

Special Services and Events

October

Saturday, October 20	One-day retreat at the SRF Seattle Center	10:00 AM – 4:00 PM
Saturday, October 27	Day of Service (lunch provided)	1:00 PM – 5:00 PM

November

Saturday, November 3	Kirtan meditation	10:00 AM – 1:00 PM
Sunday, November 11	Annual General Meeting	After service
Sunday, November 18	Helping Hearts - Shoeboxes of Joy	After service
Thursday, November 22	Cancelled: evening service (Thanksgiving)	
Saturday, November 24	Pre-Christmas 4-hr kirtan meditation *	5:00 PM – 9:00 PM

December

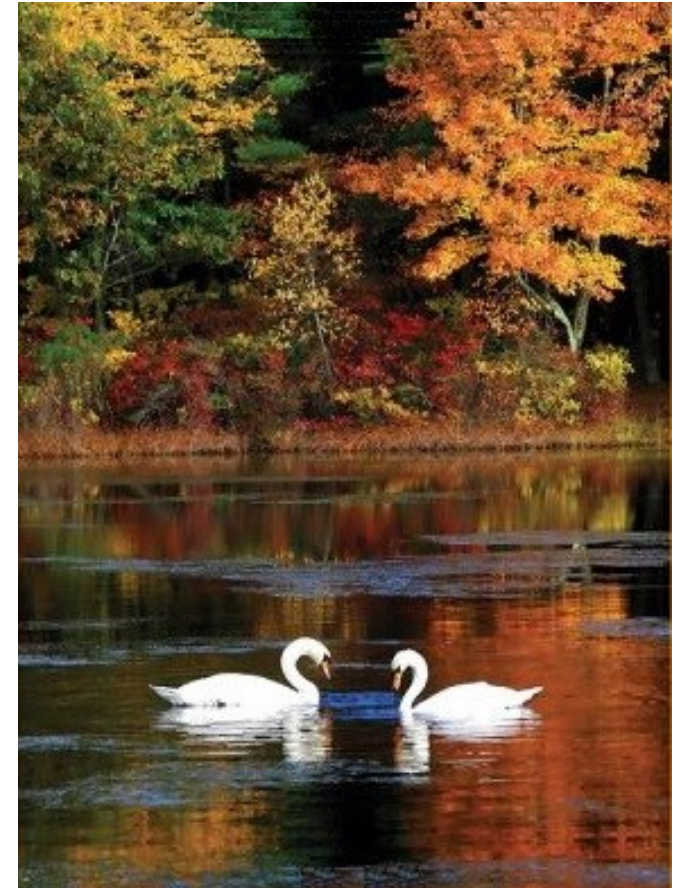
Saturday, December 1	Pre-Christmas 4-hr kirtan meditation *	5:00 PM – 9:00 PM
Saturday, December 8	Pre-Christmas 4-hr kirtan meditation *	5:00 PM – 9:00 PM
Saturday, December 15	All-day Christmas meditation **	10:00 AM – 6:00 PM
Sunday, December 16	Christmas potluck ~	After service
Tuesday, December 25	Cancelled: evening meditation (Christmas Day)	
Monday, December 31	New Year's Eve meditation	11:30 PM – 12:30 AM

* The 3-hour morning meditation is cancelled for this Saturday.

** Please enter the chapel a half hour before meditation starts so you can get settled. If you can only attend half of the meditation, we ask that you attend the first half.

~ Please bring a vegetarian dish to share.

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule October ~ November ~ December 2018

1825 NE Serpentine Place
Shoreline WA 98155
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206-361-7258
www.srfseattlecenter.org

Sunday Reading Services

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 - Vol. 2)	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 4-hour or 6-hour meditation is scheduled in the afternoon.

October

Oct. 7 (G)	I:34 Make Your Mind a Temple of God
Oct. 14	I:35 Divine Selfishness: Serving Oneself in All
Oct. 21	I:36 Karma: the Law of Cosmic Justice
Oct. 28	DVD: Yoga - The Quintessence of Spirituality - Brother Chidananda, 2017 (part I)

November

Nov. 4 (G)	I:37 Man's Highest Conception of God
Nov. 11	I:38 Realizing God in Daily Life
Nov. 18	I:46 Giving Thanks for Life's Blessings
Nov. 25	DVD: Yoga - The Quintessence of Spirituality - Brother Chidananda, 2017 (Part II)

December

Dec. 2 (G)	I:41 How to Overcome Fear
Dec. 9	I:47 Freedom From Habit Slavery
Dec. 16	I:50 The Nature of a Master
Dec. 23	I:51 Celebrating Christmas in the Silence of the Soul
Dec. 30	I:52 Controlling Your New Year's Destiny

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

DVD: A showing of an SRF DVD in place of the main reading

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December