

Announcements for Feb 9, 2020

The Social & Potluck Committee has done some organizing and set aside extra dishes for giveaway, which are located under the bulletin board. Please take a look and take any items you are interested in.

On **Saturday, February 15**, we will host a one day retreat at the center from 10 a.m. to 4 p.m. As part of the retreat we will have guided group practice of Energization Exercises, kirtan meditation and inspirational readings. We will also have free time to relax, take short walks in the gardens, study our Guru's writings, or practice the presence of God. Please bring your own lunch to eat during the lunch break.

The subject for today's reading is, "**How to Rise Above Your Problems**".