

2018

# Spring Silent Retreat

Join us for a day of spiritual renewal



**“Every person needs a retreat, a dynamo of silence, where he may go for the exclusive purpose of being newly recharged by the Infinite.”**

*Paramahansa Yogananda*

The Kansas City Meditation Group will be holding a day retreat from 9 am to 5 pm on Saturday, May 19, 2018 at our chapel, located at 10819 Wornall Rd, Kansas City, MO 64114. The purpose of a retreat is to withdraw one’s consciousness from the many distractions of daily life, allowing the mind to go within and experience the natural solitude of soul awareness.

At this time we are taking registrations and we kindly ask that those who plan to attend to please fill out the Registration form and return it by May 13, 2018

Lunch: Bring your own lunch. We will provide beverages and snacks.

We hope that you will be able to take time from your busy life to devote a day to silent communion with God, Christ, and the Gurus of Self-Realization Fellowship.

In divine friendship,

*Kansas City Retreat Committee*

## Spring Silent Retreat Schedule

### *Be Still and Know That I Am God*

9:00 – 9:10	Put food in frig and your meditation objects in the chapel
9:10 - 9:30	Go out back for our Leader-Led Group Energization Exercises
9:30 – 9:40	Welcome & Opening Prayer - chapel
9:40- 10:50	Meditation & Chanting - chapel
10:50- 11:20	Break
11:20- 12:22	DVD: "Guru and Disciple: An Eternal Covenant of Love" with Brother. Bhaktananda. Our theme is "Be Still and Know That I am God" - chapel
12:22– 1:30	Lunch, Free Time, Resting, Walking, Individual Study - chapel grounds
1:30 – 2:30	Meditation & Chanting and Healing Service - chapel
2:30 – 3:00	Free Time
3:00– 3:20	Go out back for our Leader Led Group Energization Exercises
3:20 – 5:00	Inspirational Reading, Meditation and Chanting, Healing Service, Prayer for World Peace and Harmony, Closing Remarks and Closing Prayer

Please register by Sunday, May 13, 2018

Return registrations to:  
Spring Silent Retreat Registrar  
10819 Wornall Road  
Kansas City, MO 64114



## Spring Silent Retreat Registration Form

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Your name: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Emergency Information: \_\_\_\_\_

Lunch: Please bring your own lunch

*Snacks, drinks, and eating accoutrements will be provided*

Retreat thoughts you would like to share: \_\_\_\_\_

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We look forward to retreating with you, God and Guru.

In Master's Service,

KCMO Retreat Committee