

## Announcements for October 13, 2019

We will have our next **Day of Service** on Saturday, October 19. 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 the chapel during the Noon chant, or meditate in the Sunday School room. All are welcome, including children, for any length of time.

The Seattle Center of SRF will be hosting a free public lecture 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 conduct the event, which will include a guided meditation and be followed by an informal reception.

Flyers for the event are available in the Social Room. You may post these in your area at your workplace, grocery stores, bookstores, public libraries, restaurants, yoga studios, or give them to family and friends. We are requesting more coverage in the Sammamish, Lakemont, Renton, Kent, West Seattle and South Seattle areas. Please be sure to obtain any necessary permissions before posting flyers, and we ask that you go back and take down the flyers after the event is done. Your help and efforts are much appreciated.

For those on Facebook, there is a page for the event which you are invited to "Like" and share. We also have a landing page on our website devoted to the event which includes the flyer and can be shared.

On the day of the event: If the Baha'i Center parking lot is full, additional parking is available at Kindering, across the street from the Baha'i Center, just past the Bellevue Fire Station. There is also ample street parking near the Kindering lot and the Crossroads Park.

The visiting monks will lead our Sunday services here at the Center on **Oct 20** after which we'll have our Fall Harvest Potluck. Please bring a vegetarian dish to share. We are planning an informal outing with the monastics on **Monday Oct 21** during the 10:30am-2pm range which will include a ride on the Edmonds ferry, a short walk, and lunch. Please see the info sheet in the social room for more info and to sign-up. The monks will also lead a 7 p.m. inspirational service on **Tuesday Oct 22**, the day prior to the public lecture event.

The subject for today's service is "**Hastening Human Evolution**"