

## Fall Silent Retreat Schedule

## Fall Silent Retreat Information

*The Meditation Room and SRF Library will be open throughout the retreat  
(The Library is next door to the Meditation Room)*

### Friday

3:00-5:30 pm	Check-in, Free time
5:30-6:30 pm	Dinner w/conversation
6:30-6:35 pm	Welcome & beginning silence (Please write notes if needed.)
6:35 -7:35 pm	"Your Thoughts Can Change Your Life" - Br. Anandamoy
7:35-7:45 pm	Quick break
7:45-8:00 pm	Led Energization Exercises
8:00-9:00 pm	Meditation

### Saturday

6:30- 6:50 am	Led energization exercises
6:55- 8:25 am	Meditation Your choice: continue meditation or free time/ breakfast bar
9:45-10:45 am	Free Time resting, reading, studying, walking, meditating
10:45-12:10 pm	Video "Awake"
12:10 -12:20 pm	Group photo by fountains
12:20-1:20 pm	Lunch
1:20-3:30 pm	Free time resting, reading, studying, walking, meditating
3:30-5:00 pm	Kirtan with meditation
5:00-6:00 pm	Dinner
6:00-7:30 pm	Free time resting, reading, studying, walking, meditating
7:30-7:45 pm	Led energization exercises
7:45-9:00 pm	Meditation

### Sunday

6:30- 6:45 am	Led energization exercises
6:50- 8:30 am	Meditation
8:30- 8:35 am	Announcement re: check-out
8:35- 9:30 am	Breakfast bar open; time to check out of your room.
9:30-10:15 am	Meditation
10:15-10:20 am	Summation
10:20-10:30 am	Quick Break
10:30-11:30 am	Public reading service
11:30-12:00 pm	Break-down & Pack-up - <i>Volunteers Appreciated</i>

October 6-8, 2017

Our Fall Silent Retreat will consist of meditations, chanting, SRF videos, audios and free time for reading, writing, resting, walking and hiking on the beautiful Unity grounds.

This is a wonderful opportunity to take time from your busy schedule and devote yourself to your own Self-Realization with other truth seeking souls.

If you would like to join us for our annual weekend retreat, please respond asap but preferably no later than September 22nd.

If you have questions, you may contact Nancy Blackman at 816.914.0182 or email her at [nancyb1326@gmail.com](mailto:nancyb1326@gmail.com). You may contact Mary Anne Demeritt, 913-645-0020 or [demerittmaryanne@gmail.com](mailto:demerittmaryanne@gmail.com) to help you find a room mate. For general questions, speak to anyone on the retreat committee: Judy, Chuc, Donna, Mary Anne, Brenda, Sandra or Nancy.

In Divine Friendship,

*Kansas City Meditation Group of  
Self-Realization Fellowship*

**Kansas City Meditation Group of  
Self-Realization Fellowship**

**Using the Power of  
Thought to Connect  
With God**



**2017 FALL SILENT RETREAT  
OCTOBER 6-8, 2017**



# Using the Power of Thought to Connect With God



## Kansas City Meditation Group of Self-Realization Fellowship 2017 Fall Silent Retreat Attendance Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City, St, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Info \_\_\_\_\_

If you need help in finding a room-mate, please check here \_\_\_\_\_

I plan to room with: \_\_\_\_\_

If you have any special needs, please let us know \_\_\_\_\_

### Paramahansa Yogananda

“In your silence,  
God’s silence ceases”

Please fill out the attached attendance form or use the extra attendance forms in the Foyer. Please put it with your Retreat Registration fee of \$35.00 into the Retreat box located in the foyer of our chapel or mail them to KCMG Fall Retreat, 10819 Wornall Rd., KCMO 64114 — on or before Sept. 22nd.

The Registration fee will help cover the meeting room cost and flowers for our altar.

### Lodging & Meal Information

The retreat will be held in Unity Village located at 1901 NW Blue Parkway, Unity Village, Missouri.

Reservations for lodging and meals should be made directly through the Unity Hotel at 816-347-5537. Please let them know you are with the *Kansas City Meditation Retreat*.

### Lodging & Meal Information (cont.)

Weekend Retreat Package includes a room for two nights and four vegetarian meals: Dinner on Friday, lunch and dinner on Saturday and lunch on Sunday.

Complimentary breakfast items can be found each morning in the lobby. There are hard boiled eggs, hot and cold cereals, pastries, breads, fruit, milk, juice, etc. Plan to get your breakfast between 6:30- 9:30 a.m. while items are available. Each room has a refrigerator to store food until you are ready. A microwave is always available in the lobby. We are cutting out a formal breakfast because, from our surveys, some felt there was too much food & breakfast was interfering with a long morning meditation.

All lodging will be at the main hotel. *Please note: The hotel has either one king bed or two queen beds.*

Weekend Retreat Package - Hotel Room w/Four Meals:

- 1 person - \$307.28 single
- 2 people - \$210.28 each
- 3 people - \$177.95 each
- 4 people - \$161.78 each

Our meeting room will also be in the hotel. Activities will end around 9:00 pm and begin at 6:30 a.m. on Saturday and Sunday.

*We hope that the energy created and the blessings each one will receive by our united efforts, as we actively deepen our relationship with God and Guru, will be tangibly felt by all.*