

## **Announcements for Sunday, January 6, 2019**

There will be a 6-hour meditation with Kirtan on **Saturday, January 12** from 10 a.m. - 4 p.m. to commemorate the birthday of our Paramahansa Yogananda. Group Energization Exercises will be practiced at 9:40 a.m. prior to the meditation. There will be a 30-minute break at 12:30 p.m. Please bring a fruit offering to place in the basket at the rear of the chapel prior to the meditation, to be taken as prasad at the conclusion of the meditation.

A note about the **2019 Saturday meditation schedule**: As we've shared in recent newsletters, our 6-hour meditations in 2019 will start at 10 a.m., rather than 3 p.m. as was the case last year. There will be a couple exceptions such as when Bro. Devananda leads kirtan meditation Feb 16 (held 9 a.m - Noon), and the Summer Solstice 6-hour June 22 (held 3 p.m - 9 p.m.). Another small change for 6-hour meditations: we will practice Group Energization Exercises together at 9:40 a.m., and during the midway break 12:30 - 1 p.m. EE's will be practiced *individually*. We hope this consistent Saturday schedule will be conducive to the most people possible being able to participate in our joyous group meditations.

The subject for today's service is, "**Kriya Yoga: Royal Science of Realization.**"