

## Announcements for 5/1/2016

Self-Realization Fellowship is pleased to announce the 2016 Summer Day Program for Girls from June 27th – July 1st, and for Boys from July 4th – July 8th. Children between the ages 7 – 12 and teens between the ages 13 – 18 are invited to attend. Student scholarships are available. For more information please contact Anand Balachandran. You can also find information online and on flyers in the social room.

Registration is now open for our annual SRF Regional Retreat to be held June 10-12 in Seabeck, WA. More information is available on our website and in the social room.

We will be having special services this month to commemorate the birthday of our Paramguru Swami Sri Yukteswar. On Saturday, May 7<sup>th</sup> we will have a Kirtan meditation from 3 until 9 p.m.. On Tuesday, May 10<sup>th</sup> we will have silent meditation from 7 - 7:40pm followed by the Commemorative Service for Sri Yukteswar at 8 p.m. Those attending the Commemorative Service are asked to bring a flower and a monetary offering.

We will be celebrating Mother's Day with a potluck on Sunday, May 8<sup>th</sup>. In celebration of our earthly mothers and our Divine Mother we welcome you to bring your mother's favorite vegetarian dish to share. Please sign up for a dish on the whiteboard in the social room.

If you would like to help with the potlucks, we would love to hear from you. Please contact Tatiana or Karyn at [seattleSRFsocail@gmail.com](mailto:seattleSRFsocail@gmail.com) or sign-up on the blue sheet in the social room.

Our next day of service is on Saturday, May 14. The day will begin at 9:30 am with a meditation. We will have another meditation at 12:30 pm followed by a delicious vegetarian lunch at 1pm that will be provided. We will finish up projects by 4 pm. You may come for any or all parts of the day. All, including children, are encouraged to attend.

We invite you to visit our Information Table in the Foyer after the service if you have questions or to learn more about our Center.

The subject for today's Service is: "God-Mindedness: The Key to Freedom".