

Special Services and Events

July

July 13 - July 20	July 13 Regular Saturday meditation cancelled. July 14-20: See "Convocation Events Live-Streamed at SRF Seattle Center" schedule printed separately.	
July 25 Thursday	Meditation† Commemorative service for Mahavatar Babaji*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
July 27 Saturday	Commemorative long meditation for Mahavatar Babaji**	10:00 AM - 4:00 PM
July 28 Sunday	Seattle Center annual picnic and potluck at Hamlin Park, Shoreline (Please bring a vegetarian dish to share.)	12:15 PM - 2:00 PM (after Sunday service)

August

Aug 10 Saturday	Day of Service (lunch provided) following the regular Saturday meditation	1:00 PM - 5:00 PM
Aug 18 Sunday	Spanish Reading Service	12:15 PM - 1:15 PM
Aug 24 Saturday	Commemorative long meditation for Bhagavan Krishna - Janmashtami**	10:00 AM - 4:00 PM
Aug 26 Monday	Meditation† Commemorative service for Bhagavan Krishna - Janmashtami*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM

September

Sep 8 Sunday	1-hour chanting session Hidden Gems of the Cosmic Chants book	12:00 PM - 1:00 PM
Sep 26 Thursday	Meditation† Commemorative service for Lahiri Mahasaya's mahasamadhi*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
Sep 28 Saturday	Commemorative long meditation for Lahiri Mahasaya**	10:00 AM - 4:00 PM
Sep 30 Monday	Meditation† Commemorative service for Lahiri Mahasaya's birthday*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM

†Late arrivals may enter quietly at any time.

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

** Energization Exercises at 9:40 AM, 30-minute break at 12:30 PM

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule July ~ August ~ September 2024

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Cover photo: Flowers blooming in SRF Seattle Center garden

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
<i>(July 4: Service cancelled - U.S. Holiday)</i>	
<i>(July 16: 7:30 to 10:00 PM Livestreaming of SRF Convocation Class)</i>	

Thursday

Inspirational Service	7:00 PM - 8:00 PM
<i>(July 18: 7:30 to 10:00 PM Livestreaming of SRF Convocation Class)</i>	

Saturday

Group Energization Exercises	9:40 AM - 10:00 AM
Meditation Service	10:00 AM - 1:00 PM
<i>(July 13: Service cancelled - SRF Convocation)</i>	
<i>(Sept 7: Kirtan Meditation from 10:00 AM to 1:00 PM)</i>	

*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

July

July 7 (G)	Building World Unity
July 14	Ascending to Perfection in God
July 21	The Universal Need for Kriya Yoga
July 28	DVD: Him I Shall Follow, Sri Daya Mata (Part 1 of 3)

August

Aug 4 (G)	The Root Cause of Suffering
Aug 11	Spiritual Marriage
Aug 18	11:00 AM - 12:00 PM: The Power of Intuition 12:15 PM - 1:15 PM: Spanish Reading Service
Aug 25	DVD: Him I Shall Follow, Sri Daya Mata (Part 2 of 3)

September

Sep 1 (G)	The Hiding Place of God
Sep 8	11:00 AM - 12:00 PM: The Treacherous Path of Evil 12:00 PM - 1:00 PM: 1-hr chanting session (Cosmic Chants)
Sep 15	Meditation is the Path to God
Sep 22 (K)	DVD: Him I Shall Follow, Sri Daya Mata (Part 3 of 3) Kirtan by Youth Kirtan Group
Sep 29	A Yogi-Christ and His Way to Salvation

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

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

DVD: A showing of an SRF DVD

July

August

September