

November 30, 2025

The Center would like to thank all of you for your generous heart in making a meaningful difference in our community with our Thanksgiving Food Drive for the Hopelink Shoreline Food Bank. A total of **715 pounds of non-perishable vegetarian food** was collected to support our neighbors in need.

We are happy to let you know that SRF Monastics **Brother Keshavananda** and **Br. Leon** will be visiting the Seattle Center for our Spiritual and Social Christmas. The monks will lead the Thursday evening Inspirational Service on **Dec. 11th**, the All-day Christmas Meditation on Saturday, **Dec. 13th**, and the Sunday Meditation and Service on **Dec. 14th**. We will have an opportunity to visit informally with the monastics at a hospitality tea on Thursday evening and a Christmas potluck on Sunday. Please bring a vegetarian dish to share for the potluck.

In preparation for the blessed All-Day Christmas Meditation, we will be having 4-hour Kirtan Meditation on **Saturday, Dec. 6th** from 10 a.m. - 2 p.m.

The All-Day Christmas Meditation will be held on Saturday, Dec. 13th from 10 a.m. - 6 p.m. There will be an intermission at 1:30 p.m.

With the approaching Christmas season, we are looking for individuals who would be interested and enjoy decorating the Center for the joyous festivities. If you are interested, please reach out to Bona or Anshika on the Flower Committee. Next Sunday, Dec. 7th, we will be decorating our chapel Christmas Tree. All are invited, including parents with young children to join in the festive spirit of the Yuletide season.

The title for today's Service is: "The True Nature of the Soul"