



## MERCY CENTER BURLINGAME EAST-WEST MEDITATION PROGRAM 2018 FR. GREG MAYERS, C.S.S.R., TEACHER

To register for East-West retreats or to receive schedule updates, visit [Mercy Center East-West Program Page](#) or call 650-340-7474

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### WEDNESDAY EVENING MEDITATION

Wednesdays 7:00 pm – 9:00 pm

**Rose Room.** Silent meditation, spiritual talks by the teacher.  
\$10 donation requested. Community potluck dinner 6:00 pm.

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### CENTER DAY

1st Sunday of the month\* 9:00 am – 12:00 noon

**Rose Room.** Silent meditation, interviews and Eucharist.  
\$20 donation is requested. \*No meetings in Jan, Apr or Nov

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### SILENT SITTING

Monday – Friday 6:30 am – 7:10 am

**Mercy Chapel.** Early morning silent meditation.  
Check in at the front desk before entering Mercy Chapel.

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### FOUR SEASONS HAIKU KAI

Quarterly: Saturdays 11:00 am – 1:00 pm

**Magnolia Room.** Bring haiku to share, discuss and edit in a supportive group. No registration. \$10 donation is requested.

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### MEDITATION RESOURCES

Talks by Fr. Greg Mayers on Zen and Christian spirituality.  
New talks added during the year, check this page regularly.  
[Link to spiritual talks](#)

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### SPRING MEDITATION INTENSIVE

March 25-30, 2018

Sunday 6:00 pm to Friday 1:00 pm

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### SPRING ZEN SESSHIN

June 10-15, 2018

Sunday 6:00 pm to Friday 1:00 pm

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### SUMMER SILENT RETREAT

August 5-10, 2018

Sunday 6:00 pm to Friday 1:00 pm

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### FALL ZEN SESSHIN

November 4-9, 2018

Sunday 6:00 pm to Friday 1:00 pm

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### NEW YEAR'S SILENT RETREAT

December 27, 2018 - January 1, 2019

Wednesday 6:00 pm to Monday 1:00 pm

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