

Special Services and Events

January

January 5, Sunday	Livestream: 2020 Centennial Inaugural Celebration with Brother Chidananda *	9:30 AM - 11:00 AM
	Sunday Reading service	11:00 AM - 12:00 PM
	Meditation (late arrivals may enter quietly at any time)	7:00 PM - 7:40 PM
	Commemorative service for Paramahansa Yogananda's birthday (please bring a flower and offering)	8:00 PM - 9:30 PM
January 11, Saturday	Commemorative long meditation for Paramahansa Yogananda's birthday (please bring a fruit offering)	10:00 AM - 4:00 PM
January 25, Saturday	Day of Service (lunch provided)	1:00 PM - 5:00 PM
January 30, Thursday	Monastic-led service	7:00 PM - 8:00 PM
	Tea social	8:00 PM

February

February 1, Saturday	Energization Exercises	8:40 AM
	Monastic-led kirtan meditation	9:00 AM - 12:00 PM
February 2, Sunday	Monastic-led meditation	10:00 AM - 10:45 AM
	Monastic-led service	11:00 AM - 12:00 PM
	Potluck (please bring a vegetarian dish to share)	12:00 PM
February 15, Saturday	One-day retreat at the SRF Seattle Center	10:00 AM - 4:00 PM

March

March 7, Saturday	Meditation (late arrivals may enter quietly at any time)	7:00 PM - 7:40 PM
	Commemorative service for Paramahansa Yogananda's mahasamadhi (please bring a flower and offering)	8:00 PM - 9:30 PM
March 9, Monday	Meditation (late arrivals may enter quietly at any time)	7:00 PM - 7:40 PM
	Commemorative service for Sri Yukeswar's mahasamadhi (please bring a flower and offering)	8:00 PM - 9:30 PM
March 14, Saturday	Commemorative long meditation for Paramahansa Yogananda's mahasamadhi (please bring a fruit offering)	10:00 AM - 4:00 PM
March 22, Sunday	Kirtan during Sunday service	10:00 AM - 12:00 PM

* Regularly scheduled Sunday 10 AM meditation cancelled for Jan 5th. Regularly scheduled Sunday Service will be held at 11 AM after the livestream event.

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule January ~ February ~ March 2020

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Welcome to the **Seattle Center of Self-Realization Fellowship**, which serves families and friends in the greater Seattle area through weekly devotional and meditation services. The Seattle Center of SRF is a branch of Self-Realization Fellowship, a worldwide, non-profit religious organization founded by Paramahansa Yogananda in 1920 to teach scientific techniques of meditation that lead to a direct, personal experience of God. The Center is open to the public for services and group meditations. You are invited to attend our services and welcome to stop by our information table to find out more about our activities.

As an introduction to the SRF teachings, we suggest that you read Paramahansa Yogananda's *Autobiography of a Yogi* or watch the documentary film *AWAKE: The Life of Yogananda*.

Regular Weekly Services *

Sunday

Meditation Service	10:00 AM - 10:45 AM
Sunday Reading Service	11:00 AM - 12:00 PM
Sunday School	11:00 AM - 12:00 PM

Tuesday

Meditation Service	7:00 PM - 9:00 PM
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Thursday

Study Group (The Second Coming of Christ—Vol. 2)	6:15 PM - 6:55 PM
Inspirational Service	7:00 PM - 8:00 PM

Saturday

Group Energization Exercises	9:40 AM
Meditation Service	10:00 AM - 1:00 PM

*Please see the schedule on the back page for special services and events. Any last-minute changes or additions to the schedule will be reflected on our website's calendar at: www.srfseattlecenter.org

Sunday Reading Services

January

Jan 5 (G)	III:1 Attunement With a True Guru
Jan 12	III:2 Man: Image of God
Jan 19	III:3 Meditation: Way to God
Jan 26	DVD: Seeking the Greatest Love in the World, Sri Daya Mata - part I

February

Feb 2 (G)	Monastic-led Service
Feb 9	III:4 How to Rise Above Your Problems
Feb 16	III:5 Habits: Your Master or Your Slave?
Feb 23	DVD: Seeking the Greatest Love in the World, Sri Daya Mata - part II

March

Mar 1 (G)	III:6 Lord, Possess us With Thy Love
Mar 8	III:7 The Science of Affirmation
Mar 15	III:8 The Dream Nature of the World
Mar 22	DVD: Opening to God's Love in Meditation, Bro. Anandamoy - part I
Mar 29	III:9 Secrets of Success

(G): Guided Meditation 10:00 AM—10:45 AM

DVD: A showing of an SRF DVD in place of the main reading