

The Chicago Meditation Group of Self-Realization Fellowship

This is a reminder of the upcoming All-Day Silent Retreat to be held at **Spring Valley Nature Sanctuary in Schaumburg** on Saturday May 19, 2018. The Nature Sanctuary is a beautiful Spring setting for meditation and inspiration. We will be meeting at Merkle Cabin within the grounds of the Nature Sanctuary. There is no admission fee to enter the grounds, however, we will have a donation basket at the Retreat. A suggested donation of \$10 will help defray the cost of this event. A map, directions, and parking information is on the back of this page.

Saturday, May 19, 2018

10:00 am-3:00 pm All-Day Silent Retreat at Spring Valley Nature Sanctuary, Schaumburg

This is a wonderful opportunity to dedicate a day toward a deep concentrated effort to feel the presence of God and Gurus in a setting free from the many distractions of everyday life.

Some Suggestions:

- Maintain silence throughout the day.
- Wear comfortable clothing and shoes for walking in a wooded area.
- You should bring sunscreen and insect repellent.
- Bring a snack or light lunch or use this as a day of fasting. Water and herbal tea will be available during the break.
- It is suggested to bring a seat cushion for your comfort.
- You may bring your arm support for practice of the Aum Technique.
- You may wish to bring some selections of Paramahansa Yogananda's writings that are especially inspiring to you to read during free time.
- Plan to spend some free time walking the grounds of the Nature Sanctuary.
- The exact schedule for the day will be distributed at the Retreat.
- If you cannot come for the entire day you are welcome to come for any part of the day.



The SRF Retreatant's Pocket Companion titled *God First* gives an excellent description of the purpose of retreats: "During retreat, your part is to relax and become receptive to the omnipresent blessings of the Lord. Let go of your outer activities; become receptive to God and let Him be the supreme thought in your mind and the burning desire of your heart."

**Spring Valley Nature Sanctuary • 1111 E. Schaumburg Road • Schaumburg, IL 60194
847-985-2100**

From Chicago & Suburbs Near O'Hare Airport

- Take I-90 (Kennedy Expressway) heading out of the city (west) about 8 miles past O'Hare Airport.
- At intersection with I-290/Route 53, exit onto Route 53 south (Schaumburg) and stay in the right lanes.
- Exit at Route 72/Higgins Road (only one exit) and turn right (west) onto Higgins Rd.
- Take Higgins Rd. to intersection with Meacham Road.
- At Meacham, turn left (south) and take this to intersection with Schaumburg Road.
- At Schaumburg, turn right (west) and drive 1/5 of a mile to Nature Center entrance.

From North Suburbs and Lake County

- Take either Lake-Cook Road west or Rand Road (Route 12) east to Route 53.
- Take Route 53 south to just past the intersection with I-90 and stay in the right lanes.
- Exit at Route 72/Higgins Road (only one exit) and turn right (west) onto Higgins Rd.
- Take Higgins Rd. to intersection with Meacham Road.
- At Meacham, turn left (south) and take this to intersection with Schaumburg Road.
- At Schaumburg, turn right (west) and drive 1/5 of a mile to Nature Center entrance.

From South and Western Suburbs

- Take either I-290 west or I-355 north and follow until they merge (it becomes I-290/Route 53).
- Take this to Biesterfield Road exit (one exit). At top of exit ramp, turn left (west).
- Take Biesterfield a short distance to intersection with Rohlwing Road.
- At Rohlwing, turn right (north) and follow this to intersection with Schaumburg Road.
- At Schaumburg, turn left to the Nature Center entrance, which is 1/5 mile past Meacham Rd.

The Retreat will be held in Merkle Cabin within the Nature Sanctuary. Please park and walk to the Cabin.

Visitor Center Parking

The Vera Meineke Nature Building Parking Lot is on the south side of Schaumburg Road, one-half mile west of Meacham Rd. From here the Sanctuary is accessed via walking trails. The Cabin is a 5-10 min. walk from this lot.

