



MERCY CENTER BURLINGAME WEDNESDAY EVENING SITTING MEDITATION FR. GREG MAYERS, C.S.S.R., TEACHER

THE MERCY CENTER BURLINGAME EAST-WEST MEDITATION PROGRAM

Invites you to join in Silent Sitting and Walking Meditation
Wednesdays from 7:00 pm – 9:00 pm in the Rose Room

Bring a bag dinner from home and join us in the Birch Room at 6:00 pm for a community meal.
A \$10 donation to support the East-West Meditation Program is requested.



Fr. Gregory Mayers, C.S.S.R., is a Redemptorist priest and Zen teacher. He began Zen koan studies in the late 1970s, and is an Associate Roshi of the Sanbō-Zen Society, Kamakura, Japan. In 2010, he received full transmission as an Authentic Zen Master with the honorific title of Roshi from his teacher, Willigis Jaeger, founder of the Empty Cloud Zen Lineage in Germany.

Fr. Greg has taught Zen and Christian Mystical prayer in retreats around the United States. He is the award-winning author of *Listen to the Desert: The Secrets of*

Spiritual Maturity in the Desert Fathers and Mothers. He directs the East-West Meditation program at Mercy Center and is the resident teacher.

MEDITATION RESOURCES

Listen to spiritual talks by Fr. Greg Mayers
mercy-center.org/Resources/GregMayersTalks.html

Read What is Kensho? by Fr. Greg Mayers
mercy-center.org/PDFs/EW/Kensho.pdf

SCHEDULE UPDATES

To receive schedule updates, send a request to mwerlin@mercywmw.org.