Mercy Center, Burlingame – Welcome and Orientation
Welcoming Prayer Immersion Retreat
February 24-26, 2017

Dear Retreat Participant,

Welcome to our Welcoming Prayer retreat at Mercy Center!

Experience has taught us that guidelines help in creating a fruitful retreat environment and answer some of the common questions. So we are offer the following Guidelines / Orientation, especially for those of you who will be attending Mercy Center for the first time:

- **Arrival and registration** is from 3:00 pm - 6:00 pm on the opening day of your retreat. Dinner is 6:00 - 7:00 pm. Orientation and the opening of the retreat is at 7:00 pm in the Aspen Room on the ground floor. **See attached schedule for an overview of the retreat.**

- This is not a silent retreat, but there will be periods of silence and we will cultivate mindfulness that will allow the gifts of the retreat to move deeply in us.

- The periods of Centering Prayer can be done sitting on a chair, a cushion, or prayer bench – all provided. If you prefer to bring your own, you are welcome to do so.

- Wear comfortable, loose clothing and easy walking shoes. Part of the retreat experience may include some time outdoors on our beautiful grounds if desired. In kindness towards those who are allergic, we also ask that you do not bring or wear scented lotions, soaps, or perfumes.

- Our food service department offers a variety of nutritious local food. However it is not staffed for special dietary needs; nor are our meals generally vegetarian. There are always salad and other options for non-meat eaters – most people find the food plentiful and satisfying. We provide a small kitchenette with a stove and refrigerator on the bedroom floors, and you are welcome to bring supplemental food if you wish. You can put your name on it and store it in the refrigerator in the kitchenette.

- Retreatant bedrooms are all individual and bathrooms are on the hallway. Bed linens, towels, and bathrobes are provided. You may want to bring an alarm clock and slippers.

**BODY WORK**

Body consciousness is an important part of our ministry here at Mercy Center. There will be opportunity for massage or healing touch on Friday afternoon of arrival and during the retreat free time. For anyone who would like to schedule body work, you may contact the person below with whom you wish to schedule. See here for more information about body work offered: [http://www.mercy-center.org/ProgramsMC/BodyTherapy.html](http://www.mercy-center.org/ProgramsMC/BodyTherapy.html)
PARKING
Parking is limited at Mercy Center. For this reason and for the sake of the environment, please consider carpooling if you know someone who is coming to this retreat.

Mercy Center retreatants use the Forest Parking Lot, to the right as you enter the main gates. If you like, you can drop your luggage at the registration desk just inside the front door of Mercy Center up the road, and then take your car back down to the parking lot. If a disability makes this difficult, please ask someone at the front desk for assistance.

Campus map at:
http://www.mercy-center.org/PDFs/Registration/CampusMap.pdf
Directions to Mercy Center:
www.mercy-center.org

Again, a very warm welcome from all of us at Mercy Center. We look forward to this time together. If you have any further questions, please call Cristina Esguerra at 650-340-7454.

Catherine Regan,
Centering Prayer Coordinator