



Kentucky's
2017 SRF
Fall Retreat

Saturday
October 21st

NAZARETH RETREAT CENTER — JUST OUTSIDE OF BARDSTOWN, KY

Schedule — Eastern Standard Time

- 8:30 — 9:50 AM Morning Arrival—Room Open for Quiet Meditation
- 10:00 — 10:05 Brief Orientation and Overview of Day
- 10:05 — 10:25 Energization Exercises—Guided
- 10:30 2-Hour Meditation—Opening Prayer, Reading, Chant
- About 11:30 Mid-Meditation Period of Devotional Chanting
- 12:30 –1:25 PM Opportunity for Continued Meditation and/or Silently Enjoying the Beautiful and Spacious Retreat Grounds
- 1:30 — 3:00 SRF Video (about 20 minutes) followed by Closing Meditation and Healing Service
- 3:00 — 4:15 Group Photo, Potluck, Fellowship

“Everything else can wait, but our search for God cannot wait.”

—Sri Paramahansa Yogananda



A spirit of silence will be maintained until after the closing meditation. (OVER)

“Be still and know that I am God.” —Psalms 46:10

Approved by SRF Mother Center. Kentucky’s 2017 SRF Fall Retreat has the approval and blessings of the Self-Realization Fellowship Center Department.

Retreat is free. There is no registration fee or other charges for attending the retreat. However, for anyone wishing to make a donation to offset the cost of hosting the event, a donations box will be available.

Devotee-led event. The retreat will be led by a Kriyaban service leader from Kentucky or a nearby state.

Beautiful, peaceful venue. For well over a century, the spacious grounds of the Nazareth Retreat Center have served as a monastic venue for Catholic Sisters of Charity. It’s an ideal setting for deeply attuning to God’s Presence. The peace-filled acreage is yours to enjoy with numerous walking trails, benches, a lake, a labyrinth, and a magnificent church. There is also a lovely indoor sitting room.

Overnight accommodations with meals. Single-person rooms with three meals included are \$75 per night. A private bath may be requested. Lunch is the main meal. Lodging is limited, so it’s best to make reservations well in advance by emailing or calling Sister Carol: cmckean@scnky.org; 502-348-1513.

Nutritious Snacks. During the retreat there will be a table with fresh fruit and food bars.

Vegetarian Buffet and Time of Fellowship. After the closing prayer at 3 PM a light vegetarian buffet will be served as we enjoy a time of fellowship.

Registration is quick and easy. Please register as soon as conveniently possible by sending a short “I plan to come” email to Bill Congleton at congleton.wt2@gmail.com. If you don’t have email access, text Bill at 859-230-4635. Or you may call him and leave a message and your contact information. Please direct your questions to Bill.

Location. For GPS units and Google Maps use **34 Main Avenue, Nazareth, KY 40048**. From the Bluegrass Parkway take Exit 25 north toward Bardstown. Turn right just past Cracker Barrel onto KY-245. After about 3.3 miles, turn right on to North Third Street (31-E). After about 1.3 miles turn left at Nazareth Road **where there will be a sign for Sisters of Charity of Nazareth**.

Our meeting room. Follow the signs to **O’Connell Hall** and park nearby. We will be on the first floor in the **Mary Madeline Room**.

Driving time. Nazareth Retreat Center is approximately 45 minutes from Louisville; 70 minutes from Lexington; 1 hour and 45 minutes from Bowling Green; 2 hours from both Owensboro and Cincinnati; and 2.5 hours from both Indianapolis and Nashville.

Let others know about this retreat. Please share this double-sided flier with others who might be interested in this opportunity for inspiration, group meditation, and God-attunement.

A coordinated team effort. For well over a decade the Lexington Meditation Circle, in cooperation with other devotees, has hosted Saturday retreats in the spring (May) and in the fall (October). To learn more about the Lexington group, visit our website at srf-lexington-ky.org

*“Be so drunk with the love of God
night and day that you won’t know anything but God;
and give that love to all.” —Paramahansa Yogananda*
