



EAST-WEST MEDITATION SILENT YEAR-END RETREAT

FR. GREG MAYERS, TEACHER
Mercy Center Burlingame
December 27, 2017 to January 1, 2018
Daily Schedule

FIRST DAY

Afternoon

3:00 Check in until 6:45 PM

Evening

6:00 Dinner

7:00 Welcome in Birch Room

Orientations

Mercy Center

Rituals: interview, bell,
walking and sitting

Meditation for
new meditators

Sitting Meditation

8:55 Night Prayers

9:00 Retire

Terminology

Meditation:

25 minutes of sitting followed by
5 minutes of meditative walking
together.

Interview:

Private individual consultation with
the teacher.

Mindful Work / Walk:

Meditating while working or walking.

INTERVENING DAYS

Morning

6:00 Rising

6:30 Meditation and Interviews

7:55 Morning Prayer

8:00-8:30* Breakfast

10:00 Meditation

10:30 Talk

11:00 Meditation and Interviews

Afternoon

12:00 Lunch and rest

2:30 Meditation and Interviews

4:00 Mindful work/mindful walk

5:00 Meditation

Evening

6:00 Dinner

7:30 Meditation and Interviews

8:55 Night Prayers

9:00 Retire

LAST DAY

Morning

6:00 Rising

6:30 Meditation and Interviews

7:55 Morning Prayer

8:00-8:30* Breakfast

9:00 Departure

*Note: all retreatants are kindly
requested to vacate the dining room
by 8:30 a.m. following breakfast.