

April 19, 2026

We will have a hospitality tea social immediately following the Service today. All are welcome.

Devotional garden signs featuring sacred quotes from Guruji and Autobiography of a Yogi have been placed in our meditation gardens. Inspired by the pathways of Lake Shrine, these signs offer moments of reflection and upliftment to all who pass by. Each quote was lovingly submitted by our members. May they bring peace, inspiration, and a renewed sense of connection on your spiritual journey.

We are happy to let you know that Bro. Padmananda and Br. Rahul will be with us to lead the Annual Spring Retreat from June 5th - 7th at the Seabeck Conference Center. The theme of this year's retreat is "**What can Meditation do for us?**" Information about the weekend's schedule is available on our website. Registration for the retreat is open, and will run through May 31st.

On Thursday, June 4th, the day before the retreat, the monks will lead a meditation and satsanga at the Seattle Center. You are welcome to submit satsanga questions in the box in the foyer, or by emailing info@srfseattlecenter.org

We thank all members who gave their inputs to the survey about continued improvements to the Center. The Managing Council will share the survey results, and the next steps of this project in a brief meeting next **Sunday, April 26th**, immediately after the Service. Please pickup a flyer from the Greeters or from the foyer to learn more.

The title for today's Service is: "Life Energy: The Power that Heals"