

Announcements for September 8, 2019

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 watch the documentary film "Ma and Me" about the life of Anandamayi Ma, the Indian woman saint who Paramahansa Yogananda met and wrote about in *Autobiography of a Yogi*. Children are invited to join their parents in the chapel to watch the film. Ice cream will be provided in the social room after the movie.

We will have a long meditation and two commemorative services in honor of our Param-Param Guru Lahiri Mahasaya in September.

On **Thursday, September 26**, we will celebrate the Mahasamadhi of Lahiri Mahasaya. There will be a meditation from 7:00 to 7:40p.m. followed by the Commemorative service at 8:00 p.m.

On **Saturday, September 28** there will be a 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 7:00 to 7:40p.m. followed by the Commemorative service at 8:00 p.m.

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

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 Baha'i Center in Bellevue. Monastics from the SRF 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 contact Anand Balachandran.

The subject for today's service is "**Health Through Union With Cosmic Life**"