

## Announcements for 2/05/2017

February 9 - 13 we will host SRF monastic disciples Brother Devananda and Brahmachari Jason. The schedule is as follows:

- Thursday Feb 9th, the monastics will lead a meditation at 7 pm followed by a Satsang at 7:30 pm. Please note the 7 pm meditation start time 30 is minutes earlier than our usual start time for Thursday services. You may submit questions for the monastics by placing them in the basket in the foyer, or email them using the "Contact Us" page of our website.
- Friday Feb 10th, there will be an outing with monastics, which will include a visit to the Space Needle, Chihuly glasshouse, lunch, and a short walk around Green Lake. If you are interested to attend some or all of the outing, please sign up on the whiteboard in the social room. Estimated times for the outing will be written on the whiteboard.
- Saturday Feb 11th, Bro. Devananda will lead a Kirtan meditation from 9 am - 1 pm, beginning with group Energization Exercises at 9 am. The usual evening 6 - 9 pm meditation will be cancelled that night.
- Sunday, Feb 12th monastics will lead the Sunday services. Afterward we will have a potluck and fellowship. Please bring a vegetarian dish to share. At 1pm Brother Devananda will conduct a wedding ceremony for our members Susanne Ashland and Brian Johnson. All are invited and encouraged to attend the wedding.

There will be a thank you card in the foyer for Brahmachari Jason, and all are invited to sign it and write a few sentences of thanks and appreciation for the years of service he has given as our Center's monastic counselor.

Please join us today after the service for the usual light refreshments in the Social Room.

Our subject for today's service is "How to Rise Above Your Problems."