



Spirit Groups & Service Teams meeting Weekly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Quest Unity Principles Study Group 11:30am AA Meeting 8 pm Alcoholics Anonymous	Toastmasters 7 pm		Light Supper 5:30 pm Prayer Service 6:15 pm Oneness Blessings 7 pm			

Guru Gayatri Yoga & Meditation Center meeting Weekly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soul Sunday Meditation 5 pm	Kundalini Yoga 5:30 pm & 7 pm	Kundalini Yoga 5:30 pm & 7 pm	Advanced Kundalini Yoga 7 pm	Kundalini Yoga 7 pm		Kundalini Yoga Weekend Workout 9 am



Spirit Groups & Service Teams meeting Monthly or bi-Monthly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tapestry Ministry 11:45 am Upper Room	Pranic Healing Clinic 7 pm Library					Garden Party 9 am Lobby Men's Wisdom Council 9 am Upper Room
CommUnity Outreach Council 11:15 am Upper Room Women's Circle 11:30 am Ready Room Animal Caregiver Support Circle 2 pm Library			ACIM (A Course in Miracles) 7 pm Library	Umoja Study Group 7 pm Upper Room		Writer's Circle 1 pm Library
Prayer Shawl Team 11:20 am Fellowship Hall Tapestry Ministry 11:45 am Upper Room	Pranic Healing Clinic 7 pm Library Seattle Unity ongoing Home Group 7 pm Fellowship Hall					Men's Fellowship Group 8 am Fellowship Hall Intuition Circle Noon Chapel
CommUnity Outreach Council 11:15 am Upper Room Family CommUnity Group 11:30 am Lobby			ACIM (A Course in Miracles) 7 pm Library			