

Special Services and Events

April

Apr 6 Saturday	Post-Easter 6-hour Meditation	10:00 AM - 4:00 PM
Apr 21 Sunday	1-hour chanting session Theme: Hidden Gems in the Cosmic Chants book	12:00 PM - 1:00 PM

May

May 10 Friday	Meditation† Commemorative Service for Sri Yukteswar's birthday*	7:00 PM - 7:40 PM 8:00 PM - 9:30 PM
May 11 Saturday	Commemorative long meditation for Sri Yukteswar's birthday	10:00 AM - 4:00 PM
May 12 Sunday	Mother's Day tea social after Sunday Service	Noon

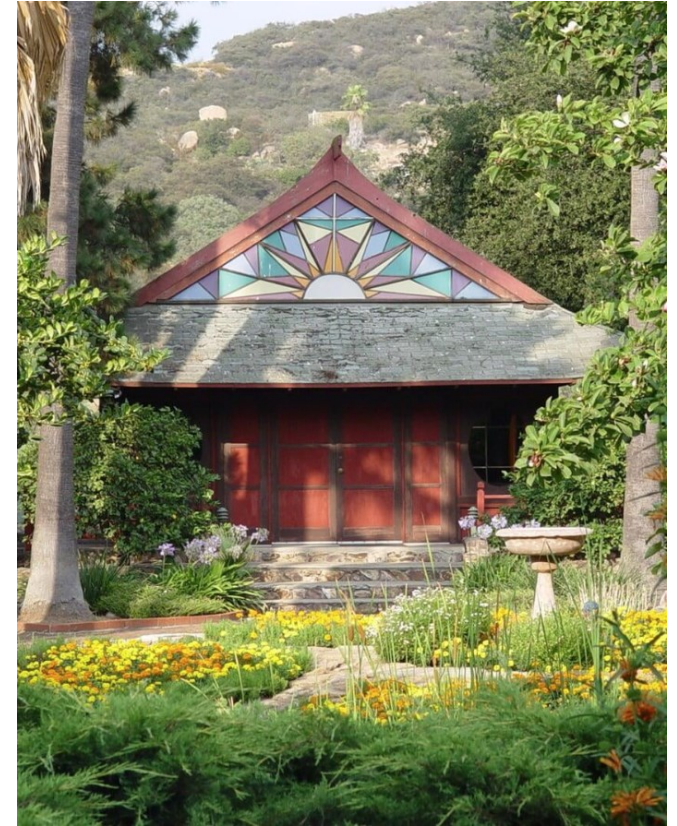
June

June 1 Saturday	Day of Service (lunch provided) following the regular Saturday meditation	1:00 PM - 5:00 PM
June 6 Thursday	Monastic-led Inspirational Service followed by a tea social	7:00 PM - 8:00 PM
June 7 - 9 Fri - Sun	Seabeck Retreat (Seattle SRF Center will be closed.) (Please see website for registration and directions.)	Friday 4:00 PM to Sunday 2:00 PM
June 16 Sunday	Father's Day tea social after Sunday Service	Noon
June 22 Saturday	Summer Solstice outdoor Kirtan meditation (The usual weekly 10 am meditation is cancelled.)	3:00 PM - 7:00 PM

†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 April ~ May ~ June 2024

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Cover photo: SRF Hidden Valley Ashram,
Escondido, California

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

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

April

Apr 7 (G)	In God is all Happiness
Apr 14	Life Energy: The Power That Heals
Apr 21	The Balanced Life 12:00 PM - 1:00 PM: 1-hr chanting session (Cosmic Chants)
Apr 28 (K)	DVD: Experiencing God Within - Part 1 of 3 (by Bro. Anandamoy)

May

May 5 (G)	Increasing the Power of Initiative
May 12	Mothers: Manifestation of God's love
May 19	The Oneness of Religion 12:15 PM - 1:15 PM: Spanish Reading Service
May 26	DVD: Experiencing God Within - Part 2 of 3 (by Bro. Anandamoy)

June

Jun 2 (G)	Eliminating Fear
Jun 9	Sunday Service cancelled due to Seabeck Retreat
Jun 16	Self-analysis: Key to Mastery of Life
Jun 23	Seeing God as the Sole Doer
Jun 30 (K)	DVD: Experiencing God Within - Part 3 of 3 (by Bro. Anandamoy) + Youth Kirtan

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

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

DVD: A showing of SRF DVD

April

May

June