



# A Time to Heal...

## Cultivating Loving-Kindness for Ourselves and Others

“We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their way.” -St. Francis of Assisi

Join us for our annual end of year retreat dedicated to self-care, connection, and healing our relationships with others.

As we cultivate the wisdom and practice of loving-kindness, we free ourselves of hatred, develop more peace and ease, and improve our relationships, and become more skillful in our interactions, including those we find difficult or challenging.

Loving-Kindness is universal to all and not limited to any one spiritual or religious tradition. This is a practical practice that we are all able to incorporate into our lives.

**JOHN BRUNA**, the author of *The Wisdom of a Meaningful Life*, is an engaging, inspirational, and authentic spiritual mentor. John is able to draw from his Catholic upbringing and time as a Buddhist monastic, as well as his compelling life story and personal experiences to illustrate with clarity, and often humor, the skillful application of the wisdom teachings found across religious and spiritual traditions.

### Year-End Silent VIRTUAL Retreat December 30 –January 1, 2021

*facilitated by John Bruna*

#### Retreat Schedule

##### **December 30th**

- 7:00 pm to 8:30 pm: Opening Gathering

##### **December 31st**

- 7:00 am to 7:30 am: Morning Meditation
- Contemplative time/breakfast
- 9:00 am to 10:30 am: Morning Gathering
- Contemplative time/lunch break
- 2:00 pm to 3:30 pm: Afternoon Gathering
- Contemplative time/dinner
- 7:00 pm to 8:30 pm Evening Gathering

##### **January 1st**

- 7:00 am to 7:30 am: Morning Meditation
- Contemplative time/breakfast
- 9:00 am to 10:30 am: Final Gathering

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### YEAR-END SILENT VIRTUAL RETREAT

Facilitator: John Bruna

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

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

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

COST:  \$195.00



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)