

# 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.

### ZAZEN-KAI COMMUNITY SITTING

Saturday before the 1<sup>st</sup> Sunday of the month  
9:00 am – 3:00 pm

Rose Room. Sitting meditation in community. A \$25 donation is requested. The Nov. and Dec. meetings are combined. Next meeting: Dec 5.

### CENTER DAY

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

Rose Room. Sitting and walking meditation, a talk by the teacher and contemplative mass. Bring a bag lunch from home and join the community meal afterwards. A \$20 donation is requested to support the East-West program. The Nov. and Dec. meetings are combined. Next meeting: Dec 6.

### 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. Next meeting: Dec. 12.

## 2009-2010 RETREATS

### FALL SESSHIN

November 1-6, 2009

\$395 / \$335 Commuter

The sesshin can become an inspiring spiritual experience for everyone, irrespective of religious affiliation.

### NEW YEAR'S MEDITATION INTENSIVE

December 27, 2009 – January 1, 2010

\$395 / \$335 Commuter

This retreat provides the opportunity to enter deeply into an experience of silence, self-discovery and community.

## 2010 RETREATS

### HOLY WEEK RETREAT

March 31-April 4, 2010

### SUMMER ZEN SESSHIN

June 20-26, 2010

### SUMMER 5 DAY RETREAT

August 15-20, 2010

### WEEKEND RETREAT

September 24-26, 2010

### FALL ZEN SESSHIN

November 7-12, 2010

### NEW YEAR'S RETREAT

December 27- Jan.1, 2011