



CENTER DAY 2017 SCHEDULE
EAST-WEST MEDITATION PROGRAM
FR. GREG MAYERS, C.Ss.R., TEACHER

Day of Practice and Community
for those using a meditative discipline

Meetings on the first Sunday of the month

February 5, March 5, April 2, May 7, June 4, July 2
September 3, October 1 and December 3
No Center Day in January, August or November

Sample Center Day Schedule

9:00 am	Meditation	Rose Room
9:30 am	Interviews with the Teacher	Bonsai Room
10:30 am	Walking Meditation	Rose Room
11:00 am	Meditation	Rose Room
11:30 am	Eucharist	Rose Room
12 Noon	Potluck Lunch	Birch Room

Center Day is part of the ongoing East-West Meditation program at Mercy Center Burlingame. Individual interviews with the teacher are available throughout the morning.

A \$20 donation is suggested to support the program (make checks payable to Mercy Center); however, any donation you are able to contribute is gratefully accepted. Your *presence* is most important.