

Announcements for Sunday, August 5, 2018

For those who are unable to attend SRF Convocation in Los Angeles this week, SRF President Brother Chidananda's Satsanga on Friday August 10th from 7:30 - 8:30 p.m. will be livestreamed on SRF's YouTube channel.

We will host a visit from our monastic counselor Bro. Devananda and Br. Troy this September 20 - 23. Please visit our Center's website for scheduling details.

Due to many of our volunteers being at SRF Convocation, the usual 3-hour meditation will be cancelled this Saturday August 11, and Sunday School will be cancelled on Sunday August 12.

We will have our next Day of Service on Saturday, August 18th. 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 either at 12:00 noon or 12:30 p.m. during a period of chanting. All are welcome for the Day of Service, including children, for any length of time that you can stay.

On Saturday, August 25, we will have a Kirtan meditation for Janmashtami from 3 to 9 p.m. There will be a 30-minute break at 5:30 p.m. with group Energization Exercises practiced at 5:40 p.m.

The subject for today's service is, "Yoga Methods for Proving Reincarnation".