

Special Services and Events

January

Jan 5 Monday	Meditation† Commemorative service for Paramahansa Yogananda's birthday*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
Jan 10 Saturday	Commemorative long meditation for Paramahansa Yogananda's birthday**	10:00 AM - 4:00 PM

February

Feb 7 Saturday	Kirtan during Saturday meditation service	10:00 AM - 1:00 PM
Feb 21 Saturday	One-day retreat at the SRF Seattle Center	10:00 AM - 4:00 PM
Feb 28 Saturday	Day of Service (lunch provided) following the regular Saturday meditation	1:00 PM - 5:00 PM

March

Mar 1 Sunday	Kirtan during Sunday meditation Youth Kirtan during Sunday Service	10:00 AM - 10:45 AM 11:00 AM - Noon
Mar 7 Saturday	Meditation† Commemorative service for Paramahansa Yogananda's mahasamadhi*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
Mar 9 Monday	Meditation† Commemorative service for Sri Yukteswar's mahasamadhi*	7:00 PM - 7:45 PM 8:00 PM - 9:30 PM
Mar 14 Saturday	Commemorative long meditation for Paramahansa Yogananda's mahasamadhi	10:00 AM - 4:00 PM

†Late arrivals may enter quietly at any time. *Please bring a flower and a monetary offering in an envelope. **Please bring a fruit to offer

Seattle Center of Self-Realization Fellowship



Quarterly Event Schedule January ~ February ~ March 2026

1825 NE Serpentine Place
Shoreline WA 98155
info@srfseattlecenter.org
206-361-7258
www.srfseattlecenter.org

Cover photo: The Golden Lotus Archway designed by
Paramahansa Yogananda, at SRF Lake Shrine Gardens.

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

Tuesday

Meditation Service	7:00 PM - 9:00 PM
--------------------	-------------------

Thursday

Inspirational Service	7:00 PM - 8:00 PM
-----------------------	-------------------

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

January

Jan 4 (G)	The Grace and Guidance of a True Guru
Jan 11	Rediscovering Your Higher Self
Jan 18	Meditation: The Science of Contacting God
Jan 25 (V)	Video: Making Our Inner Relationship With God More Dynamic, by Bro. Satyananda

February

Feb 1 (G)	Habits: Your Master or Your Slave?
Feb 8	Experiencing the Love of God
Feb 15	The Liberating Power of Affirmation
Feb 22 (V)	Video: Understanding and Attuning Ourselves to the Power of Love, by Sr. Ranjana

March

Mar 1 (G, K)	Harnessing the Power of Mind + Youth Kirtan
Mar 8	The Speaking Voice of Silent God 12:15 pm - 1:15 pm: Spanish Reading Service
Mar 15	Why Waste Time? God Is the Joy You Seek
Mar 22 (V)	Video: Developing Dynamic Will Power, by Bro. Govindananda
Mar 29	The Deeper Teachings of Jesus Christ

(G): Guided Meditation 10:00 am—10:45 am

(K): Kirtan as part of Sunday Meditation and Service

(V): Video service

January

February

March