

Dear Retreatant,

Welcome to our Cynthia Bourgeault Retreat. We are very much looking forward to forming a contemplative prayer and learning community. This silent retreat is grounded in periods of Centering Prayer / silent meditation with several conferences by Cynthia, which include opportunities for questions and dialogue.

Experience has taught us that guidelines help in creating a fruitful retreat environment and answer some of the common questions. So we include the following Guidelines/Orientation for the retreat:

- We cultivate a spirit of silence and mindfulness following dinner and orientation on the first evening. The retreat includes periods of sitting and walking meditation, free time for walking the grounds, reflection, and rest; and an option for body work. (See following page for information) We strongly encourage you to participate in every period of sitting – there is nothing quite like the powerful energy of group sitting.
- Sitting is done on a chair, a cushion, or prayer bench - all provided.
- Wear comfortable, loose clothing and easy walking shoes as part of the retreat experience may include some time outdoors if desired. In kindness towards those who are allergic, we also ask that you do not bring or wear scented lotions, soaps, or perfumes.
- Residential retreatants may want to bring an alarm clock and slippers. Bathrooms are shared bathrooms and robes are provided.
- Our food service department is not staffed for special dietary needs, nor are our meals vegetarian. There are always salad and other options for non-meat eaters. Our food is local as much as possible and most people find the meals plentiful and satisfying. We also provide a small kitchenette with a stove and refrigerator on the bedroom floors, and you are welcome to bring supplemental food if you wish.
- Arrival and registration is from 3:00 pm - 6:00 Friday. Dinner is 6:00 - 7:00 pm in the Maple Dining Room on the 1st floor. Orientation begins at 7:00 pm Friday evening in the Sequoia Room, 1st floor. We conclude at 11:00 am on Sunday.
- PARKING & CARPOOLING – There will be other events on campus this weekend. Please consider carpooling if at all possible. Also, the LAKE LOT has been assigned for our use. Attached is a map of the campus that shows the Lake Lot. Notice that you access it by going through the back gate on Hoover. There is a pathway from the back road to the front entrance of Mercy Center where you register.

Again, a very warm welcome. We look forward to this time together.

If you have any further questions about the retreat experience, please call Catherine Regan, 650-373-4528. Questions about your stay at Mercy Center can go to Cristina Esguerra, 650-340-7454.

Every blessing for a graced retreat!

Catherine Regan
Centering Prayer Coordinator



BODY WORK

Body Consciousness is part of the spirituality of Mercy Center. We have 2 practitioners of massage and 1 healing touch practitioner offering times for body work during this retreat. Some of the time available is on Friday between 3 and 6 pm – a wonderful way to become present and begin retreat. You can call the practitioner ahead of time if you would like to book one of their appointment times on Friday.

The sign-up sheets for Saturday will be available when you arrive – outside the Sequoia Room where the retreat will take place.

Fee: \$55-75

Friday Offerings:

Massage – Jerry Granucci, CMT, CSP – 650-592-8054

Healing Touch – Helen Hann, CHTP – 650-200-5225

Massage – Rosemary Perino, CMT -- 650-703-9656

