



## CENTER DAY 2010 SCHEDULE

**East-West Meditation Community  
Day of Practice and Community for  
Those Using a Meditative Discipline**

**FIRST SUNDAY OF THE MONTH**  
Meetings on September 5, October 3 and December 5  
November and December meetings are combined on 12/5

Please visit [www.mercy-center.org](http://www.mercy-center.org)  
or telephone 650.340.7454  
for updates to the schedule

### 2010 Schedule

9:00 am	Meditation	Rose Room
9:30	Interviews	Bonsai Room
10:30	Walking Meditation	Outdoors
11:00	Meditation	Rose Room
11:30	Eucharist	Rose Room
12:00 noon	Potluck Lunch	Birch Room

Center Day is part of the ongoing meditation program at Mercy Center. Individual interviews with the teacher are available throughout the morning.

A \$20.00 Donation is suggested to support the program, however, all donations are gratefully accepted. Please make checks payable to Mercy Center. Your presence is most important.  
Metta

### Read Father Greg's Blog

<http://integrallife.com/member/greg-mayers/blog>

### Listen to Father Greg's Talks Online

[www.mercy-center.org/resources/GregMayersTalks.html](http://www.mercy-center.org/resources/GregMayersTalks.html)

