

## **Announcements for Sunday, February 3, 2019**

This coming **February 14 - 17**, we will host a visit from SRF monastics. All are warmly invited to join us for a weekend of spiritual inspiration with our center counselor Bro. Devananda joined by Br. Lynn.

Our schedule is as follows:

### **Thursday, Feb 14**

- 7:30 p.m. monastic-led Thursday inspirational service followed by a tea social
- The regularly-scheduled 6:45 p.m. study group will be cancelled that day

### **Friday, Feb 15**

- 7 - 8:30 p.m. Kriyaban Workshop: Feeling the Currents
- This class is only open to SRF Kriyabans; please bring your Kriya card to be admitted.

### **Saturday, Feb 16**

- Bro. Devananda will lead kirtan meditation 9am - 12pm
- Prior to meditation Br. Lynn will lead group Energization Exercises at 8:40am
- Note: the start time is 1-hour earlier than our usual Saturday meditation schedule.

### **Sunday, Feb 17**

- monastics will lead the 10 a.m. meditation and 11 a.m. service
- After the services we will have a potluck and fellowship. Please bring a vegetarian dish to share.

The subject for today's service is: "**Making the Most of Sundays.**"