



MERCY CENTER BURLINGAME EAST-WEST MEDITATION PROGRAM 2019 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

WEDNESDAY EVENING MEDITATION

Wednesdays 7:00 pm–9:00 pm (no meetings during retreats)
Rose Room. Silent meditation, spiritual talks by the teacher.
\$10 donation requested. Community potluck dinner 6:00 pm.

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 during retreats)

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.

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.

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](#)

SPRING MEDITATION INTENSIVE

April 14-19, 2019
Sunday 6:00 pm to Friday 1:00 pm

SPRING ZEN SESSHIN

June 9-14, 2019
Sunday 6:00 pm to Friday 1:00 pm

SUMMER SILENT RETREAT

August 4-9, 2019
Sunday 6:00 pm to Friday 1:00 pm

FALL ZEN SESSHIN

November 10-15, 2019
Sunday 6:00 pm to Friday 1:00 pm

NEW YEAR'S SILENT RETREAT

December 27, 2019 - January 1, 2020
Friday 6:00 pm to Wednesday 1:00 pm
