

Announcements for Sunday, November 25, 2018

The Helping Hearts committee would like to thank everyone who contributed to the Shoeboxes of Joy wrapping and packing party last **Sunday November 18**. There were many behind-the-scenes helpers as well as those who did the wrapping and packing. A total of 51 boxes from our Center were delivered by Catholic Community Services to members of our community who are elderly and disabled.

All are warmly invited for our pre-Christmas 4-hour kirtan meditations. The next one will be held on **Saturday December 1** 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.

Next **Sunday, December 2**, 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. All are invited and encouraged to tune in for this special occasion.

Our annual 8-hour All-Day Christmas Meditation will held from 10 a.m. - 4 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. In the week ahead we'll put out information sheets describing how to prepare for the All-Day Christmas Meditation.

At the conclusion of this service, please stay in the chapel for a brief update from our Center Coordinator Jeremy Jones which will be less than 5 minutes long.

Today is our monthly DVD showing and we will view Part 2 of the DVD: "**Yoga - The Quintessence of Spirituality**" by Brother Chidananda.