

Announcements for February 16, 2025

Please join us after the Service today for a Tea Social with members and friends.

Automated External Defibrillator Training

Our Center has acquired an Automatic External Defibrillator, also known as an AED, which is a user-friendly device that can play a crucial role in reviving individuals experiencing sudden cardiac arrest. These life-saving tools are meant to be used by anyone and don't require prior medical knowledge. In collaboration with the Shoreline Fire Department, we will offer training on how to effectively use the AED. The training session is scheduled for February 23rd at 12:15 p.m., and a signup sheet is available on the Bulletin Board for those interested in participating. You may also give your name to Shilpa Verma. All are welcome to attend the training.

Day of Service

Our next Day of Service will be on **Saturday, March 1st** from 1 p.m. to 5 p.m. This follows the morning meditation from 10 a.m. to 1 p.m. Lunch will be provided. All are welcome to join in the joy of fellowship and service in cleaning, gardening, and carrying out maintenance projects. For those who wish to come and meditate prior to the 1 p.m. lunch, you may enter the chapel during the noon chant, or meditate in the Sunday School room. All are welcome, including children, for any length of time.

Reading Service

The Reading Service for today is: **The True Meaning of Self-Realization**