

Mount Carmel Spiritual Centre

**7021 Stanley Avenue
Niagara Falls Ont. L2G 7B7**

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*Toronto Centre of
Self-Realization Fellowship*

2510 Yonge Street, Suite 207
Toronto, Ont. M4P 2H7
Phone: (647) 435-9946
www.srftoronto.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 10 minute walk from the Falls.

FROM TORONTO - HAMILTON

Take the QEW (Queen Elizabeth Way) to Highway 420 at Niagara Falls. Turn right on Stanley Avenue. Pass through 5 sets of traffic lights. Go past the Marriott Hotel and Sheraton Fallsview Hotel. Mount Carmel Spiritual Centre is on the left hand side, just past Our Lady of Peace Hall. Drive in and around to the front of the building.

PARKING

Parking is on site and there is no fee for parking. If there are no parking spaces available, go back 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 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, please ring the buzzer for admittance and take the elevator up to the 1st. Floor for registration.

*Toronto Centre of
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**2015
Monastic-led
Fall Retreat**

October 16 - 18, 2015

This retreat will be led by two
monastics from the
SRF Mother Center in Los Angeles.



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

A Dynamo of Silence

You are invited to attend the 2015 fall weekend retreat, conducted by the Toronto Centre of Self-Realization Fellowship Oct. 16 - 18, 2015, to be held at Mount Carmel Spiritual Centre, Niagara Falls, Ontario. This silent retreat is primarily intended for SRF members.

We are pleased to announce that this retreat will be led by two monastics from the SRF 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 retreatants 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 benefit from the retreat, retreatants are asked to participate in the whole program. In keeping with the 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 accommodation for 2 nights in a furnished double (shared with 2 beds) room at Mount Carmel Spiritual Centre. Most rooms have a private bathroom. Bed linens 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. Mount Carmel is wheelchair accessible.

Wholesome vegetarian meals will be served in the dining room; and self-serve snacks & beverages will be available 24 hours a day in the lounge area. Mount Carmel is able to accommodate guests with food allergies such as wheat & gluten. Kindly add special diet requirements to your Retreat Registration Form so that they can be submitted to Mount Carmel at least 10 days prior to retreat.

Donations

Accommodations are offered on a donation basis. Due to increased costs, the suggested donation to cover all meals, snacks and lodging is \$225.00 per person for the whole weekend. But, 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.

Mount Carmel also offers a *Meals Only Option* - cost \$115.00 - to those wishing to participate in the whole program, but not requiring physical accommodations at Mount Carmel.

How To Register

To register for the Oct. 16 - 18 retreat, please complete the T.M.C.'s Fall Retreat Registration Form, and mail in with your donation, to be received by Sept. 30, 2015. Space is limited so prompt responses are encouraged. Room allocations will be made on a first-come, first-served basis. All devotees are responsible to arranging their own safe transportation to and from the retreat.

Arrival & Registration time for the retreat is from 4:00 to 8:00 pm on Friday. The retreat ends at 2:30 pm on Sun., Oct. 18th.

Registration forms can be obtained from the Toronto Centre bookroom OR see our website www.srftoronto.org/Retreats for directions to download the Form / register online.

Please complete and deliver the **Fall Retreat Registration Form** with your donation (cheque payable to Toronto Meditation Centre) by Sept.30, 2015.

In keeping our costs and environmental footprint to a minimum, you will receive confirmation of your registration by e-mail (by mail only if requested.)

Cancellation Fee: If you need to cancel, please note that after Sept. 30th Mount Carmel will charge a cancellation fee of \$100.00.

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