

# EAST-WEST MEDITATION PROGRAM

Please check the Mercy Center website for our latest program information.  
To register for retreats, visit [www.mercy-center.org](http://www.mercy-center.org), or call 650-340-7454.

## ONGOING PROGRAMS

### SILENT SITTING

Monday – Friday                      6:30 am – 7:10 am

Mercy Center Chapel. Early morning silent meditation.

### WEDNESDAY EVENING MEDITATION

Every Wednesday                      7:00 pm – 9:00 pm

Rose Room. An evening of sitting and mindful walking meditation. A \$10 donation is requested to support the East-West program. Bring along a bag dinner from home and join us in the Birch Room at 6:00 pm for a community meal.

### CENTER DAY

1st Sunday of the month                      9:00 am – 12:00 noon

Rose Room. Silent meditation, interviews with the teacher and Eucharist. Bring a bag lunch from home and join the community meal afterwards. A \$20 donation is requested to support the East-West program. Nov. and Dec. meetings are combined.

### COMMUNITY DAY AT THE LABYRINTH

2nd Saturday of the month                      10:00 am – 12:00 noon

Labyrinth. Help plant, weed, and water the flower beds around the Labyrinth. Bring a brown bag lunch from home to enjoy after the morning's work.

### FOUR SEASONS HAIKU KAI

Quarterly: 4 Saturdays                      11:00 am – 1:00 pm

Magnolia Room. Bring your haiku poems to share and discuss with others on the haiku path. A \$10 donation is requested.

## 2010 RETREATS

### SUMMER ZEN SESSHIN

June 20-26, 2010

### SUMMER 5 DAY SILENT RETREAT

August 15-20, 2010

### FALL ZEN SESSHIN

November 7-12, 2010

### NEW YEAR'S RETREAT

December 27- Jan.1, 2011