



MERCY CENTER BURLINGAME EAST-WEST MEDITATION PROGRAM 2020

WEDNESDAY EVENING MEDITATION

Wednesdays 7:00 pm–9:00 pm in the **Rose Room**.
(No meetings during East-West retreats.)
Silent meditation, spiritual talks by Sr. Judy Cannon, RSM.
\$10 donation requested. Community potluck dinner 6:00 pm.

CENTER DAY

1st Sundays, 9:00 am–12:00 noon in the **Rose Room**.
Silent meditation, spiritual talks by Margaret Gainer.
\$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 in **Magnolia Room**.
Bring haiku to share, discuss and edit in a supportive group.
No registration. \$10 donation requested. Visit [Haiku Webpage](#)

MEDITATION RESOURCES

Talks on Zen and Christian spirituality by East-West program teachers past and present, including Fr. Greg Mayers Roshi, Fr. Thomas Hand, SJ, and current retreat and sesshin leaders.

Visit the [Mercy Center East-West Program](#) page for registration info, schedule updates and links to audio and video resources.

LENTEN SILENT RETREAT

Led by Nona Strong
April 5-10, 2020
Sunday to Friday

SPRING ZEN SESSHIN

Led by Nona Strong
June 7-12, 2020
Sunday to Friday

SUMMER SILENT RETREAT

Led by The Rev. Alice Cabotaje
August 16-21, 2020
Sunday to Friday

FALL ZEN SESSHIN

Led by Tony Tackitt
November 8-13, 2020
Sunday to Friday

NEW YEAR'S SILENT RETREAT

Led by Nona Strong
December 27, 2020 - January 1, 2021
Sunday to Friday
