

Announcements for December 10, 2023

All-day Christmas Meditation

One of the highlights of the year-end holiday season for Self-Realization Fellowship members and friends around the world is the All-Day Christmas Meditation, a tradition inaugurated by Paramahansa Yogananda in 1931 and which he personally conducted for many years. The all day, 8 hour, Christmas meditation will be held on Saturday, December 16th, from 10 am to 6 pm.

Monastic Christmas Visit

SRF monastics **Bro. Sarvananda** and **Brahmachari Klaus** will visit our Center from December 14 - 18, and the schedule is as follows:

- **Thursday Dec 14:** monastic-led Inspirational Service 7-8 p.m. followed by tea social
- **Friday Dec 15:** no events are planned for this day as we prepare for the All-Day Christmas Meditation the following day
- **Saturday Dec 16:** monastic-led All-Day Christmas meditation with kirtan 10 a.m. to 6 p.m. Newcomers are asked to review the information sheet about the All-Day Christmas meditation available on the website, and will be available in the Social Room starting next week.
- **Sunday Dec 17:** monastic-led 10 a.m. meditation and 11 a.m. service followed by our Christmas Social potluck. Please bring a vegetarian dish to share.
- **Monday Dec 18:** informal outing with monastics. Current plan is to meet at the Woodland Park Zoo for a walk followed by lunch. If you are interested to attend please sign up on the sheet in the social room at the Information Table. Your email or phone are needed so we can contact you in case of any change in plans. Questions about the outing can be directed to Linnie Dhanak or Urmila Joshi-Phadnis.

Service Subject

The subject for today's reading service is "Limited and Unlimited Methods of Healing".