

### Announcements for 5/7/2017

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 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 are happy to announce that our weekly 3-hour meditations on Saturdays will now be preceded by group practice of the Energization Exercises. Practicing them prior to meditation is a great help in entering a calm, interiorized state of awareness. Please plan to arrive by 5:40 p.m. and we will practice outside in the parking lot if the weather permits, otherwise in the social room. On Saturdays when we have long 6-hour meditations, we will always have a break at 5:30pm during which group Energization Exercises will be practiced at 5:40pm.

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.

Next Sunday, May 14, we will celebrate Mother's Day with a potluck. Please bring a vegetarian dish to share.

The subject for today's service is "Increasing the Power of Initiative."