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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 ReviewYou 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 refreshmentsWe look forward to being with you at these events!In divine friendship,﻿Bruce Mosias, Linda Clark-Traeger,Mike O'Brien, Paulette Fritsch and Shikha Misra﻿Portland Center Managing Council |

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