

## Wednesday Schedule

### *Afternoon*

**3:00** Check in available until 6:45 PM

### *Evening*

**6:00** Supper

**7:00** Welcome Birch

**7:05** Mercy Center Orientation  
Rituals Orientation  
Meditation Orientation

**8:55** Night Prayers

**9:00** Retire

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### Terminology

**Meditation:** 25 minutes long followed by 5 minutes of meditative walking together. Meditation is done together in the meditation room.

**Interview:** Private individual consultation with the teacher.

**Mindful walk:** Meditating while walking outdoors.

## Thursday- Schedule

### *Morning*

**6:00** Rising

**6:30** Meditation & Interviews

**7:55** Morning Prayer (Rose Room)

**8:00** Breakfast

**10:00** Meditation

**10:30** Teaching

**11:00** Meditation & Interviews

### *Afternoon*

**12:00** Lunch & Rest

**2:30** Meditation & Interviews

**4:00** Mindful work or mindful walk

**5:00** Meditation

### *Evening*

**6:00** Supper

**7:30** Liturgy (Chapel)

**8:55** Night Prayers

**9:00** Retire

## Good Friday Schedule

### *Morning*

**6:00** Rising

**6:30** Meditation & Interviews

**8:00** Breakfast

**9:00** Morning Prayer(chapel)

**10:00** Meditation

**10:30** Teaching

**11:00** Meditation & Interviews

### *Afternoon*

**12:00** Lunch

**1:45** Liturgy (Chapel)

**3:30** Meditation & Interviews

**5:00** Mindful walk

**5:30** Meditation

### *Evening*

**6:00** Supper

**8:00** Taize Prayer around the Cross (Chapel)

**9:00** Retire

## Holy Saturday Schedule

### *Morning*

**6:00 Rising**  
**6:30 Meditation & Interviews**

**8:00 Breakfast**  
**9:00 Morning Prayer (Chapel)**  
**10:00 Meditation**  
**10:30 Teaching**  
**11:00 Meditation & Interviews**

### *Afternoon*

**12:00 Lunch & Rest**  
**2:30 Meditation & Interviews**  
**4:00 Service of Readings  
(chapel)**

### *Evening*

**6:00 Supper**  
**7:30 Easter Vigil Liturgy  
(chapel)**  
**10:00 Retire**

## Easter Sunday Schedule

### *Morning*

**6:00 Rising**  
**6:30 Meditation & Interviews**  
**7:55 Morning Prayer (Rose Room)**  
**8:00 Breakfast**  
**9:00 Departure**



MERCY CENTER  
Conferences, Retreats & Spiritual Programs

**2300 Adeline**  
**Burlingame, CA 94010**

## East -West Meditation

**Welcome to a Silent Holy Week**

**Retreat**

**March 31-April 4, 2010**



**At Mercy Center**  
**with Fr. Gregory Mayers CSsR**