

March 8, 2020 Announcements

We will commemorate the mahasamadhi of Swami Sri Yukteswar tomorrow, **Monday, March 9**. We will have silent meditation from 7 - 7:40 p.m. followed by the commemorative service at 8 p.m. Please bring a flower and a donation in an envelope.

This **Saturday, March 14** we will have a long meditation from 10 a.m. to 4 p.m. for Paramahansa Yogananda's mahasamadhi.

Please note a couple special timings for future commemoratives you may wish to mark on your calendars due to the unique timing:

- **Sunday May 10**, Mother's Day, the Sri Yukteswar commemorative service will be held at 12:30 p.m. following our usual Sunday services.
- **Saturday July 25**, the Babaji Commemorative will be held at 12 p.m. following the Saturday morning meditation which will be shortened to 10 a.m. to 11:40 a.m. The 12 p.m. timing will allow those traveling to Los Angeles for SRF Convocation to attend the commemorative and then fly out Saturday evening or Sunday morning.

In light of current concerns regarding the coronavirus in the Seattle area, we would like to ask anyone with a cough or cold symptoms to refrain from attending and to meditate at home. Also for any volunteers or members who feel uncomfortable attending due to coming in contact with groups, we encourage you to stay home. Let us continue to keep in mind Paramahansa Yogananda's guidance that we use practical outer means and commonsense methods to prevent illness, while fostering a positive attitude and faith in God's love and protection.

Our reading for today is, "**The Science of Affirmation.**"