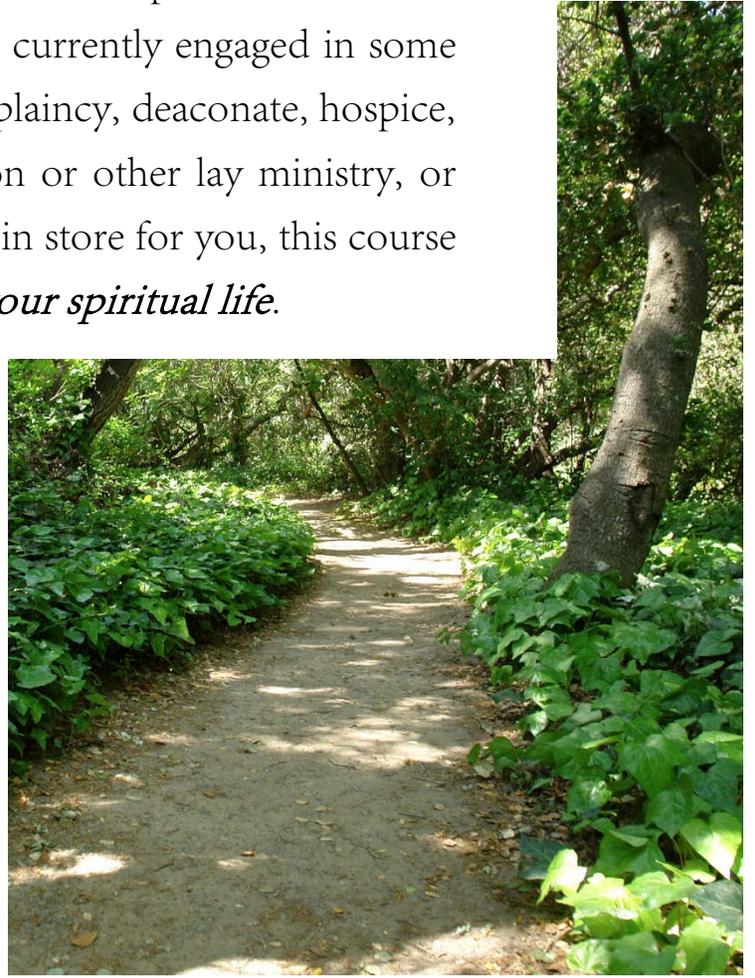
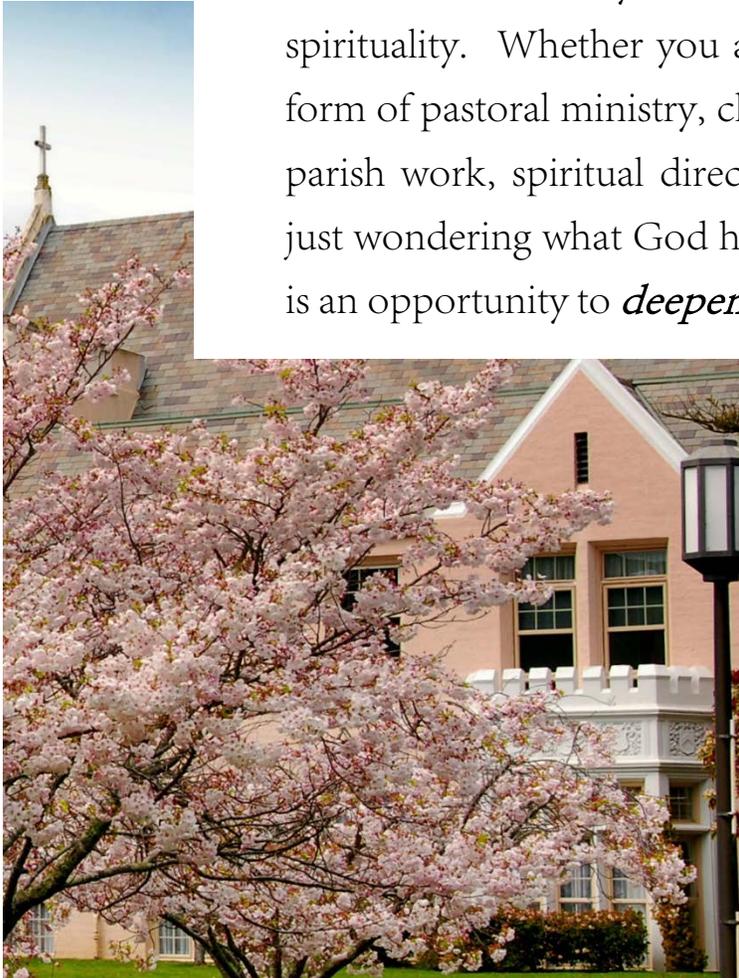


Sacred Journey

*A certificate program in spiritual formation at
Mercy Center Burlingame.*

September 2019 - May 2020

A foundational year in contemplative Christian spirituality. Whether you are currently engaged in some form of pastoral ministry, chaplaincy, deaconate, hospice, parish work, spiritual direction or other lay ministry, or just wondering what God has in store for you, this course is an opportunity to *deepen your spiritual life*.



FOCUS

This introductory program will include overview material on the areas of principles of spirituality, Christian spirituality and prayer, Ignatian Spirituality, vocation and discernment of call, spirituality and social justice, spirituality and personal maturity and integration.

FORMAT

Nine monthly presentations by experienced Mercy Center staff and acclaimed guest presenters from September through May, small group process, interactive exercises, assigned texts and other reading, and reflection papers.

COST

\$1,000 (does not include \$50 application fee.)

TOPICS

- Spirituality Defined and Lived
- Discerning a Call
- Spirituality and Social Issues
- Christology
- Prayer
- Scripture
- Psychology and Spirituality
- Sexuality and Spirituality
- Prayer and Integration

MEETING DATES

- Saturday, Sep 21, 2019
- Wednesday, Oct 23, 2019
- Wednesday, Nov 20, 2019
- Wednesday, Dec 18, 2019
- Wednesday, Jan 22, 2020
- Wednesday, Feb 19, 2020
- Wednesday, Mar 18, 2020
- Wednesday, Apr 15, 2020
- Saturday, May 09, 2020

Wednesday meetings 4:00 to 8:00 p.m.

Saturday meetings 10:00 a.m. to 3:00p.m.

At the October-April meetings an optional book group meets from 3:00-3:45 p.m. Coffee, tea, and water provided. Bring a bag lunch/dinner.

PROGRAM CRITERIA

If you have a desire to experience contemplative processes, and a longing for a deeper relationship with God, this is the program for you. You must be willing to be challenged in the area of personal growth and be able to complete all required assignments.

Participants will need internet access and email—important information is sent via email.

APPLICATION

Admission to Sacred Journey is by application process. Program space is limited, so please apply soon. Application is available on our website at:

<http://mercy-center.org/ProgramsSD/SacredJourney2019.html>

COORDINATOR

Liz Lawhead is a spiritual director, supervisor, retreat leader, and prayer group facilitator for those living with cancer. After 30 years of working in high tech as a program manager, she transitioned to full time spiritual direction ministry, and completed a Master's Degree in Pastoral Ministries from Santa Clara University. Liz was trained in the Spiritual Directors Institute at Mercy Center and is on the Art & Practice of Spiritual Direction team. Liz has a special interest in accompanying those in significant life transitions.

Questions can be directed to Brittany Soracco at 650-340-7495 or bsoracco@mercywmw.org.

MERCY CENTER

2300 Adeline Drive • Burlingame, CA 94010 • Phone: 650-340-7474 • www.mercy-center.org