

Announcements for October 1, 2023

Lahiri Mahasaya Long Meditation

We will have a 6-hour meditation on Saturday October 7 to commemorate our param-param-Guru Lahiri Mahasaya's Birthday and Mahasamadhi. The meditation will be from 10am-4pm, preceded by Group Practice of Energization Exercises at 9:40 am.

One-Day Retreat

All are invited to attend a One-Day Retreat at the Center on Saturday October 21, between 10:00 a.m. to 4:00 p.m. There will be periods of group meditation, Energization Exercises, readings, kirtan, a lunch break, and free-time to walk the grounds, read quietly, or meditate.

Service Subject

The subject for today's service "What is Salvation?"