the 4th of July. Then I thought of all those that have given their lives for my freedom and that freedom sometimes comes at a great cost.

Finally, I started reflecting on a new kind of freedom I'm currently experiencing, one that also comes with a cost. My 11 and 14-year-old kids are away at summer camp. I love my kids, and I miss them terribly and YET... I am enjoying this new sense of freedom to make whatever my husband and I want for dinner, without worrying about picky eaters, to read books and not feel guilty, or stay a little longer at work without rushing home to chauffeur. There's a cost to this freedom though; I don't get to hug them every day or engage in conversation—but I'm cherishing the letters I find in my mailbox and am looking forward to the hugs on August 3rd.

Pick one of the words staff received: Trust. Joy. Freedom. Believe. Prosperity... Take a few minutes to reflect on the meaning it has for you and share with us the inspiration, we'd love to know!

Meg Robertson

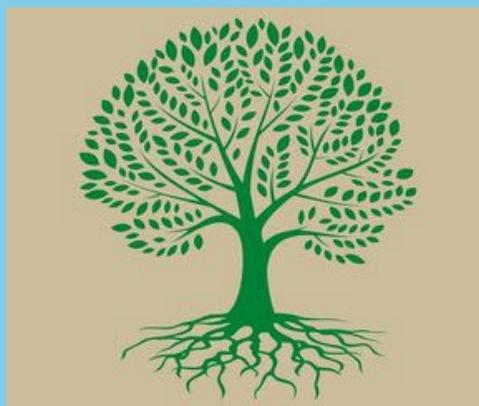
Community Connections Director

Connecting With Our Roots

Founded by the Sisters of Mercy, we like to connect to their [5 critical concerns](#) and share with our guests. One of the areas of concern is the EARTH. That leads us to examine our own behaviors and policies—and to adopt more environmentally sustainable practices.

This month our environmental impact change is to embrace DRYER BALLS. Go green and save money with these hypoallergenic, environmentally-friendly dryer balls for use in your electric dryer.

The alpaca dryer balls are made from 100% alpaca fiber. Toss them into your dryer with your wet clothes. SKIP your fabric softener. That's it! The dryer balls do the rest.



How do they work? They bounce around in the

dryer separating clothes—allowing more hot air to circulate through the garments. As they tumble, the dryer balls fluff your laundry, reduce wrinkles, and help make your laundry softer. Dryer balls reduce drying time by about 25%—saving you money on utility bills.

No harmful chemicals or perfumes coating your clothing. Reuse them—a set should last about a year. They may shrink over time with continued use, which is normal. If you miss the scent of your fabric softener you may add essential oils— just make sure to run them through separately until all the oil is absorbed so it doesn't get on your clothes.

[Dryer balls](#) can now be found in our gift shop. And during the month of August, if you order through our local supplier Good Karma Ranch, **proceeds** from the purchase will come back to Well of Mercy.

Upcoming Retreats And Workshops

[Peaceful Guided Hike at Well of Mercy](#)

September 8th Day Retreat (onsite)

10:30AM – 4:30PM

Learn how connecting with and caring for the land can be a meditative endeavor—and how we can act in ways which contribute to a sustainable future for the Earth. This workshop/hike focuses on Well's beautiful 110 acres and our active practice of conservation.

\$55

[Harvesting Gratitude in the Silence](#)

November 17th-19th Overnight Silent Retreat (onsite)

Enter into the bliss of quiet with our Fall silent retreat. This time blends the beauty and holiness of Well of Mercy with a guided Silent Retreat. The two days include free time to enjoy our 110 acres. The retreat includes opportunities for rest, reflection, prayer, meditation, journaling, and mindfulness; weaving together meditative music, scripture, modern wisdom, reflective questions and walks in nature.

\$280

Silent Retreat Testimonial:

My time at "The Well" was everything I needed! From the moment I saw "Mercy Lane" I knew that this was a place I would find peace and comfort. When I walked into the Chapel that first day, I made a commitment to God and myself that I would receive humbly, with open arms the gift of being cared for by others. For the first time in my life, I felt the loving spirit of my creator like I had never experienced Him before. Thank you All for the gift of knowing that I am Well loved.

-Amy, recent sojourner

Well of Mercy Nature Fun Fact!

This Catalpa tree at Well may be **older than the United States!** Our landscaper, Kevin Campbell, climbed the branches of this tree a few years ago for a cutting that he nurtured and later planted near the labyrinth where it is now over 5 feet tall.



July Inspiration



"You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens."
Mandy Hale

Giving

Your Greatness is Not What You Have, It's What You Give.

Please consider making a gift to Well's operating & sustainability fund to pay it forward to those that will visit Well of Mercy in the future.



Find us on [Facebook](#)
Follow us on [Instagram](#)
Visit our [Website](#)

Gift Shop Corner

Well of Mercy is proud to partner with [Good Karma Ranch](#), a small, family-run farm in North Carolina focused on the renewable resource of alpaca fiber. If you visit their farm in August and buy dryer balls, a portion of the proceeds go to Well of Mercy. If you can't make it there you can order online. You may also find these dryer balls in the gift shop here at Well of Mercy.

Dryer balls are available in our gift shop or [online](#) for **3 for \$25.**



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**All visits require advance
reservations**

