



Centering Prayer and the Relationship Between Contemplation and Action

A Silent Centering Prayer Retreat
November 17-19, 2017

WELCOME AND ORIENTATION

Dear retreat participant,

Welcome to Autumn's Centering Prayer retreat at Mercy Center!

Experience has taught us that guidelines help in creating a fruitful retreat environment and answer some of the common questions. So we are sending you the following Guidelines / Orientation, especially for those of you who will be attending Mercy Center for the first time:

- **Arrival and registration** is 3:00 pm - 6:00 pm Friday, Nov 17. Dinner is 6:00 - 7:00 pm. Orientation is at 7:00 pm, followed by the first conference. **See the schedule for an overview of the weekend.**
- After our initial meal and gathering on Friday evening, we will cultivate a spirit of silence and mindfulness that will allow the gifts of the retreat to move deeply in us.
- The weekend includes several periods of Centering Prayer, conferences, free time for walking, reflection, rest, and opportunity for liturgy. We strongly encourage everyone to participate in all the periods of Centering Prayer – there is nothing quite like the powerful energy of group sitting.
- Meditation can be done sitting on a chair, a cushion, or prayer bench. All are provided, but feel free to bring your own if you prefer.
- Wear comfortable, loose clothing and easy walking shoes. Part of the retreat experience may include some time outdoors on our beautiful grounds if desired. In kindness towards those who are allergic, we also ask that you do not bring or wear scented lotions, soaps, or perfumes.
- Our food service department offers a variety of nutritious local food. However it is not staffed for special dietary needs; nor are our meals necessarily vegetarian. There are always salad and other options for non-meat eaters – most people find the food plentiful and satisfying. We provide a small kitchenette with a stove and refrigerator on the bedroom floors, and you are welcome to bring supplemental food if you wish.
- Retreatant bedrooms are all individual and bathrooms are on the hallway. Bed linens, towels, and bathrobes are provided. You may want to bring an alarm clock and slippers.



BODY WORK

Body consciousness is an important part of our ministry here at Mercy Center. (See website: <http://www.mercy-center.org/ProgramsMC/BodyTherapy.html>)

There will be opportunity for massage or healing touch during the weekend, including the afternoon of arrival. Please call ahead to schedule.

Jerry Granucci, CMT, CSP (therapeutic massage) 650-592-8054

Rosemary Perino, CMT (therapeutic massage) 650-703-9656

Stephanie Capodanno, HTCP, CHTP at 650-784-5999

Helen Hahn, CHTP 650-200-5225

PARKING

Parking is limited at Mercy Center. For this reason and for the sake of the environment, please consider carpooling if you know someone who is coming to this retreat.

Our group will be using the Forest Parking Lot, to the right as you enter the main gates. If you like, you can drop your luggage at the registration desk just inside the front door of Mercy Center up the road, and then take your car back down to the parking lot. If a disability makes this difficult, please ask someone at the front desk for assistance.

You can find a campus map at:

<http://www.mercy-center.org/PDFs/Registration/CampusMap.pdf>

You will find directions to Mercy Center at:

<http://www.mercy-center.org/directions.html>

Again, a very warm welcome. We look forward to this time together. If you have any further questions, please call Cristina Esguerra at 650-340-7454.

Autumn blessings,

Catherine Regan
Retreat Coordinator