

**MERCY CENTER EAST- WEST
MEDITATION
6 DAY INTENSIVE SILENT
RETREAT**

August 15-20, 2010

Teacher Fr Greg Mayers, C.S.s.R.



Daily Schedule

First Day:

Afternoon

3:00 Check in
available until 6:45pm

Evening

6:00 Supper
7:00 Welcome Birch Room
 A. Orientations:
 Mercy Center
 Rituals
 Meditation
 B. Meditation

8:55 Night Prayers
9:00 Retire

Terminology:

*Meditation: 25 minutes
sitting followed by 5
minutes of meditative
walking together.*

*Interview: Private
individual consultation
with the teacher.*

**Mindful work or Mindful
walk:** *Meditating while
working or walking.*

Intervening Days:

Morning

6:00 Rising
6:30 Meditation &
 Interviews
7:55 Morning
 Prayer
8:00 Breakfast
10:00 Meditation 10:
10:30 Talk/Eucharist
11:00 Meditation &
 Interviews

Afternoon

12:00 Lunch & Rest
2:30 Meditation &
 Interviews
4:00 Mindful work or
 mindful walk
5:00 Meditation

Evening

6:00 Supper
7:30 Meditation &
 Interviews
8:55 Night Prayers
9:00 Retire

Last Day:

Morning

6:00 Rising
6:30 Meditation &
 Interviews
7:55 Morning Prayer
8:00 Breakfast
10:00 Meditation
10:30 Eucharist/
 Meditation
11:00 Discussion

Afternoon

12:00 Lunch
12:30 Departure