

Special Services and Events

October

| | | |
|----------------------|---|--------------------|
| Sunday, October 8 | Harvest potluck ~ | After service |
| Saturday, October 14 | One-day retreat at the SRF Seattle Center | 10:00 AM – 4:00 PM |
| Saturday, October 14 | Cancelled: Evening meditation | |

November

| | | |
|-----------------------|---|-------------------|
| Saturday, November 4 | Kirtan meditation | 6:00 PM – 9:00 PM |
| Sunday, November 12 | Annual General Meeting | After service |
| Saturday, November 18 | Day of Service Cancelled: Evening Meditation | 9:30 AM – 4:00 PM |
| Sunday, November 19 | Helping Hearts—Shoebboxes of Joy | After service |
| Thursday, November 23 | Cancelled service—Thanksgiving | |
| Saturday, November 25 | Pre-Christmas 4-hr meditation | 5:00 PM – 9:00 PM |

December

| | | |
|-----------------------|---|--|
| Saturday, December 2 | Pre-Christmas 4-hr meditation | 5:00 PM – 9:00 PM |
| Saturday, December 9 | Pre-Christmas 4-hr meditation | 5:00 PM – 9:00 PM |
| Thursday, December 14 | Monastic-led inspirational service followed by a tea social | 7:30 PM – 9:00 PM |
| Friday, December 15 | Outing with monastics | 10:00 AM – 3:00 PM |
| Saturday, December 16 | All-day Christmas meditation (Monastic-led) * | 10:00 AM – 6:00 PM |
| Sunday, December 17 | Monastic-led meditation Monastic-led service/ Christmas program Potluck ~ | 10:00 AM – 10:45 AM 11:00 AM – 12:15 PM 12:15 PM |
| Sunday, December 31 | New Year's Eve meditation | 11:30 PM – 12:30 AM |

~ Please bring a vegetarian dish to share.

* Please enter the chapel a half hour before meditation starts so you can get settled. If you can only attend half of the meditation, we ask that you attend the first half.

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule October ~ November ~ December 2017

1825 NE Serpentine Place
Shoreline, WA 98155
info@srfseattlecenter.org
206-361-7258
www.srfseattlecenter.org

Sunday Reading Services

Welcome to the **Seattle Center of Self-Realization Fellowship**, which serves families and friends in the greater Seattle area through weekly devotional and meditation services. The Seattle Center of SRF is a branch of Self-Realization Fellowship, a worldwide, non-profit religious organization founded by Paramahansa Yogananda in 1920 to teach scientific techniques of meditation that lead to a direct, personal experience of God. The Center is open to the public for services and special activities. You are invited to attend our services and welcome to stop by our information table to find out more about our activities.

As an introduction, we suggest that you read Paramahansa Yogananda's ***Autobiography of a Yogi*** or watch the documentary film ***AWAKE: The Life of Yogananda***.

Regular Weekly Services *

Sunday

| | |
|------------------------|---------------------|
| Meditation Service | 10:00 AM - 10:45 AM |
| Sunday Reading Service | 11:00 AM - 12:00 PM |
| Sunday School | 11:00 AM - 12:00 PM |

Tuesday

| | |
|--------------------|-------------------|
| Meditation Service | 7:00 PM - 9:00 PM |
|--------------------|-------------------|

Thursday

| | |
|---|-------------------|
| Study Group (The Second Coming of Christ) | 6:45 PM - 7:25 PM |
| Inspirational Service | 7:30 PM - 8:30 PM |
| Prayer Service | 8:30 PM - 8:50 PM |

Saturday

| | |
|------------------------------|-------------------|
| Group Energization Exercises | 5:40 PM - 5:55 PM |
| Meditation Service | 6:00 PM - 9:00 PM |

*Please see the schedule on the back page for special services and events. Any last-minute changes or additions to the schedule will be reflected on our website's calendar at:

www.srfseattlecenter.org

October

| | |
|------------|---|
| Oct. 1 (G) | III:40 Live in Constant Remembrance of God |
| Oct. 8 | III:41 Healing Body, Mind and Soul |
| Oct. 15 | III:42 How to Read Character |
| Oct. 22 | DVD: Him I Shall Follow - Sri Daya Mata - Part II |
| Oct. 29 | III:43 The Scientific Art of Living |

November

| | |
|------------|--|
| Nov. 5 (G) | III:44 Yoga for Westerners |
| Nov. 12 | III:45 How to Dissolve the Causes of War |
| Nov. 19 | III:46 Inner Resources of Health and Energy |
| Nov. 26 | DVD: Him I Shall Follow - Sri Daya Mata - Part III |

December

| | |
|------------|---|
| Dec. 3 (G) | III:47 How to Attune with Divine Will |
| Dec. 10 | III:48 Understanding the Unreality of Matter |
| Dec. 17 | Monastic-led service |
| Dec. 24 * | III:51 Happiness Through Attunement with Christ |
| Dec. 31 | III:52 Higher Achievements in the New Year |

(G): Guided Meditation 10:00 AM—10:45 AM

DVD: A showing of an SRF DVD

* 12/24: Sunday School cancelled

October

November

December