

Announcements for Sunday, October 28, 2018

We are in the midst of installing blow-in insulation to the interior and exterior walls of our chapel, and painting all interior walls of the chapel. Lots of progress was made this past week, and thanks to those who attended the Tuesday meditation which was moved to the Sunday School room due to the project. This Tuesday, the 7-9 p.m. meditation will also likely be moved to the Sunday School room. Thanks for your understanding as we beautify our Center's chapel.

Our regular 10 a.m. 3-hour Saturday meditation on **November 3rd** will include Kirtan. As usual, Group Energization Exercises will be practiced at 9:40 a.m.

Our 2018 General Membership Meeting will be held on **November 11th** after the Sunday Services. All are invited and welcome to attend.

On Sunday, **November 18th** after the service, we will have our annual Shoeboxes of Joy packing and wrapping party. A list of needed items is on the Helping Hearts bulletin board in the Social Room. Please join us in the Social Room to wrap and assemble boxes of needed items to be given to the elderly and disabled who are isolated from family and friends during the holiday season. The wrapped and filled boxes are distributed by Catholic Community Services volunteers. We will provide boxes, wrapping paper, and instructions for packing. All donations of items on the list or any empty shoe boxes will be greatly appreciated - if you bring these items in early, please place them under the Information Table. Light snacks will be provided. We hope to see you there.

Today we will be viewing the DVD: Yoga - The Quintessence of Spirituality by Brother Chidananda, 2017 (part 1 of 2)