

## Announcements for Sunday, February 4, 2018

All are invited to attend a one day retreat at our Center on Saturday, February 17th from 10 a.m. - 4 p.m. There will be periods of meditation, group practice of Energization Exercises, readings, kirtan and free-time. Please visit our website calendar for the full schedule details.

We will have our next Day of Service on Saturday, February 24. A vegetarian lunch will be served directly after the 10 a.m. - 1 p.m. meditation, and then we will do projects around the Center up until 5 p.m. For those who wish to come and meditate prior to the 1 p.m. lunch, you may enter quietly and join the last hour of the group meditation in the chapel anytime between 12 - 1 p.m. All are welcome for the Day of Service, including children, for any length of time that you can stay.

The subject for today's service is, "How Active Westerners Can Realize God."