

Announcements for 10/8/17

We are reviewing the timing of our weekly Saturday 3-hour meditations and seek your feedback. We are considering a 6-month trial starting in 2018 of changing from evenings 6 – 9 p.m to mornings 10 a.m. - 1 p.m. The primary reasons for considering the change are that people often feel more fresh for meditation in the morning, and some of our members prefer not to drive at night. Please indicate your preference and provide comments using the printed feedback forms in the social room. Please fill out a feedback form by **today** after the service so we can collect and begin reviewing the responses.

We will be celebrating our Harvest Potluck today following the service. Please join us in the celebration and enjoy the food and fellowship.

On Saturday, October 14th, we will host a one day retreat at the center from 10 am to 4 pm. As part of the retreat we will have guided group practice of Energization Exercises, kirtan meditation and inspirational readings. We will also have free time for you to relax, take short walks if you wish, and practice the presence of God.

Please note that the Saturday evening meditation on October 14 has been cancelled.

Our furnace is not working. Repairs are scheduled for October 12 so meanwhile please dress warmly for services and meditations.

We have recently cut out some wood from the garden and it is available as firewood if any member would like it. Please see Linnie Dhanak if you are interested.

Please mark your calendars for our annual general meeting which will be held on Sunday Nov 12th after the service.

The subject for today's service is, "Healing Body, Mind and Soul ."