

Fall Silent Retreat Schedule

*The Meditation Room and SRF Library
will be open throughout the retreat.*

Friday

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| 3:00-6:00 pm | Check-in, Free time |
| 6:00-7:00 pm | Dinner w/Conversation |
| 7:10 | Welcome & Beginning Silence (Please write notes if needed.) |
| 7:15—8:15 pm | Video "Stories of PY by Direct Disciples" |
| 8:15-8:30 pm | Break |
| 8:30-8:45 pm | Led Energization Exercises |
| 8:45-9:30 pm | Meditation |

Saturday

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|-----------------|--|
| 6:30- 6:50 am | Led Energization Exercises |
| 6:55- 8:25 am | Meditation |
| 8:25-9:45 am | Your choice: continue meditation or free time/ breakfast bar |
| 9:45-10:45am | 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

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|----------------|---|
| 6:30- 6:45 am | Led+ Energization Exercises |
| 6:50- 8:30 am | Meditation |
| 8:30 am | Announcement re: check-out |
| 8:30- 9:00 am | Breakfast bar open |
| 9:00- 9:30 am | Check-out/Free Time |
| 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> |
| 12:00-1:00 pm | Lunch (Silence ends, enjoy your camaraderie.) |

Fall Silent Retreat Information

October 12-14, 2018

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 Fall Silent Retreat, please respond by September 23rd.

If you have any questions, please contact Nancy Blackman at 816.914.0182 or email her at nancyb1326@gmail.com or speak to anyone on the Retreat Committee: Nancy, Mary Anne, Brenda, Kathy, Chuc or Donna. For questions regarding finding a room mate, please contact Mary Anne at 913-645-0020 or demerittmaryanne@gmail.com

In Divine Friendship,

*Kansas City Meditation Group of
Self-Realization Fellowship*

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

**Conversing
With God**



**2018 FALL SILENT RETREAT
OCTOBER 12-14, 2018**



Conversing With God



Kansas City Meditation Group of Self-Realization Fellowship 2018 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. 23rd.

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.)

The 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 & a formal 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.