



**EAST-WEST MEDITATION PROGRAM  
CENTER DAY 2020  
LED BY MARGARET GAINER**

**A Day of Practice and Community  
for those using a meditative discipline**

**Meeting on the first Sunday of the month**

Feb. 2, Mar. 1, May 3, July 5, Aug. 2, Sep. 6, Oct. 4, Nov. 1, and Dec. 6

NO Center Day meetings on April 5 and June 7, during retreats

**Sample Center Day Schedule**

9:00 – 10:30 am	sitting meditation	Rose Room
10:30 – 11:00 am	dharma talk	Rose Room
11:00 – 11:30 am	walking in nature	Outdoors
11:30 am – 12:00	sitting meditation	Rose Room
12 Noon	potluck lunch	Birch Room

**Margaret Gainer** began Buddhist meditation practice in 1995, and teaches at several Bay Area meditation groups and churches. Margaret completed Sati Center Buddhist Chaplaincy Training, and since 2005 has taught weekly meditation classes in a county jail. She also serves as a chaplain volunteer with Correctional Institutions Chaplaincy. Margaret attends a UCC church and brings Buddhist teachings and understanding into the life of the congregation.

**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.