



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

Well of Mercy Summer of Transition

Reflection on Resilience

The past 18 months we have all been through a great many transitions - and while they continue, we see great HOPE on the horizon. Our staff recently experienced a day of reflection on **Transition** and **Resilience** with Claudia Barnes, certified coach & workshop leader. Until that moment, I'm not sure I realized the cumulative effect of all we have been through like reconfiguring a retreat center during a Pandemic, amongst increased racial awareness and social unrest, political challenges, and great loss - and we soldiered through. As we are emerging, many continue to experience shifts and challenges. Change doesn't sit well with many people and constant shifts can be exhausting - even if they are in our best interest.

Take a few moments to see how you are doing as the world opens up, more fully, after the Pandemic. Have you taken time to process the shifts occurring around you?

If it feels like you've been running a marathon and are exhausted at the finish line - you are not alone. Humans are often resilient but take time to catch your breath, rest your muscles (including your mind), and reconnect with Spirit.

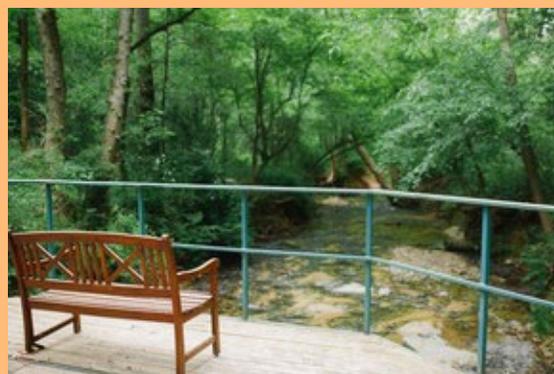
Sandra O'Brien
Executive Director



Connecting With Our Roots

Well of Mercy connects to the [5 critical concerns](#) of our sponsor, the Sisters of Mercy, and this month's focus is the Earth.

Sisters of Mercy believe in the need to work toward the sustainability of life and support movements and legislation that secure the fundamental right to water for everyone, and that address climate change. That leads us to examine our own behaviors and policies and to adopt more environmentally sustainable practices.



Upcoming Retreats And Workshops

[Creating God Space: A Beginner's Journey Into Quieting The Mind](#)

August 6-8th Two Night Retreat (onsite)

We invite you to 'be still' in order to explore...

- What if the sanctuary was a space we could access anytime, any place?
- What if we could find that calm during the stress of daily life?
- What if we could quiet our mind and be able to fully experience our relationships? What if we could create "God Space" in our daily activities?

Spend time learning basic tools of mindfulness that you can use to help observe and hear the voice of God—and create or strengthen your "God Space".

Mindfulness Retreat Includes:

- Introduction to Mindfulness
- Mind-Body Connection
- Discovering Your Compassionate Voice
- Choosing An Anchor
- Wonders of Creativity and Curiosity
- Time for Reflection and Practice

\$280



Allegiance to Mother Earth

Join Well of Mercy in REDUCING the use of plastic. It's great to recycle—but it's even better to replace plastic containers with biodegradable alternatives. Here are some eco-friendly opportunities that you can find

Gift Shop Corner

Well of Mercy is proud to support [Sheets Laundry Club](#) through our gift shop. A local company in Mooresville, NC, Sheets reduces plastic waste and supports the environment while making laundry easier—with no mess.

in your everyday life:

What do you buy in plastic containers that are offered in biodegradable options?

ex. egg cartons, laundry detergent, dishwashing detergent...

What items of convenience can you find in reusable containers?

ex. water bottles, grocery bags, utensils...

What sustainable options can you use instead of plastic wrap and baggies?

ex. glass containers, reusable food dish covers...

Check out [My Plastic Free Life](#) for more ideas! And learn where [your plastic goes](#).

Gifts In Memorium or Honor of a Friend or Family Member

Has a friend or family member come to Well over the years to rest and renew? Please consider making a gift to Well of Mercy in their honor or memory. We are happy to send a recognition card on your behalf.



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

Our staff is using Sheets and sharing with family members. They work great - much more convenient, far less mess, and biodegradable packaging. As soon as our current supply of laundry detergent runs out, Well is switching to laundry Sheets. Join us in our earth-friendly mission.

See other laundry products available on their [website](#).



Well of Mercy

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

All visits require advance reservations

A Small Request

We're in search of **3-4 black bistro tables & chairs**. If you have a set or two in great shape you'd like to donate, please contact brenda@wellofmercy.org.