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| |  | | --- | | Dear Members and Friends of Portland Center,  We wanted to let you know of some **updates to the schedule** for the visit from two Self-Realization Fellowship monks, Brother Naradananda and Brahmachari Bhaskarananda. **The changes are shown in red**, below:  **Tuesday, April 30:**  **4:40 - 4:55 p.m. Group practice of the SRF Energization Exercises,**led by Brahmachari Bhaskarananda  **5:00 - 7:00 p.m.**Meditation and Technique Review  You may also **enter during chanting at approximately 5:40** or **6:15**. This class is open to SRF members/students of the SRF Lessons only.Bring your member or Kriyaban card or a paper copy of an SRF Lesson, or show your activated Lessons app to verify your member/student status.  **7:15 - 8:15 p.m.** Satsanga. The monks will respond to previously submitted questions concerning the SRF path.  **8:15 - 8:45 p.m.** Fellowship and refreshments  **Wednesday, May 1:**  **10:30 a.m.**Outing with the monks to [**Leach Botanical Garden**](https://4cpudvdab.cc.rs6.net/tn.jsp?f=001cPKUXlbcw1AOchHEC_YPwiek38zjMWmtlFESZYtJqCpLmWxqx7qo-UicWKrECCcFqWy7sGgQHJLrj49E6sXO6Utulvf5XvTeWchhlihkCwK6edMXvWBLEdVg4TamohFqulLibgtdqD3mYF9BTwO3fjrch0-Xn6Yj&c=YO3ugW1DtdBBPhI_0jK-J85t_EuNsqfkaPS0KEErhr1tHOsYmuQlsQ==&ch=CMcZ0KkQiQ66lQwQpK6f-eYK1hBjR3baRs3g_674sHP-HOQCOoLC8w==). Meet at Portland Center to car pool; arrive at the garden by 10:45. Bring your own sack lunch, and enjoy the one mile walking trail through the garden. Picnic lunch followed by chanting from noon to 1:00 p.m., in an outdoor tent reserved for our group. Leave by 1:30, arrive back to Portland Center before 2:00.  **7:00 - 8:15 p.m.**Lecture by Brother Naradananda: "The Power of Affirmation: Using Vibrations to Change and Heal Your Life."  **8:15 - 8:30 Group Photo**  **8:30**Fellowship and Farewellwith refreshments  We look forward to being with you at these events!  In divine friendship,  ﻿  Bruce Mosias, Linda Clark-Traeger,  Mike O'Brien, Paulette Fritsch and Shikha Misra  ﻿Portland Center Managing Council | |