

*"It is true that we are called to create a better world. But we are first of all called to a more immediate and exalted task: that of creating our own lives." -Thomas Merton*

*each day is a gift...*



Each day is truly a precious gift that will never come again and an opportunity to improve ourselves and the world we live in. Christmas and the New Year is a time to celebrate and reflect upon rebirth, renewal, and our spiritual journey. It is a sacred time for all spiritual traditions offering us the opportunity to reconnect or deepen our direct personal experience of the sacred. Join us for our annual Year-End Retreat to make time for yourself to engage in meditation, prayer, mindfulness practices, and silent reflection.

**John Bruna** is a counselor, educator, former Tibetan Buddhist monk, and current mindfulness teacher. John was ordained and trained as a Buddhist monk in the Tibetan tradition. After more than six years of monastic life, John returned to life as a layperson and became an engaging, inspirational and authentic teacher. John is able to draw from his education and training, as well as his compelling life story and personal experiences to illustrate with clarity the skillful application of the wisdom teachings found in all traditions. Currently, John is the co-founder of the Mindful Life Program and director of the Way of Compassion Foundation.

## Year-End Silent Retreat December 28-January 1, 2020

*facilitated by* **John Bruna**

### Two Retreat Options

#### Option 1: Five Day Silent Retreat

Begins Saturday, December 28th with arrival and registration from 3:00 to 6:00pm (dinner at 6:15pm). Retreat closes with New Year's Day Eucharist celebration at 9:00am followed by brunch.

**Cost: \$275 resident** (Dec 28, 2019 to Jan 1, 2020)  
(\$75 non-refundable deposit)

#### Option 2: New Years Eve Overnight

Begins Tuesday, December 31st with arrival and registration from 3:00 to 5:00pm (dinner at 5:15pm). Retreat closes with New Year's Day Eucharist celebration at 9:00am followed by brunch.

**Cost: \$95** (Dec 31, 2019 to Jan 1, 2020)

### YEAR-END SILENT RETREAT

Facilitator: John Bruna

Please select:  OPTION 1  5-Days: Dec. 28, 2019 - Jan. 1, 2020  
\$275 (\$75 non-refundable deposit)

OPTION 2  New Years Only: Dec. 31, 2019 - Jan 1, 2020  
\$95 (non-refundable payment due in full)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Credit Card \_\_\_\_\_

\_\_\_ Visa \_\_\_ Mastercard \_\_\_ Amex Exp. Date \_\_\_\_\_ CID \_\_\_\_\_



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603 • 530-887-2019**  
You may also call with a credit card number or register online at [www.mercycenter.org](http://www.mercycenter.org)