

Special Services and Events

April

Saturday, April 6	Kirtan meditation	10:00 AM – 1:00 PM
Friday, April 19	Good Friday kirtan meditation	7:00 PM – 10:00 PM
Sunday, April 21	Easter sunrise service (please dress warmly as the service will be held outside unless raining)	7:00 AM – 8:00 AM
	Regular Sunday service	11:00 AM – 12:00 PM
Saturday, April 27	Easter potluck after Sunday service (please bring a vegetarian dish to share)	12:00 PM
	Post-Easter 6-hour meditation	10:00 AM – 4:00 PM

May

Friday, May 10	Meditation (late arrivals may enter quietly at any time)	7:00 PM – 7:40 PM
	Commemorative service for Sri Yukteswar's birthday (please bring a flower and offering)	8:00 PM – 9:30 PM
Saturday, May 11	Commemorative long meditation for Sri Yukteswar's birthday	10:00 AM – 4:00 PM
Sunday, May 12	Mother's Day tea social after Sunday service	12:00 PM
Sunday, May 19	Kirtan during Sunday service	10:00 AM – 12:00 PM

June

Saturday, June 1	Day of Service (lunch provided)	1:00 PM – 5:00 PM
Thursday, June 6	Monastic-led inspirational service followed by a tea social	7:00 PM – 8:00 PM
Friday, June 7 – Sunday, June 9	Seabeck Retreat at the Seabeck Conference Center (please see website for registration and directions)	Friday 4:00 PM – Sunday 2:00 PM
Sunday, June 16	Father's Day tea social after Sunday service	12:00 PM
Saturday, June 22	Summer solstice outdoor kirtan meditation (the usual 10 AM meditation is cancelled)	3:00 PM – 9:00 PM

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule April ~ May ~ June 2019

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

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 special activities. 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 (note new timings)

Study Group (The Second Coming of Christ—Vol. 2)	6:15 PM - 6:55 PM
Inspirational Service	7:00 PM - 8:00 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 June 22nd when our summer solstice 6-hour meditation is held from 3:00 PM - 9:00 PM

Sunday Reading Services

April

Apr 7 (G)	II:11 The Meaning of Reincarnation
Apr 14	II:14 Jesus Christ and His Teachings
Apr 21	II:15 The Resurrection of Christ Within You
Apr 28	DVD: Beholding God in the Temple of All Life, Sri Daya Mata - Part 1

May

May 5 (G)	II:16 How to Fulfill Your Role in Life
May 12	II:19 God's Nature in the Mother
May 19	II:20 God-Mindedness: The Key to Freedom
May 26	DVD: Beholding God in the Temple of All Life, Sri Daya Mata - Part 2

June

Jun 2 (G)	II:21 The Cosmic Play of Life and Death
Jun 9	II:22 Success Through Superconscious Power
Jun 16	II:24 God's Nature in the Father
Jun 23	DVD: Lake Shrine Anniversary/Direct Disciples Reminisce - Part 1
Jun 30	II:25 Even-Mindedness is Yoga

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

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

April

May

June