

Special Services and Events

October

Oct 7 Saturday	Lahiri Mahasaya Mahasamadhi 6-hour meditation	10:00 AM - 4:00 PM
Oct 21 Saturday	One-day retreat at the SRF Seattle Center	10:00 AM - 4:00 PM

November

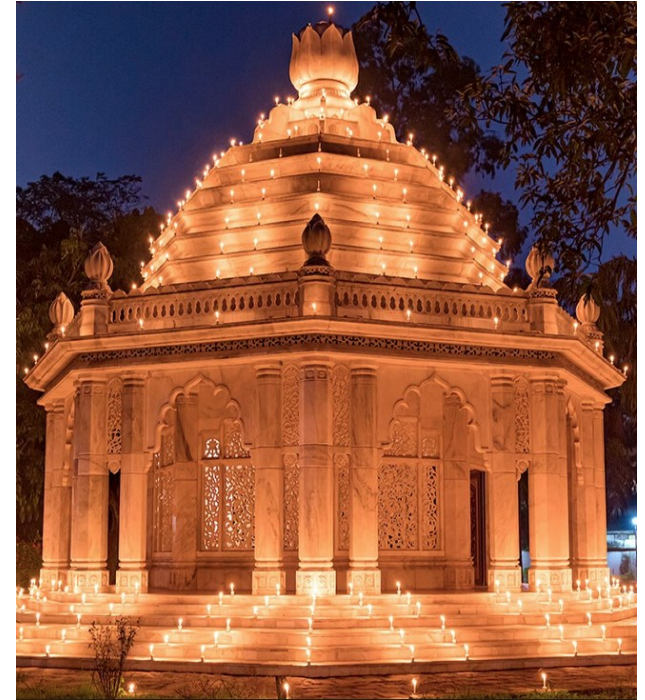
Nov 4 Saturday	Kirtan during Saturday meditation service	10:00 AM - 1:00 PM
Nov 4 Saturday	Day of Service (lunch provided) following the regular Saturday meditation	1:00 PM - 5:00 PM
Nov 23 Thursday	Inspirational Service cancelled (Thanksgiving Day)	
Nov 25 Saturday	Pre-Christmas 4-hour kirtan meditation	10:00 AM - 2:00 PM

December

Dec 2 Saturday	Pre-Christmas 4-hour kirtan meditation	10:00 AM - 2:00 PM
Dec 9 Saturday	Pre-Christmas 4-hour kirtan meditation	10:00 AM - 2:00 PM
Dec 16 Saturday	All-day Christmas meditation*	10:00 AM - 6:00 PM
Dec 17 Sunday	Christmas potluck (please bring a vegetarian dish to share)	12:15 PM (after Sunday service)
Dec 31 Sunday	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 2023

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Cover photo: Lights sparkle on Smriti Mandir,
Yogananda Satsanga Society of India, Ranchi

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/Youth Group 11:00 AM - 12:00 PM

Tuesday

Meditation Service 7:00 PM - 9:00 PM
(December 26: Meditation cancelled)

Thursday

Inspirational Service 7:00 PM - 8:00 PM

Saturday

Group Energization Exercises 9:40 AM - 10:00 AM
 Meditation Service 10:00 AM - 1:00 PM

*Please see the schedule on the back page for special services and events.

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

Oct 1 (G)	What is Salvation?
Oct 8	Life - A Cosmic Motion Picture
Oct 15	Hastening Human Evolution
Oct 22	DVD: In His Presence, Part 3/4 - Mrinalini Mata (27 mins)
Oct 29	The Guru's Nature: Human and Divine

November

Nov 5 (G)	The Most Tempting Temptation
Nov 12 (K)	Practical Methods for Spiritual Growth
Nov 19	Gaining the Wealth of Inner Happiness
Nov 26	DVD: In His Presence, Part 4/4 - Mrinalini Mata (28 mins)

December

Dec 3 (G)	Reincarnation
Dec 10	Limited and Unlimited Methods of Healing
Dec 17	Receiving God's Answers to Your Prayers
Dec 24	Receive the Christ Consciousness
Dec 31	The Purpose of Life is to Find God

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

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

DVD: A showing of SRF DVD

October

November

December