

Special Services and Events

July 7 Saturday	Kirtan meditation	10:00 AM - 1:00 PM
July 22 Sunday	Seattle Center annual vegetarian picnic and potluck~ (Hamlin Park, Shoreline)	12:30 PM
July 25 Wednesday	Commemorative meditation+ Commemorative service for Mahavatar Babaji*	7:00 PM - 7:40 PM 8:00 PM - 9:30 PM
July 28 Saturday	Commemorative long meditation for Mahavatar Babaji	3:00 PM - 9:00 PM
August 18 Saturday	Day of Service (lunch provided)	1:00 PM - 5:00 PM
August 25 Saturday	Commemorative long meditation for Bhagavan Krishna	3:00 PM - 9:00 PM
September 2 Sunday	Commemorative meditation+ Commemorative service for Janmashtami*	7:00 PM - 7:40 PM 8:00 PM - 9:30 PM
September 20 Thursday	Monastic-led service Tea reception	7:30 PM - 8:30 PM 8:30 PM
September 21 Friday	Monastic-led Introspection Workshop	7:00 PM - 8:30 PM
September 22 Saturday	Monastic-led Energization Exercises Monastic-led kirtan meditation	8:40 AM 9:00 AM - 12:00 PM
September 23 Sunday	Monastic-led meditation followed by service (satsanga) Fall Harvest potluck w/ monastics~	10:00 AM - 12:00 PM After service
September 26 Wednesday	Commemorative meditation+ Commemorative service for Lahiri Mahasaya's mahasamadhi*	7:00 PM - 7:40 PM 8:00 PM - 9:30 PM
September 29 Saturday	Commemorative long meditation for Lahiri Mahasaya	3:00 PM - 9:00 PM
September 30 Sunday	Commemorative meditation+ Commemorative service for Lahiri Mahasaya's birthday*	7:00 PM - 7:40 PM 8:00 PM - 9:30 PM

~Please bring a vegetarian dish to share

+ Please enter quietly at any time

*For commemorative services, please bring a flower as a symbol of devotion to the Guru being honored and a monetary offering in an envelope as an expression of loyalty to the work of SRF

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule July ~ August ~ September 2018

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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 group meditations. 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 to the SRF teachings, 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
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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	9:40 AM
Meditation Service	10:00 AM - 1:00 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

** The 3-hour morning meditation is cancelled on days when a special 6-hour meditation is scheduled in the afternoon.

Sunday Reading Services

July

Jul. 1 (G) 1:26 Spiritual Foundations of World Brotherhood

Jul. 8 1:24 Ideals For a Balanced Education

Jul. 15 1:23 Attuning Your Life to God's Abundance

Jul. 22 DVD: The Personal Approach to God, Bro. Bhaktananda, Part III

Jul. 29 1:29 A Deathless Avatar

August

Aug. 5 (G) 1:27 Yoga Methods For Proving Reincarnation

Aug. 12 1:28 The Steps That Lead to God

Aug. 19 1:25 How You Can Talk With God

Aug. 26 DVD: Security in a World of Change, Sri. Daya Mata, Part I

September

Sep. 2 (G) 1:30 Beholding God Amidst Life's Dualities

Sep. 9 1:31 Bring Forth Your Divine Nature

Sep. 16 1:32 Creation and Man

Sep. 23 Monastic-led Service (satsanga)

Sep. 30 1:33 Yoga - The Divine Science

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

DVD: A showing of an SRF DVD each month

July

August

September