

Announcements for July 14, 2024

The 2024 SRF World Convocation begins today, where we can find spiritual renewal and divine fellowship through a weeklong immersion in Paramahansa Yogananda's "how-to-live" teachings and meditation techniques, guided group meditations and *kirtans* (devotional chanting). Starting this evening at 7:30 pm, we will be streaming the evening classes and meditations in our chapel. All are welcome to attend those.

For the full Convocation schedule, please visit convocation.yogananda.org. A schedule for the Convocation streamed talks and meditations at our Center is available at the Information Table and on our Center's website as srfseattlecenter.org.

While it was previously published that the three hour morning meditation on Saturday 7/20 was canceled, we are happy to announce that due to volunteer availability, we will be able to hold the meditation service. There will be energization exercises at 9:40 a.m., followed by meditation from 10 am to 12:45 p.m on July 20. This will be followed by the 1pm class from the LA Convocation which will be shown on screen in our chapel.

Mahavatar Babaji Commemorative Service and Kirtan Meditation:

On Thursday, July 25, we will have a commemorative service for Mahavatar Babaji. The commemorative service will begin at 8 pm and be preceded by a silent meditation at 7 pm. Those attending the Commemorative Service are asked to bring a flower and a monetary offering.

On Saturday, July 27, we will be have a kirtan meditation for Mahavatar Babaji from 10 am to 4 pm.

Hamlin Park Picnic:

The annual Hamlin Park Picnic and Potluck will take place on July 28 following Sunday Services from 12:15 pm to 2 pm. All are invited for food, fellowship, and games at Hamlin Park in Shoreline. Please bring a vegetarian dish to share.

SRF App — New Features

We are happy to announce several helpful features newly added to the SRF app!

- The new "Clips" tab in the "Videos" section of the app presents an array of short videos, to provide you with wisdom to put into practice in only a few minutes.
- And, for students of the Self-Realization Fellowship Lessons, you will find:
- Improved text-to-speech voices for listening to the Lessons,
- Quick access to Energization Exercises videos in the "Search" function, and
- A new "digital student card" with a QR code that you can use for in-person SRF events.

To take advantage of these new features, make sure your app is updated or download the "SRF" app from your device's app store. For more information about the SRF app visit: Yogananda.org/App

All of this information is also available on our website under announcements.

Reading Service

The Reading Service for today is: Ascending to Perfection in God.