



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

**An evening of silent sitting & walking meditation
Spiritual talks and private talks with the teacher**

Wednesdays 7:00 pm–9:00 pm in the Rose Room

No meetings

Jan 2, Apr 17, Jun 12, Jun 19
Aug 7, Nov 13, and Dec 25

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.Ss.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

We offer an audio library of talks from Fr. Greg Mayers' retreats, sesshins and Wednesday evening meditations. A new series of short videos is also available to watch online.

[Listen to spiritual talks](#) | [Watch short video talks](#) | [Read What is Kensho?](#)

SCHEDULE UPDATES

Wednesday evening meditation and Center Day meetings are sometimes subject to schedule changes. If you would like to receive occasional schedule update emails, send a request.

[Request schedule updates](#)