



Portland Center of Self-Realization Fellowship

Schedule of Events - Spring Monastic Visit

Saturday April 12 - Day of Service

- 9:30 am Meditation
- 10:00 am - 2:00 pm Indoor and Outdoor Projects & Free vegetarian lunch

Friday April 18

- 10:00 am - 12:00 pm Good Friday Open Meditation (enter and leave as desired)

Saturday April 19

- 8:40am - 8:55 am Energization Exercises: Devotee-Led
- 9:00am - 12:00 pm Guided Meditation: Monastic-Led
Chanting on the hour for devotees to join or depart
- 12:00pm - 1:30pm Break
Chapel open for meditation; Social room and garden open.
Bring your own lunch or restaurant
- 1:30pm - 2:30 pm Workshop: "Introspection, the Key to Spiritual Progress"

Sunday, April 20

- 9:40am - 9:55am Energization Exercises: Monastic-Led
- 10:00am - 10:45am Guided Meditation
- 11:00am - 12:00pm Easter Inspirational Service
Sunday School with Easter Egg Hunt after
- 12:00pm - 12:15pm Prayer for Food, Group photo in the chapel
- 12:15pm - 1:15pm Easter Vegetarian Potluck and Social

List of local restaurants on the back

356 NE 80th Ave, Portland, Oregon 97213

Restaurant Options

Hanoi Kitchen-Vietnamese

7925 NE Glisan
1 block from Center

The Yard at Montavilla-Food Court, Variety of Foodcarts

8220 NE Davis St
3 blocks from Center, across from Vestal Elementary School

Bui Tofu-Asian (Take-out Only)

520 NE 76th Ave
5 blocks from Center

YaHala-Lebanese

8005 SE Stark St.
6 blocks from Center

Namaste Indian Buffet

8303 NE Sandy
A few miles from Center

