

EAST-WEST MEDITATION SILENT RETREAT

The Rev. Alice Cabotaje, TEACHER

Mercy Center Burlingame, August 28-30, 2020

Schedule

First Day

Evening

5:00 Join Zoom
5:15 Welcome
Orientations to Rituals &
Meditation Sitting
6:00 Meditation
7:55 Night Prayers
8:00 Retire

Terminology

Meditation: 25 minutes of sitting followed by 5 minutes of meditative walking in your place of retreat.

Interview: Private individual consultation with the teacher.

Mindful Work / Walk: Meditating while working or walking.

Second Day

Morning

7:45 Join Zoom
8:00 Morning Prayer
8:05 Meditation
10:00 Mindful walk/work
10:30 Meditation
11:00 Talk
11:30 Meditation and Interviews

Afternoon

12:00 Lunch and rest
2:30 Meditation and Interviews
4:00 Mindful work/walk
4:30 Meditation and Interviews
5:55 Afternoon prayer

Evening

6:00 Dinner
7:30 Meditation and Interviews
8:55 Night Prayers
9:00 Retire

Final Day

Morning

7:45 Join Zoom
8:00 Morning Prayer
8:05 Meditation
10:00 Mindful walk
10:30 Meditation
11:00 Talk
11:30 Meditation and Interviews

Afternoon

12:00 Lunch and rest
2:30 Meditation and Interviews
4:00 Mindful work/walk
4:30 Meditation and Interviews
5:30 Afternoon prayer & Closing
5:45 Sharing
6:15 Program ends

Registered participants will receive access to the online course materials the week of the retreat. They will be able to access all of the program zoom links at:

<https://online.mercyis.org/courses/east-west-meditation-silent-retreat/>