



## EAST-WEST MEDITATION SILENT YEAR-END RETREAT

**FR. GREG MAYERS, TEACHER**  
**Mercy Center Burlingame**  
**December 27, 2018 to January 1, 2019**  
**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

\*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

9:00 Departure