

## **Announcements for February 9, 2025**

### **One-Day Retreat**

All are invited to attend a One Day Retreat at our Center on Saturday, February 15 from 10 a.m. - 4 p.m. There will be periods of group practice of the Energization Exercises, group Meditation, Readings, Kirtan, a lunch break, and free-time to walk the grounds, read quietly, or meditate. The detailed schedule for the day is listed on our online calendar.

### **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 March 1st from 1 p.m. to 5 p.m. Our next Day of Service this year will be held on Saturday, March 1 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: **Does Satan Really Exist?**