

**January 18, 2026**

Self-Realization Fellowship is pleased to announce the Spring session of online How-to-Live classes for children and teens, which will be held January 24th through May 23rd. Registration is now open, and information is available on the flyers in the Sunday School Room.

All are invited to a special meeting to hear a presentation from the Managing Council on our updated Bylaws, immediately following the Service on **Sunday, January 25th**.

Harmonium training classes that started last Fall will resume in February. We request all those who have checked-out harmoniums for use at home, to return them to the Center by February 1st so that they can be used during the classes. Thank you.

The title for today's Service is: "Meditation: The Science of Contacting God"