

Special Services and Events

October

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| October 1, Saturday | Lahiri Mahasaya Mahasamadhi 6-hour meditation | 10:00 AM – 4:00 PM |
| October 15, Saturday | One-day retreat at the SRF Seattle Center | 10:00 AM – 4:00 PM |
| October 29, Saturday | Energization Exercises Kirtan meditation with replay of Convocation kirtan | 9.40 AM 10:00 AM – 1:00 PM |

November

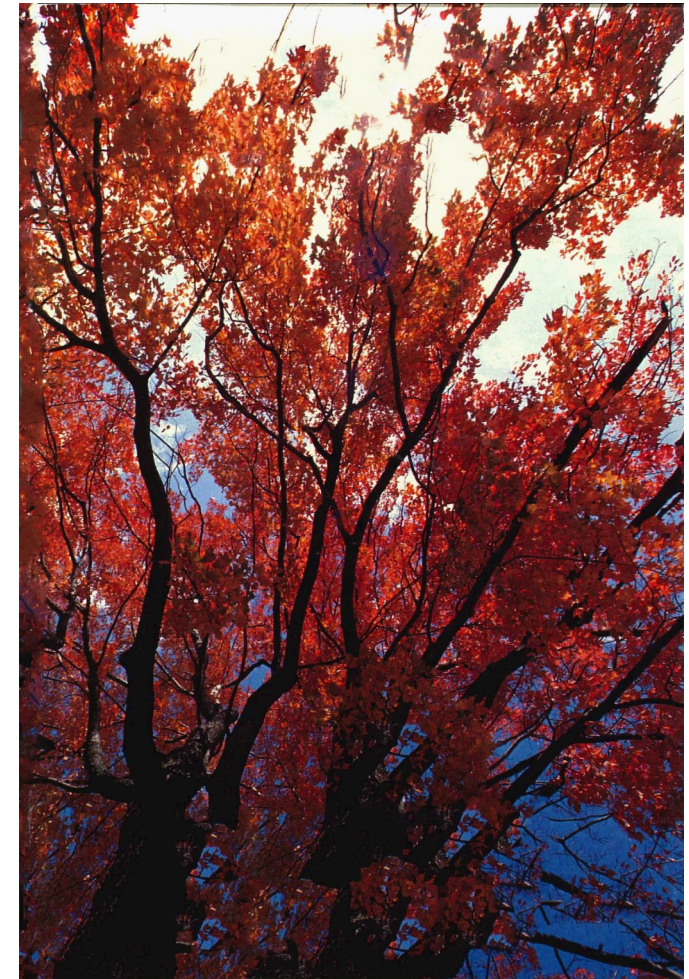
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| November 5, Saturday | Kirtan meditation | 10:00 AM – 1:00 PM |
| November 19, Saturday | Energization Exercises Meditation with replay of Convocation meditation led by Bro. Chidananda | 9.40 AM 10:00 AM – 1:00 PM |
| November 24, Thursday | Cancelled: Evening service (Thanksgiving Day) | |
| November 26, Saturday | Pre-Christmas 4-hr kirtan meditation | 10:00 AM – 2:00 PM |

December

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| December 3, Saturday | Pre-Christmas 4-hr kirtan meditation | 10:00 AM – 2:00 PM |
| December 10, Saturday | Pre-Christmas 4-hr kirtan meditation | 10:00 AM – 2:00 PM |
| December 17, Saturday | All-day Christmas meditation* | 10:00 AM – 6:00 PM |
| December 24, Saturday | Cancelled: Saturday meditation (day before Christmas) | |
| December 31, Saturday | New Year's Eve meditation | 11:30 PM – 12:30 AM |

* Please enter the chapel a half hour before meditation starts so you can get settled.
If you can only attend half of the meditation, we ask that you attend the first half.

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule October ~ November ~ December 2022

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www.srfseattlecenter.org

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 special activities. 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 (alternate weeks starting Oct 2nd)** 11:00 AM - 12:00 PM

Tuesday

Meditation Service Cancelled

Thursday

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.

** Please see the online schedule on the website for Sunday School dates.

Any last-minute changes or additions to the schedule will be reflected on our website's calendar at: www.srfseattlecenter.org.

Sunday Reading Services

October

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| Oct. 2 (G) | 1:38 Realizing God in Your Daily Life |
| Oct. 9 | 1:39 Loyalty is the Greatest Law |
| Oct. 16 | 1:40 The Light of Truth Eternal |
| Oct. 23 | DVD: Living in the Love of God - Sri Daya Mata |
| Oct. 30 | 1:41 How to Overcome Fear |

November

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| Nov. 6 (G) | 1:42 Your True Self: The Immortal Soul |
| Nov. 13 | 1:43 The Art of Devotional Singing |
| Nov. 20 | 1:46 Giving Thanks for Life's Blessings |
| Nov. 27 | DVD: Being a Spiritual Seeker in Today's Complex World |

December

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| Dec. 4 (G) | 1:49 Finding Joy in Life |
| Dec. 11 | 1:50 The Nature of a Master |
| Dec. 18 | 1:51 Celebrating Christmas in the Silence of the Soul |
| Dec. 25 | Service cancelled |

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

(K): Kirtan as part of the Sunday meditation service

DVD: A showing of an SRF DVD each month