



EAST-WEST MEDITATION SILENT RETREAT

FR. GREG MAYERS, TEACHER

Mercy Center Burlingame, March 25-30, 2018

Daily Schedule

FIRST DAY

Afternoon

3:00 Check in until 6:45 PM

Evening

6:00 Supper

7:00 Welcome in Birch Room

Orientations

Mercy Center rituals

Meditation in Rose Room

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/Eucharist

11:00 Meditation and Interviews

Afternoon

12:00 Lunch and rest

2:30 Meditation and Interviews

4:00 Mindful work or mindful walk

5:00 Meditation

Evening

6:00 Dinner

7:30 Meditation and Interviews

8:55 Night Prayers

9:00 Retire

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

LAST DAY

Morning

6:00 Rising

6:30 Meditation and Interviews

7:55 Morning Prayer

8:00-8:30 Breakfast*

10:00 Meditation

10:30 Talk/Eucharist

11:00 Meditation and Interviews

Afternoon

12:00 Lunch and Departure