

**SELF-REALIZATION FELLOWSHIP TORONTO CENTRE**  
**MONASTIC-LED RETREAT – Nov. 2 – 4, 2018**  
**MOUNT CARMEL SPIRITUAL CENTRE, 7021 STANLEY AVE., NIAGARA FALLS ONT.**

## **CONFIRMATION OF REGISTRATION**

Dear Retreatant,

This is to confirm that you are registered for the Monastics-Led Weekend Retreat to be held at the Mount Carmel Spiritual Centre, 7021 Stanley Ave., Niagara Falls, Ontario on November 2 – 4, 2018. This silent retreat is intended for SRF Kriyabans and students of the SRF Lessons, and will be conducted by Sister Vimala and Brahmacharini Elvira visiting from the Mother Centre at Los Angeles.

There will a Techniques Review Class and Kriya Review Class on Saturday morning. Please note to attend the Kriya Review Class you will be required to show your SRF Kriyaban card. **Please remember to bring your SRF Student Lessons card / SRF Kriyaban card with you.**

**Please bring this confirmation with you to the retreat for admittance.** The retreat will include both meals and accommodations at Mount Carmel Spiritual Centre. The retreat phone number is 905-356-4113. Upon arrival, please check in at the registration desk, which will be open from **4:00 pm until 8:00 pm on Friday**. With advance notice, arrangements can be made for early arrivals to check in after 3:00 pm on Friday, by emailing [7shamsher@gmail.com](mailto:7shamsher@gmail.com). We also ask for advance notice (where possible) if you plan on arriving later after the weekend program begins, so we can ensure that someone is available at the registration desk to check you in. It is recommended that you eat a light supper before arriving on Friday, as only a snack will be served at the Welcome Fellowship Reception.

Rooms can be locked with a key; however we do suggest that you do not bring any valuables to the retreat. As the temperature in the chapel may be cool, we suggest that you bring a shawl or blanket, if desired. You may also wish to bring a small cushion or pillow for the chairs in the chapel.

Please take a few minutes to read the attached “Guidelines for Retreatants”. We encourage you to partake in all the events, including the morning Exercises, meditation and breakfast. If you have strong food restrictions, sensitivities or allergies, please make arrangements to bring your own food. A small amount of refrigerator space will be available.

In keeping with SRF Guidelines, please strive to observe silence for the duration of the retreat program. In loyalty to our path, we should strive to focus only on thoughts and written material from Paramahansa Yogananda and Self-Realization Fellowship. The practice of outer silence, loyalty to the Guru, keeping spiritual company, and closeness to nature will help retreatants to achieve a state of inner stillness, making it easier to feel the presence of the Divine.

The retreat schedule will be distributed as we get closer to the weekend. We look forward to seeing you and wish you a blessed retreat.

*Toronto Centre of Self-Realization Fellowship*  
Retreat Committee

**Driving Directions:**

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From Toronto, take QEW to Highway 420 “Niagara Falls” to Stanley Avenue. Turn right, pass through 5 sets of lights up to the Mount Carmel Spiritual Centre sign, and turn left into the Centre. Park south of the buildings. (Free parking on site)

## **GUIDELINES FOR RETREATANTS**

1. Upon arrival, note any damage to your room before occupying, and report to the Retreat Coordinator.
2. Read the SRF booklet GOD FIRST. This is yours to keep. In it you will find valuable information, which will be of great assistance to you in developing an inner awareness of God’s presence, and in gaining the most from this retreat.
3. For safety reasons, there is to be no burning of candles or incense in your room.
4. Please make an effort to participate in all scheduled activities. During your spare time please take part in silent activities, such as reading or walking, which do not disturb the peace and quiet of other retreatants.
5. Please do not make phone calls except in emergencies. This will help you to cultivate a sense of being alone with God.
6. Please ensure that all watch beepers, cell phones and pagers are turned off for the duration of the retreat. A watch alarm to wake you in the morning is acceptable.
7. Please note that Mount Carmel Spiritual Centre requires that we vacate the rooms by 9:00 a.m. on Sunday in order that its housekeeping staff may prepare the rooms for the next group.
8. When vacating your room, please strip your bed, fold the sheets, pillowcases and towels, and leave them outside your door. Do not place them in a pillowcase. Fold blankets and bedspreads and leave them at the end of the bed. Leave the door open and close your window.
9. Please remember to return your key to the registration desk on Sunday morning.
10. If you have any questions or problems over the course of the retreat, please see the volunteer at the reception desk, or any of the ushers.