

Mount Carmel Spiritual Centre

7021 Stanley Ave
Niagara Falls ON L2G 7B7

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*Toronto Centre of
Self-Realization Fellowship*

2510 Yonge Street, Suite 207
Toronto, ON M4P 2H7

Phone: (647) 435-9946
www.srftorontocentre.org

LOCATION AND DIRECTIONS

Situated on the escarpment above the Niagara River as it meets the Canadian Horseshoe Falls, Mount Carmel has 12 acres of beautiful, spacious grounds in a quiet, peaceful setting. The Centre is a brief 10 minute walk to the Falls.

FROM TORONTO-HAMILTON:

Take Q.E.W. (Queen Elizabeth Way) to Highway 420 at Niagara Falls up to Stanley Avenue. Turn right onto Stanley Ave., pass through 5 sets of lights. Go past the Marriott Hotel, Sheraton Fallsview Hotel, & Our Lady of Peace Hall. Mount Carmel Spiritual Centre is next on the left hand side. Drive in and around to the front of the building. If there is no parking, go back on to Stanley, turn left, and drive into the next driveway which is the back parking lot.

Front entrance: As you face the building, the registration office is located on the left hand side (up the stairs with the railings). Please ring the buzzer for admittance.

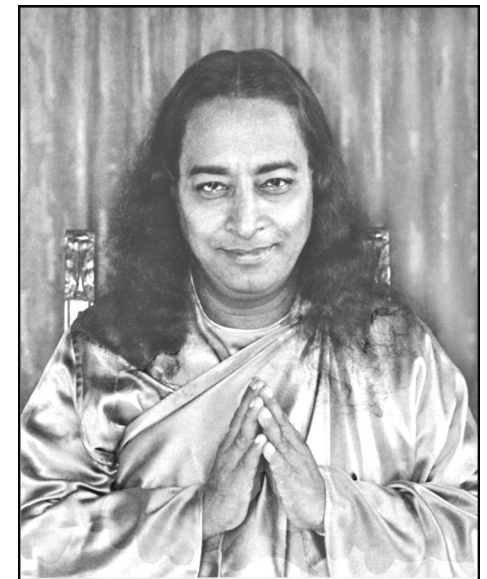
Back entrance is wheelchair accessible. Upon entering the back door from the parking lot, turn left down the hall. At the glass door on the left hand side, please ring the buzzer for admittance and take the elevator up to the 1st floor for registration.

*Toronto Centre of
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**2012
Conducted
Fall Retreat**

September 14 -16, 2012

This retreat will be led by two nuns from the Mother Center in Los Angeles



**Mount Carmel Spiritual Centre
Niagara Falls, Ont.**



A Dynamo of Silence

You are invited to attend the 2012 fall weekend retreat of the Toronto Centre of Self-Realization Fellowship, to be held at Mount Carmel Spiritual Centre, Niagara Falls, Ontario. This silent retreat is primarily intended for SRF members.

We are delighted to announce that this retreat will be led by two nuns from the Mother Center in Los Angeles.

The purpose of a retreat is to withdraw one's consciousness from the many distractions of daily life, and, in the words of Paramahansa Yogananda, to provide "a dynamo of silence where you may go for the exclusive purpose of being recharged by the Infinite." An important consideration for group retreats is that all participants share a common desire to dedicate time to practicing the presence of God, spiritual study, and relaxing both physically and mentally.

To receive the fullest benefits from the retreat, retreatants are asked to participate in the whole program. In keeping with SRF guidelines, we will strive to observe silence for the duration of the retreat program. In loyalty to our path, we will strive to focus only on thoughts and written material from Paramahansa Yogananda and Self-Realization Fellowship. The practice of outer silence, 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.

Accommodation & Meals

Retreat participants are provided with 2 nights accommodation in a furnished double room at Mount Carmel Spiritual Centre. Most rooms have a private bathroom. Bed linen and towels are provided. Based on the high number of expected registrants, it will be necessary to share a room. Also, retreatants may choose to book accommodations off-site. Wholesome vegetarian meals will be served in the dining room, and self-serve snacks and beverages will be available 24 hours in the lounge area. Mount Carmel is wheelchair accessible. Please note that Mount Carmel will not cater to requests for special diets for those with food allergies, other than reheating food brought by retreatants, on a limited basis.

Donations

Accommodations are offered on a donation basis. The suggested donation to cover the cost of meals, snacks, lodging, and room rentals is \$250 per person for the entire weekend. The suggested donation to cover the cost of meals and snacks only is \$125. A portion of the funds will be donated to the Mother Center. Whatever one is able to contribute is deeply appreciated. The kind support of those who can offer more helps us to meet the total expenses of the retreat,

so that those who cannot afford the entire cost may also avail themselves of the spiritual benefits the retreat provides.

How to Register

To register for the retreat please complete the attached Retreat Application form, and mail it in with your donation. Space is limited, so prompt responses are encouraged. Room allocations will be made on a first-come, first-served basis. All devotees are responsible for arranging their own safe transportation to and from the retreat.

Arrival & Registration for the retreat is from 4:00 to 8:00 p.m. on Friday, September 14. The retreat ends at 2:00 p.m. on Sunday, September 16.

Please complete and mail the retreat application form with your donation (cheque payable to Toronto Meditation Centre) before September 9, 2012 to:

**Toronto Centre of
Self-Realization Fellowship
2510 Yonge Street, Suite 207
Toronto, ON M4P 2H7**

You will receive confirmation of your registration in the mail (or by email if requested).