



MERCY CENTER BURLINGAME EAST-WEST MEDITATION PROGRAM FR. GREG MAYERS, C.Ss.R., TEACHER

Please check the Mercy Center website for our latest program information
To register for retreats, visit www.mercy-center.org, or call 650-340-7474

2017 Ongoing East-West Programs

SILENT SITTING

Monday – Friday from 6:30 am – 7:10 am
Mercy Chapel. Early morning silent meditation.

WEDNESDAY EVENING MEDITATION

Wednesdays from 7:00 pm – 9:00 pm
Rose Room. An evening of sitting and mindful walking meditation. A \$10 donation is requested. Bring a bag dinner from home and join us in the Birch Room at 6:00 pm for a community meal.

CENTER DAY

1st Sunday of the month from 9:00 am – 12:00 noon
Rose Room. Silent meditation, interviews with the teacher and Eucharist. Bring a bag lunch from home and join in the community meal afterwards. A \$20 donation is requested to support the East-West Meditation program.
No meetings in January, August or November.

COMMUNITY DAY AT THE LABYRINTH

2nd Saturday of the month from 10:00 am – 12:00 noon
Labyrinth. Help to plant, weed, and water the flower beds around the Labyrinth. Bring a brown bag lunch from home to enjoy after the morning's work.

FOUR SEASONS HAIKU KAI

Quarterly: 4 Saturdays from 11:00 am – 1:00 pm
Magnolia Room. Bring haiku to share and discuss with others on the haiku path. A \$10 donation is requested.

2017 East-West Meditation Retreats

SPRING ZEN SESSHIN

June 11-16, 2017
Sunday 6:00 pm to Friday 1:00 pm
The *sesshin* is a time to deepen meditation

SUMMER MEDITATION INTENSIVE

August 6-11, 2017
Sunday 6:00 pm to Friday 1:00 pm
An opportunity for silent meditation practice

FALL ZEN SESSHIN

November 5-10, 2017
Sunday 6:00 pm to Friday 1:00 pm
The *sesshin* is a time to deepen meditation

NEW YEAR'S SILENT RETREAT

December 27, 2017 - January 1, 2018
Wednesday 6:00 pm to Monday 1:00 pm
Mercy Center's traditional year-end retreat

MEDITATION RESOURCES

[Listen to spiritual talks by Fr. Greg Mayers](#)

[Read What is Kensho? by Fr. Greg Mayers](#)