

SRF Men's Silent Retreat at Oregon House

March 12th-14th, 2010

Taking time out to earnestly seek God is something every devotee strives to do as often as possible. Our Guru, Paramahansa Yogananda stressed the importance of souls coming together for silent communion with the Divine and refreshing our souls in nature. The Eugene and Corvallis Meditation Groups of Oregon have reserved the entire retreat facilities at Oregon House to host a regional retreat.

The retreat will include silence, meditation, devotional chanting, group energization exercises and readings. There will also be time to hike or walk by the sea and reflect and relax by the shores of the great Pacific. Wholesome vegetarian buffet meals will be served.

Oregon House's unique, private location offers a peaceful getaway. Nestled on a cliff directly overlooking the Pacific Ocean on the Central Oregon Coast, this beautiful property is like none other. Five buildings spread across 3 1/2 acres of forest with mature central lawns, wooded trails, a creek crossed by arched bridges and a lighted trail down the cliff to a secluded sandy beach. Explore the treasures of the beach with its caves and tide pools, or discover the charm of the gardens and seek out one of the many sheltered and secluded places for inner communion.

We hope that you can join us for a weekend of Divine Fellowship and spiritual renewal. Please fill out the registration and send it in as soon as possible. *Space is limited to 30 devotees and will be given on a first come, first served basis.*

In Divine Friendship,

The Corvallis Meditation Circle

Location

Oregon House

94288 Highway 101
Yachats, OR 97498

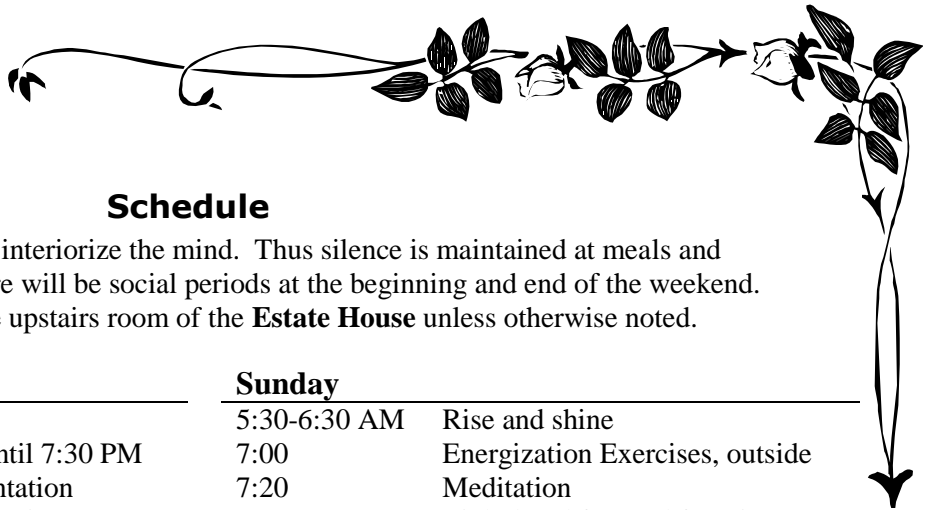
<http://www.oregonhouse.com>

Oregon House is located 8 miles south of Yachats and 18 miles north of Florence on Highway 101. It is 75 miles from Eugene or Corvallis and 170 miles from Portland.

"Everything has its place, but when you waste time at the cost of your true happiness it is not good. I dropped every unnecessary activity so that I could meditate and try to know God, so that I could day and night be in His divine consciousness.."

--Paramahansa Yogananda





Schedule

The practice of silence allows one to interiorize the mind. Thus silence is maintained at meals and throughout the retreat. However there will be social periods at the beginning and end of the weekend. All group meals and events are in the upstairs room of the **Estate House** unless otherwise noted.

Friday

4:00-8:00 PM	Check in
6:30	Dinner, available until 7:30 PM
8:15	Welcome and Orientation
8:30 - 9:30	Meditation and Chanting
9:30 - 10:00	Group Affirmations

Saturday

5:30-6:30 AM	Rise and shine
7:00	Energization Exercises, outside*
7:20	Meditation
8:30	Breakfast and free time
10:00	Long meditation
12:30 PM	Lunch and Free time
1:30 - 3:30	Free time, optional Silent Beach Walk or Old Growth Hike*
4:00	Inspirational Service
5:00	Energization Exercises, outside*
5:20	Meditation
6:30	Supper
8:00 - 9:30	Chanting and meditation
9:30 - 10:00	Group Affirmations

Sunday

5:30-6:30 AM	Rise and shine
7:00	Energization Exercises, outside
7:20	Meditation
8:30	Light breakfast and free time
9:00 - 10:00	Long meditation optional
10:00	Meditation
11:00 - 12:00	Reading Service
12:30 PM	Social lunch
1:30	Closing ceremony, outside*
2:30	Close of retreat, optional hike*

*Outdoor activities will be adjusted depending on the weather. Schedule is also subject to change based on the needs of the group.

Registration

Please send registration information to:

**Retreat c/o David Wodtke
Corvallis Meditation Circle
755 SE Lilly Ave.
Corvallis, Oregon 97333**

For questions or more information:
(541) 250-1378

dcwodtke@hotmail.com

Or go to our Retreat page for a downloadable registration form:

<http://www.corvallismeditation.org>

Registration fee: \$185 – Please make checks payable to the Corvallis Meditation Circle. Thank You!

NOTE: Please inquire about full or partial scholarships if you require financial assistance. We want everyone to attend who feels a calling to retreat, meditation and service. The retreat is run entirely by volunteers so please indicate if you would like to serve. Service is not required. The fee includes vegetarian meals and lodging. Let us know if you have diet restrictions. Use the email address or phone number above for questions. We hope to see you there!

Suggested items to bring:

Warm clothes, jacket, raingear, flashlight, binoculars, comfortable and rainproof walking shoes, warm socks or slippers, easy slip-on outdoor shoes (no shoes in the meditation area), ear plugs, personal items and a journal for self-introspection.

"Everything else can wait, but your search for God cannot wait."

--Paramahansa Yogananda