Announcements for Mar 13, 2022

The Washington State Department of Health has recently changed the guidelines on indoor masking from requiring it to recommending it. Following the direction provided by SRF leadership, we will follow local health guidelines accordingly. While the risk level has improved, it is very reasonable to continue to mask if you are at increased risk, are in contact with someone at high risk, out of consideration for those who may be at higher risk, or as a personal choice. We want to encourage everyone to continue to support one another and respect each other's personal choices on masking as we move forward.

Starting in April, we plan to resume meditation services at 10am and Thursday evening Inspirational Services. Easter Sunrise Service will be held on April 17. We will also return to playing the harmonium and chanting as a group in April if external conditions continue to improve. For now, we request continued silent chanting as we use recorded chants for the next three weeks.

The subject for today's service is "Creating and Destroying Habits at Will."