



CENTER DAY 2019 SCHEDULE
EAST-WEST MEDITATION PROGRAM
FR. GREG MAYERS, C.S.S.R., TEACHER

Day of Practice and Community
for those using a meditative discipline

Meeting on the first Sunday of the month

February 3, March 3, April 7, May 5, June 2, July 7
September 1, October 6, November 3 and December 1

There will be no Center Day meeting in January, or in August during the silent retreat.

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.