

Announcements for September 22, 2019

This month we'll have two commemorative services and a long meditation in honor of our param-param guru Lahiri Mahasaya:

- On **Thursday, September 26**, we will commemorate the mahasamadhi of Lahiri Mahasaya. There will be a meditation from 7 to 7:40p.m. followed by the commemorative service at 8 p.m.
- On **Saturday, September 28** we will have a long kirtan meditation from 10 a.m. - 4 p.m. with a 30-minute break at 12:30 p.m. Group Energization Exercises will be practiced prior at 9:40 a.m.
- On **Monday, September 30**, we will celebrate the birthday of Lahiri Mahasaya. There will be a meditation from 7 to 7:40p.m. followed by the commemorative service at 8 p.m.

Please bring a flower and donation to offer during the commemorative services.

The Seattle Center of SRF will be hosting a public "introductory event" titled '*Meditation: The Source of Lasting Joy*' on **Wednesday, October 23** at the Eastside Baha'i Center in Bellevue. SRF Monastics Bro. Nakulananda and Br. Troy 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. If you are interested in volunteering for this event or helping with publicity, please contact Anand Balachandran. The monks will also lead the services here at the Center on **Sunday Oct 20**, and a 7 p.m. inspirational service on **Tuesday Oct 22**.

We are also pleased to announce that SRF monastics Bro. Pranavananda and Br. Cesar will visit for our annual All-Day Christmas meditation **Saturday Dec 14** and Sunday services on **Dec 15**.

Today we will view Part 1 of the DVD: **The Mother Aspect of God, by Bro. Anandamoy**.