

## Announcements for Sunday July 14, 2019

Our annual summer picnic will be held at nearby Hamlin Park after the services next **Sunday July 21**. All are invited for food, fellowship, and games. Please bring a vegetarian dish to share. The center will provide veggie burgers, buns and condiments. Directions to Hamlin Park are posted on the bulletin board in the social room.

On **Thursday July 25**, we will have a commemorative meditation and service for Mahavatar Babaji. The commemorative service will begin at 8 p.m. and will be preceded by a silent meditation from 7 to 7:40 p.m. During the meditation, ushers will allow late arrivals to enter *quietly*, preserving the sacred atmosphere. Those attending the commemorative service are asked to bring a flower and a monetary offering in an envelope.

On **Saturday July 27**, we will have a 6-hour Kirtan meditation from 10 a.m. - 4 p.m. in commemoration of Mahavatar Babaji. Group Energization Exercises will be practiced at 9:40 a.m. and there will be a 30-minute break at 12:30 p.m.

The subject for today's service is "**The Science of Kriya Yoga**".