

Special Services and Events

October

Oct 3 Thursday	Monastic-led group meditation Satsanga @ 7:00 pm followed by tea social @ 8:00 pm	6:00 PM - 6:45 PM 7:00 PM - 9:00 PM
Oct 4 Friday	Outing with Monastics (Bro. Devananda and Bro. Bhimananda)	10:00 AM - 2:00 PM
Oct 5 Saturday	Monastic-led group meditation Monastic-led workshop on 'Introspection'	10:00 AM - 1:00 PM 1:30 PM - 3:00 PM
Oct 19 Saturday	One-day retreat at the SRF Seattle Center	10:00 AM - 4:00 PM

November

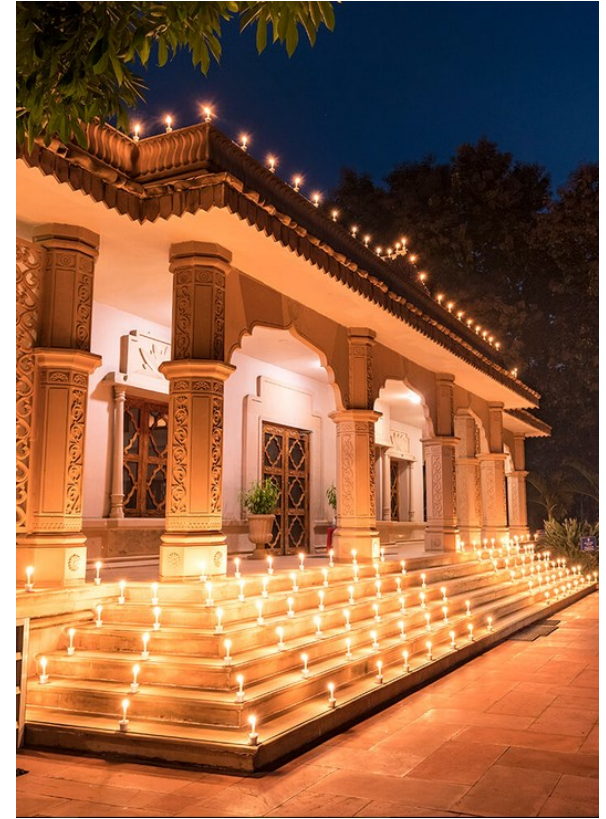
Nov 2 Saturday	Kirtan during Saturday meditation service	10:00 AM - 1:00 PM
Nov 9 Saturday	Day of Service (lunch provided) following the regular Saturday meditation	1:00 PM - 5:00 PM
Nov 23 Saturday	Pre-Christmas 4-hour kirtan meditation	10:00 AM - 2:00 PM
Nov 30 Saturday	Pre-Christmas 4-hour kirtan meditation	10:00 AM - 2:00 PM

December

Dec 7 Saturday	Pre-Christmas 4-hour kirtan meditation	10:00 AM - 2:00 PM
Dec 14 Saturday	All-day Christmas meditation*	10:00 AM - 6:00 PM
Dec 15 Sunday	Christmas potluck (please bring a vegetarian dish to share)	12:15 PM (after Sunday service)
Dec 31 Sunday	New Year's Eve meditation	11:30 PM - 12:30 AM

*Please enter the chapel a half hour before meditation starts so you can get settled. If you can only attend half of the meditation, we ask that you attend the first half.

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule October ~ November ~ December 2024

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Cover photo: Lights sparkle on Dhyana Mandir (meditation temple), YSS Ashram, Ranchi, India.

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
(October 6: Sunday School class assisted by Bro. Bhimananda)

Tuesday

Meditation Service 7:00 PM - 9:00 PM
(December 24 & 31: Service cancelled)

Thursday

Inspirational Service 7:00 PM - 8:00 PM
(November 28 and December 26: Service cancelled)

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

October

Oct 6 (G)	10:00 AM - 10:45 AM: Monastic-led Group Meditation 11:00 AM - 12:00 PM: Monastic-led service 12:00 PM - 12:15 PM: Group photo followed by luncheon served at the Center
Oct 13	Live in Constant Remembrance of God
Oct 20	Healing Body, Mind and Soul
Oct 27 (K)	DVD: The Wisdom of the Bhagavad Gita (Part 1 of 3) by Bro. Anandamoy

November

Nov 3 (G)	How to Read Character
Nov 10	The Scientific Art of Living
Nov 17	Inner Resources of Health and Energy
Nov 24	DVD: The Wisdom of the Bhagavad Gita (Part 2 of 3) by Bro. Anandamoy + Kirtan by Youth Kirtan Group

December

Dec 1 (G)	How to Attune with Divine Will
Dec 8	Understanding the Unreality of Matter
Dec 15	Happiness through Attunement with Christ
Dec 22 (K)	DVD: The Wisdom of the Bhagavad Gita (Part 3 of 3) by Bro. Anandamoy
Dec 29	Higher Achievements in the New Year

(G): Guided Meditation 10:00 -10:45 AM; DVD: A showing of SRF DVD
 (K): Kirtan as part of the Sunday meditation service

October

November

December