

Announcements for 4/30/2017

Helping Hearts wishes to thank everyone who participated in our successful Bake Sale last Sunday. We raised enough money to purchase a weekly share of fresh vegetables from Helsing Junction Farm to be given to the **HopeLink Shoreline Food Bank** for 20 weeks this summer. Thanks for your generosity toward our neighboring community.

Our annual monastic-led Seabeck Retreat will be held this year June 9-11, led by Bro. Jitananda and Br. Wolfgang. You can find more information and register on our website, or by using the registration forms in the Social Room.

On Saturday May 6, we will hold a 6-hour Kirtan meditation from 3-9pm commemorating the birthday of our param-guru Swami Sri Yukteswar. There will be a 30-minute break at 5:30pm with group Energization Exercises at 5:40pm. On Wednesday May 10 we will have open meditation from 7-7:40pm followed by our Commemorative Service for Sri Yukteswar's birthday at 8pm. Please bring a flower and a monetary offering.

We invite children and teens between the ages of 7 to 18 to the SRF Summer Day Program in Encinitas. With guidance from SRF monastics, teens and children will have an opportunity to deepen their relationship with God, learn SRF techniques of meditation, engage in fun activities and create friendships with spiritually-minded peers. The program for Girls will be from June 26-30 and for Boys from July 3-7. Please see the flyer describing the program, located on the Information table, or pick up a flyer from our Sunday School. You can also register online.

The subject for today's service is "In God Is All Happiness."