



Atlanta Center of Self-Realization Fellowship

SRF REGIONAL SPIRITUAL WEEKEND RETREAT AT LAKE JUNALUSKA, NC November 7th thru 9th 2025

Welcome to the SRF Regional Spiritual Weekend Retreat

It is with great joy that the Atlanta Center of Self-Realization Fellowship welcomes you to the special SRF Regional Spiritual Weekend Retreat, conducted by monastics from the SRF Mother Center. The retreat begins on Friday, November 7th and concludes on Sunday, November 9th. Over these three days, participants will gather at the Lake Junaluska Conference Center, located near Asheville, North Carolina, approximately 172 miles north of downtown Atlanta. Directions to Lake Junaluska and contact information are attached for your convenience. For additional details, please visit <http://www.lakejunaluska.com> or the Atlanta Center website at <http://www.srfatlanta.org>.

Retreat Program Overview

The retreat program features guided meditation, ample free time for personal reflection, vegetarian meals, a Saturday evening class, and a devotional service and class on Sunday. Throughout most of the weekend, attendees will observe silence to deepen their spiritual experience.

What to Bring/Attire

- A bright flashlight is essential, as some areas of the grounds are not illuminated at night.
- All rooms are comfortably furnished and offer a variety of amenities – coffee maker, hair dryer, iron and ironing board, telephone, extended cable television, and free Wi-Fi.
- Casual conservative comfortable attire is suggested.. A warm coat, hat and gloves will be helpful. We will be outside as a group in the early part of the mornings. Dressing in layers is advisable due to the variable mountain climate—warmer days and chilly nights are typical in North Carolina during this time of year.
- Comfortable walking shoes are important for enjoying the grounds and walking trails. Additionally, a small day pack, a water bottle, and a mat for sitting on the ground may come in handy. An extra blanket for warmth may be helpful when enjoying the rockers on the veranda.
- Bring a light sweater, jacket, or shawl for warmth inside. Please avoid wearing garments with loud swishy material to the meditations. You may wish to bring your meditation cushion, although the chairs are very comfortable and this is not essential.

ADDITIONAL OFFERINGS DURING THE RETREAT

(Located in the Lobby at the Lambuth Inn)

Representatives from the SRF International Help Desk

Available on Friday from 4:00 until 7:30 PM and 9:00 until 9:30 PM.

Representatives from the help desk will be available to assist anyone who would like to learn how to navigate the SRF online services and how to use the SRF app on your phone. By using the SRF app, you can access your lessons and other SRF online resources any time anywhere you have an internet connection. Make plans to visit the IHD if you have any questions about accessing SRF digital resources.

SELECT SRF BOOKS & CALENDARS AND UNIQUE FUND-RAISING GIFT ITEMS FOR SALE

Sales are available on these days and times:

Friday Nov 7th from 4 pm until 7:30 pm

Friday Nov 7th from 9 pm until 9:30 pm

Sunday Nov 9th from 12 pm until 1:30pm

**New SRF publication, "Solving the Mystery of Life" as well as the
2026 SRF wall and desk calendars will be available.**

SRF publication sales require cash or check only.

We can accept credit cards or PayPal for the gift items.

Arrival and Check-In Procedures

- **Arrival at Lake Junaluska, check-in for your room begins at 2:00 PM on Friday at the Visitor Welcome Center.**
- **Only if you arriving by Taxi or Uber, you may check in directly at the Lambuth Inn front desk.**
- **Present your ID and a credit card at check-in to receive your room key (no initial charge, card is secured in case of room damages).**
- **After receiving your key, drive up to the Lambuth Inn and check in at the SRF Retreat information desk in the lobby to receive your retreat information packet, schedule, and wristband for access to meals and meetings. Wristbands can be worn or carried and presented as needed during the retreat events.**
- **Please arrive as early as possible beginning at 2 PM so you will have plenty of time to check in at both the Visitor Welcome Center and at Lambuth Inn. Dinner begins at 5:30 PM and the buffet closes at 7 PM on Friday.**

Parking Information

Parking is provided at the Lambuth Inn in the large parking lot adjacent to the building. The area in front of the hotel should not be used for parking, as it is reserved for Energization Exercises. If needed, you may drop off luggage at the hotel entrance before parking your vehicle to the side of the Lambuth Inn in the designated guest parking lot.

Checkout and Departure Information

- Checkout time is between 9:00 and 9:45 AM on Sunday. The hotel begins cleaning rooms at 11:00 AM.
- Lunch and a closing program will follow room checkout (please refer to the retreat schedule for details).
- All attendees should plan to leave the Lambuth Inn no later than 3:00 PM, as another group will be arriving at 4:00 PM.
- Those devotees taking an Uber or taxi to the airport in Asheville, please make a reservation with Uber or the taxi service in advance to ensure a prompt pickup from the Lambuth Inn on Sunday.

General Information

- ***This is a silent retreat*** - silence beginning at 10 PM Friday evening and ending at Noon on Sunday. Speak only when necessary.
- Meals are served buffet style during scheduled hours for meals only.
- Water and tea are available during the retreat in the lobby area on the first floor with hot chocolate and marshmallows served Friday and Saturday evenings.
- The rooms do not have a refrigerator or microwave. There is a coffee maker.
- There is no housekeeping service provided during the retreat. You may leave towels or trash outside your door to be picked up or replaced as needed. For other needs, call or visit the front desk for help.
- **There is a property-wide curfew of 10 PM.** Security personnel are on duty and may approach you if you are outside of the buildings.
- ***The “No’s” while staying at Lake Junaluska :***
 - No heating of food is permitted during the retreat in the rooms or in Lambuth Inn interior areas.
 - No smoking inside any building.
 - No pets are allowed at the retreat.
 - No children are allowed at the retreat.
 - No relocation of furniture and furnishings is permitted.
 - Nothing may be hung or affixed on the walls.
 - No burning of incense or candles is permitted.
 - Lake Junaluska is not responsible for valuables in your room.

We look forward to greeting you upon your arrival, and to share a wonderful weekend of spiritual renewal and inspiration with the Self-Realization Fellowship monastics and our fellow devotees.

***In Divine Friendship,
Atlanta Center of Self-Realization Fellowship***

***"Everything else can wait, but our search for God cannot wait"
- Paramahansa Yogananda***