

## **Announcements for Sunday, December 2, 2018**

All are warmly invited for our pre-Christmas 4-hour kirtan meditations. The next one will be held on **Saturday December 8** from 5 p.m. – 9 p.m. Note the evening timing for these meditations and that each will be preceded by group Energization Exercises at 4:40 p.m. The usual 10 a.m. meditation on those days is cancelled.

Today we will decorate our chapel Christmas tree at Noon after the services. Please join us! Everyone is invited to participate and children are especially encouraged.

On **Wednesday, December 12** at 6 p.m., SRF's YouTube channel will livestream an announcement from our President, Brother Chidananda, in which he will share news about the launch of the new edition of the Self-Realization Fellowship Lessons. At Center Department's suggestion, we will host a special viewing of the live-streamed video here at the Center at 6pm. After the video we will have a brief chant and meditation together.

Our annual 8-hour All-Day Christmas Meditation will held from 10 a.m. - 6 p.m. on **Saturday, December 15**. Energization Exercises will be practiced individually prior to 10 a.m., and we recommend arriving 30 minutes early to select a seat and get settled. Please obtain a copy of the info sheet giving suggestions how to prepare for the All-Day Christmas Meditation from the social room.

The subject for today's service is, "**How to Overcome Fear.**"