

2017

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, April 22, 2017 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 April 16th.

Lunch: You will have the option of bringing a brown bag lunch or participating in a pot-luck, or both. There is a signup sheet in the Fellowship Hall or you may write your preference on the Registration form.

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

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 in the chapel
9:40- 10:50	Meditation & Chanting in the chapel
10:50- 11:20	Break
11:20- 12:00	DVD of Sri Daya Mata of “Fulfilling the Soul’s Deepest Needs” - chapel
12:00 – 1:30	Lunch, Free Time, Resting, Walking, Individual Study
1:30 – 2:30	Meditation & Chanting then a Healing Service in 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, April 16, 2017

Return registrations to:

Spring Silent Retreat Registrar

10819 Wornall Road

Kansas City, MO 64114 or

leave it in the retreat box in the foyer of the chapel

or email it to nancyb1326@gmail.com



Spring Silent Retreat Registration Form

Your name: _____

Contact Information: _____

Emergency Information: _____

Lunch Preference: Bring a box lunch ____
 Bring a pot-luck item ____
 Both ____

Snacks, drinks, plates will be provided

Retreat thoughts you would like to share: _____

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

In Master's Service,

KCMO Retreat Committee