

## **Announcements for October 8, 2023**

### **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.

### **Chanting Session in Spanish & English**

Directly following the Sunday reading service on October 29, we will have a 1-hour chanting session of Cosmic Chants in a combination of Spanish and English, held in the chapel starting at 12 p.m. Printed sheets will be provided with the words to the chants. All are welcome, including children, for any length of time.

### **Service Subject**

The subject for today's Service "Life: A Cosmic Motion Picture."