



## EAST-WEST MEDITATION SILENT RETREAT

### FR. GREG MAYERS, TEACHER

### August 12-17, 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

##### 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