

Special Services and Events

January

Jan 5 Friday	Meditation† Commemorative service for Paramahansa Yogananda's birthday*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
Jan 6 Saturday	Commemorative long meditation for Paramahansa Yogananda's birthday	10:00 AM - 4:00 PM
Jan 7 Sunday	Cosmic Chants in Hindi and English	12:00 PM - 1:00 PM

February

Feb 3 Saturday	Kirtan during Saturday meditation service	10:00 AM - 1:00 PM
Feb 17 Saturday	One-day retreat at the SRF Seattle Center	10:00 AM - 4:00 PM
Feb 24 Saturday	Day of Service (lunch provided) following the regular Saturday meditation	1:00 PM - 5:00 PM

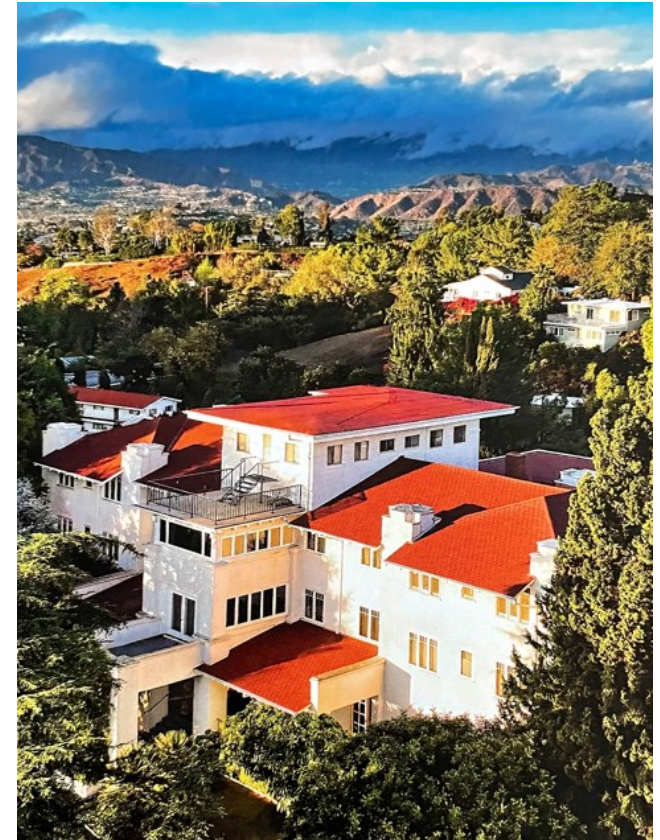
March

Mar 2 Saturday	Commemorative long meditation for Paramahansa Yogananda's mahasamadhi	10:00 AM - 4:00 PM
Mar 7 Thursday	Meditation† Commemorative service for Paramahansa Yogananda's mahasamadhi*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
Mar 9 Saturday	Meditation† Commemorative service for Sri Yukteswar's mahasamadhi*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
Mar 29 Friday	Good Friday Meditation	7:00 PM - 10:00 PM
Mar 31 Sunday	Easter Sunrise Service	7:00 AM - 8:00 AM

†Late arrivals may enter quietly at any time.

*Please bring a flower and a monetary offering in an envelope

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule January ~ February ~ March 2024

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Cover photo: Aerial view of SRF International Headquarters (the Mother Center), Los Angeles

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
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Thursday

Inspirational Service	7:00 PM - 8:00 PM
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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

January

Jan 7 (G)	Attunement With a True Guru
Jan 14	Man: Image of God
Jan 21	Meditation: Way to God 12:15 pm - 1:15 pm: Spanish Reading Service
Jan 28 (K)	DVD: Developing an Unconquerable Will - Part 1 of 2 (by Bro. Achalananda) + Youth Kirtan

February

Feb 4 (G)	How to Rise Above Your Problems?
Feb 11	Habits: Your Master or Your Slave?
Feb 18	Lord, Possess Us With Thy Love
Feb 25	DVD: Developing an Unconquerable Will - Part 2 of 2 (by Bro. Achalananda)

March

Mar 3 (G)	The Science of Affirmation
Mar 10	The Dream Nature of the World
Mar 17	How to Get Along With Others
Mar 24	DVD: Experiencing God Within - Part 1 of 3 (by Bro. Anandamoy)
Mar 31	The Easter Message of Immortality

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

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

DVD: A showing of SRF DVD

January

February

March