

Announcements for September 1, 2019

Our weekly 10 a.m. – 1 p.m. meditation on **Saturday, September 7** will include Kirtan. Group Energization Exercises will be practiced at 9:40 a.m.

Also on **Saturday, September 7** we will have our next Day of Service. A vegetarian lunch will be served directly after the 10 a.m. – 1 p.m. meditation, and then we will do projects around the Center up until 5 p.m. For those who wish to come and meditate prior to the 1 p.m. lunch, you may enter quietly and join the last hour of the group meditation in the chapel either at 12:00 noon or 12:30 p.m. chanting. All are welcome for the Day of Service, including children, for any length of time that you can stay.

On **Friday, September 13** at 7 p.m. we will have a family movie night and ice cream social here at the Center. We will post further details about the movie selection on our website calendar.

We are happy to inform you that Seattle Center of SRF will be hosting an “introductory event” titled ‘*Meditation: The Source of Lasting Joy*’ on **Wednesday, October 23** at the Eastside Bahai Center in Bellevue. Monastics from the Mother Center will be here for the event, which will include a public talk, a guided meditation, and an informal reception to allow attendees to find out more about the SRF Teachings (and sign-up for the Lessons!).

More information about the event and flyers will be forthcoming later this month, including ways in which you can participate in the publicity efforts. If you are interested in volunteering for this event, please get in touch with Anand Balachandran.

The subject for today’s service is “**Proof of the Existence of God.**”