



EAST-WEST MEDITATION PROGRAM
WEDNESDAY EVENING SITTING MEDITATION
WITH SR. JUDY CANNON, RSM

**AN EVENING OF SILENT SITTING AND WALKING MEDITATION,
SPIRITUAL TALKS, AND PRIVATE TALKS WITH THE LEADER**

Wednesdays 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. \$10 donation requested to support the East-West Program.

No evening meditation on these dates in 2020:

April 8, June 10, June 24, August 19, November 11, December 30

UPDATES

Wednesday evening meditation and Center Day meetings are subject to schedule changes. There are no meetings during East-West retreats and sesshins, or when the Rose Room is not available.

To receive schedule update emails: [Request schedule updates](#)

MEDITATION LEADER

Sr. Judy Cannon has been studying and practicing meditation since 2000. She has made silent retreats at Mercy Center Burlingame with Fr. Thomas Hand and Fr. Greg Mayers, and at The Insight Retreat Center and Spirit Rock Meditation Center.

RESOURCES

Mercy Center offers a collection of recorded talks from retreats, sesshins and Wednesday evening meditations, and videos by spiritual teachers.

To access audio and video resources, visit the [East-West Meditation Program Page](#)