

Year-End Silent Retreat

December 28 – January 1, 2023



The doors that open and close for us in our lives are not nearly as important as the person we are when we walk through them. Each year, as the door of the past closes, we have an opportunity to transform, nurture, and grow the qualities of the person we are becoming as we enter the door of a new year filled with potential and opportunity.

Join us for 5 days of silent reflection, prayer, meditation, and mindfulness to deepen and embrace your personal spiritual journey and path of a new year that awaits you.

facilitated by John Bruna

JOHN BRUNA, author of *The Wisdom of a Meaningful Life: The Essence of Mindfulness*, is a counselor, educator, mindfulness and Dharma teacher. He is the co-founder of the Mindful Life Program and director of the Way of Compassion Foundation.

*Retreat begins Wednesday, December 28th
registration 3:00 to 6:00pm;
dinner at 6:00pm.*

*Retreat ends Sunday, January 1st
following brunch.*

YEAR-END SILENT RETREAT

Facilitator: John Bruna

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card _____
____ Visa ____ Mastercard ____ Amex Exp. Date _____ CID _____

COST: \$395.00 (\$75 non-refundable deposit)

**Option to attend Year-End and New Year Retreat - \$550*



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