

Newsletter

Summer
2009

Washington DC Center of Self Realization Fellowship

4907 Niagara Road Suite 101 College Park MD 20740

Phone: 301-345-4172

DC Center website: www.dccentersrf.org

SRF Official Website: www.yogananda-srf.org

Summer Monastic Visit

Brother Sarvananda and Brahmachari Rich

June 11 through June 15

We are blessed to have the Monks visiting our Center to help kick off the new DC Center Building remodeling, as well as giving invaluable spiritual guidance and blessings. The tentative schedule of meetings led by the Monks is as follows:

Thursday, June 11

8:00 pm -9:30 pm.

Meditation Service led by Monks

Friday, June 12

7:30 pm -9:15 pm

Meditation and Satsanga with Monks

Saturday, June 13

10:00 -10:15 am

Energization exercises (upstairs)

10:30 -12:30 pm

Meditation

12:45 -1:45 pm

Pizza Lunch & Volunteer Video (provided by Center)

2:00 - 3:30 pm

"Town Meeting" for New Center Renovation Plans

Sunday, June 14

10:00 am-10:50 am

Meditation Service

11:00 am -Noon

Reading Service

12:15 pm - 1:30 pm

Potluck Lunch and Volunteers Service Fair

6:00 pm - 9:00 pm

MEDITATION CANCELLED

Spring Special Services & Long Meditations



SUMMER 4-HOUR MEDITATIONS

We will hold the following 4 hour meditations on the following Saturdays this Summer: June 27th, July 18th, August 22nd. These meditations begin at 10:00 am and end at 2:00 pm. All are welcome.



MAHAVATAR BABAJI COMMERATIVE SERVICE

NEW TIME 7:30 pm - 8:45 pm

Our Center will hold a special commemorative service honoring Mahavatar Babaji on Saturday, July 25th, starting at 7:30 pm. Please bring a flower and a donation in an envelope as symbols of your loyalty and devotion to the SRF line of Gurus. All who can attend with reverence and devotion are welcome. Extra flowers and envelopes are available on a donation basis.



JANMASHTAMI COMMERATIVE SERVICE

NEW TIME 7:30 pm - 8:45 pm

We will celebrate Janmashtami, the birth of Bhagavan Krishna on Friday, August 14th, starting at 7:30 pm. Please bring a flower and a donation in an envelope as symbols of your loyalty and devotion to the SRF line of Gurus. All who can attend with reverence and devotion are welcome. Extra flowers and envelopes are available on a donation basis.

Greenfield Events

June 6th Men Only One Day Retreat

The retreat is open to all Kriyabans and Lesson students. However, you must register in order to attend, by calling Greenfield directly at : 540-635-5062 The retreat hours are from 10:00 am to 5:00 pm and includes classes on the teachings of Paramahansa Yogananda, review of SRF Meditation techniques, and Meditations. Lunch is provided to all attendees. Retreats are offered on a donation basis. Remember to bring your Kriyaban or Student Card .

July 11th Annual Summer Potluck Picnic

The Annual Greenfield picnic will be on Saturday July 11th from 3:30 - 7:30 pm. Greenfield provides the main dish and attendees bring side dishes such as salads, drinks or dessert. If you are attending, please sign the sheet in the lobby for food coordination. All are welcome for a wonderful afternoon of spiritual upliftment and fellowship.

NOTICE TO VOLUNTEERS: The weekly volunteer service day is Saturdays 9-Noon. Please call Greenfield to sign up.

Directions to Greenfield: from I-495 take Rt.66W and continue on 66W for about 1 hour toward Front Royal.(Front Royal is 60 miles west from the Beltway) Take exit 13 "Linden exit". At the stop sign, turn left and go to the next intersection at the end of the street where there is a signal light. Turn right onto John Marshall Hwy. (Rt.55). Go about 1 mile to the white sign "Greenfield" on the left side of the hwy, just past "High Knob" campground. Turn left onto the gravel road and go straight until reaching the buildings. The chapel is the large white building on the left.

Self-Realization Fellowship

2009 World Convocation

August 2-8

Los Angeles, California

Thousands of SRF members from around the world will gather in Los Angeles for a profoundly inspiring week of spiritual renewal and fellowship, as we immerse ourselves in the teachings of our Guru, Paramahansa Yogananda. The event takes place at the Westin Bonaventure Hotel in downtown Los Angeles.

If you are attending and need information concerning the pilgrimages, hotels or Kriya information, please call Membership Services at: 323-342-0247. You can call Monday through Friday from 9:00 am to 5:00 pm, Pacific time, which equates to Noon -8:00 pm Eastern time.

If you are attending Convocation for the first time, please go the Newcomer's Welcome Class in the Catalina Ballroom (third floor) at 3:00 pm on Sunday; this class will feature general information as well as suggestions about some of the activities available during Convocation week. Following the class you may join one of the walking group tours of the Bonaventure Hotel (the tours are offered in Spanish, German, Italian, and Japanese, in addition to English). For more convocation information, you can also go to the SRF official website at: www.yogananda-srf.org/convo2009/index.html.

Summer Potlucks

June 14

Monks leading services and
Volunteer Service Fair

July 12

Mr Bardwell leads services

August 16

Mr Bardwell leads services and
Post Convocation Social

Sunday School Closed for Summer

The Sunday School for juniors and teens will close for the summer. The last class will be Sunday, May 31st. We do require that parents not leave their children unattended in the upstairs room. We thank you for your cooperation. The Sunday school will resume again in the Fall, after Labor Day. If you have children ages 4-19 and would like to enroll them in the Fall, please see Marietta Gittens or send an email to: marietta_gittens@hotmail.com and put Sunday school in subject.

DONATIONS

Our Center is supported entirely by donations received from members and friends. We thank you for your continued support. On Wednesday, April 15, 2009 SRF Mother Center acquired the Niagara Building for the use of the DC Center. This new building is only steps away from our current location. The building is in need of major renovations before we can use it as a chapel. With this in mind Mother Center has allowed us to collect donations directly from devotees interested in helping to maintain and renovate this building. There are two ways to donate to our new building. If you make your check payable to "Washington DC Center" and note "DC Center Building Fund" we will be able to use the funds immediately for the building's maintenance but this is a non-tax deductible contribution. The second way to donate to our building is to make your check payable to Self Realization Fellowship (SRF) and note "DC Center Building Fund" on the check. This money will be sent directly to SRF, this is a "tax deductible contribution" and will be used for our building renovations. All Other Donations payable to the "Washington DC Center" will be used for our general operating expenses. we appreciate your continued support for our monthly expenses at the Center.

In addition to donations to the DC Center, we also accept donations payable directly to the Self-Realization Fellowship for their general fund. These checks are tax deductible. We forward them directly to Mother Center. In addition, cash donated at our special commemoration services is also sent directly to SRF. Checks and cash for our building fund may be put in our building fund box in the foyer or mailed directly to us or Mother Center. We greatly appreciate your spiritual and financial support, which enable us to continue to carry out the work of Paramahansa Yogananda in Washington DC.

SUMMER SPECIAL EVENTS

Day and Time

Event

Saturday, June 6

Men's One Day Retreat at Greenfield.

Thursday, June 11, 8:00 pm

Meditation Service, Led by Monks.

Friday, June 12, 7:30 - 9:15 pm

Meditation and Satsanga with Monks.

Saturday, June 13th

Monastic Visit, please see Page one for details.

Sunday, June 14th

Potluck Lunch and Volunteer's Service Fair. Services led by Monks. Please see page one for details. Sunday 3 hour meditation is cancelled this day due to the special events.

Saturday, June 27th, 10-2pm

4-hour Meditation.

Saturday, July 11th, 3:30 - 7:30 pm

Greenfield Picnic, please see page 2 for details.

Sunday, July 12th

Potluck lunch. Mr. Bardwell leads services.

Saturday July 18th, 10- 2pm

4-hour Meditation at the Center.

Saturday, July 25th, 7:30 -8:45pm

Mahavatar Babaji Service. PLEASE NOTE NEW TIME.

August 2-9

SRF 2009 World Convocation. See page 3 or SRF website for details.

Friday, August 14th, 7:30-8:45pm

Janmashtami, Bhagavan Krishna's Birthday Service. (NEW TIME)

Sunday, August 16th

Post Convocation Potluck, Mr Bardwell leads services.

Saturday, August 22nd, 10:00-2:00 pm

4-hour meditation at the Center.

Schedule of Regular Services

Sundays

10:00 am Meditation
11:00 am Reading Service
6:00-9:00 pm 3 hour meditation

1st Sunday of month

6:00-9:30 pm 3 hour meditation
with Kirtan (1st hour)

Thursdays

8:00- 9:30 pm Inspirational service

4th Saturday of month

10:00-2:00 pm 4 Hour meditation

4th Saturday Every Quarter

10:00-4:00 pm 6 hour meditation

For updates, cancellations due to weather or unexpected events check our website under special announcements. It will be in red letters.

"Will is the instrument of the image of God within you. In will lies his Limitless power, the power that controls all forces of nature. As you are made in His image, that power is yours to bring about whatever you desire".

- Paramahansa Yogananda