

CURRENT SEVA OPPORTUNITIES AT SYMC - SEATTLE

Seva is the selfless offering of one's time and energy in support of the Siddha Yoga mission and events. It is a mystical practice full of grace, love and insights. It is a tremendously practical way to implement the teachings of Siddha Yoga into our daily lives.

Everyone is encouraged to practice seva at the Center and experience the amazing fruits for themselves. Seva opportunities can be shared with someone else, or you can have more than one seva. One-time sevas are usually available in the Amrit when food preparations are underway -we invite you to go into the kitchen and volunteer!

Please email Info@symcseattle.org for further information on the posted openings or to sign-up for a scheduled seva. You can also call the Center at 206-417-7282 or talk with anyone on the Center's Steering Committee for assistance in selecting the best seva for you.

For more understanding of the Siddha Yoga practice of Seva, it is recommended that you read about Seva in the books and magazines in our library (located in the corner of the Community Room).

Department/Position	Seva Description
Regular, Recurring and Occasional Seva Opportunities	
AV	Someone to learn AV and support regular satsangs. Should have some technical aptitude, the ability to detect subtle changes in sound, and a willingness to learn and be part of a team. Would do seva with more experienced sevites for awhile.
Amrit Cook/Chopper Friday Night or Sunday Morning	Someone to assist the lead cook(s) in preparing food. Length of time for the seva is flexible. Might include cleaning up the Amrit. Typically one shift per month. This is a good first-time seva.
Amrit Coordinator Friday Night	Someone willing to recruit, train and schedule the Amrit sevites and help the lead cook(s) plan their menus for food offered after the Friday satsangs. Meets quarterly with the Center's Dept Coordinators.
Amrit – Deep Clean	Someone to deep clean the kitchen. Typically one shift per month.
Arati for our Building - Pujari	Someone to 'dhoop' the building with a special blend of incense. Offered on a weekly schedule at least one hour before sevites arrive for any scheduled events. Typically one shift per month.

Arati Pujari Friday Night or Sunday Morning	A woman or teenage girl to wave of a tray with a lit candle on it during a chant. Typically one shift every month. This is a delightful seva for those wishing to express love and gratitude.
Bookstore Cashier Friday Night	Someone experienced with Siddha Yoga (prefer at least 6 months) to help others select bookstore items to support their Siddha Yoga practices, and to use the computer to process item sales. Typically one shift per month.
Gardening/Waterer	Someone available in the spring, summer and/or fall to help plant, weed and/or water the gardens in front of the building as well as in the parking lot. Flexible weekly or monthly schedule.
Hall Friday Nights or Sunday Mornings	Someone to prepare the hall in the hour before the event, to help people find seating as they enter the hall and to handout supplies as needed during the event. May control the hall lighting. Typically one shift per month.
Hall Coordinator	Someone willing to recruit, train and schedule the Hall sevites for Friday satsangs, Special Events and Sunday Guru Gita chants. Meets quarterly with the Center's Dept Coordinators.
Maintenance Coordinator	Someone who can handle the occasional maintenance needed at the Center. Meets quarterly with the Center's Dept Coordinators.
Orientation Friday Night	Someone experienced with Siddha Yoga (prefer at least 2 years) to meet with newcomers for 10 - 15 minutes prior to the satsang starting. Support materials and templates are available.
Special Event Amrit Chopper/ Assistant	Someone to assist the lead cook(s) in preparing food. Length of time for the seva is flexible. Might include cleaning up the Amrit. This is a good first-time seva.
Special Event Amrit Lead Cook	Someone to oversee the cooking of the food and to train choppers and assistants in how to help. Plans menu and prepares shopping list. Assures that the Amrit is cleaned at the end of the shift.
Special Event Amrit Shopper	Someone to purchase items (often organic) on the cook's shopping list from 1 -2 stores, and store the items in the kitchen prior to the Special Event. Process paperwork to document food expenses. This is a good first-time seva.
Special Event Amrit Coordinator	Someone willing to recruit, train and schedule the Amrit sevites and help train the lead cook(s). Meets quarterly with the Center's Dept Coordinators.
Special Event Orientation	Someone experienced with Siddha Yoga for at least 3 years to meet with newcomers for 15 -20 minutes prior to the Special Event. Support materials and templates will be provided.

Sparkle Coordinator	Someone to recruit, schedule and train sparkle sevites for cleaning the common areas of the Center. Co-coordinates the occasional Seva Night or Seva Day held at the Center one or two days prior to a Special Event. Meets quarterly with the Center's Dept Coordinators. Typically cleaning one shift per week.
Sparkler-Men's Restroom	Someone to clean the men's restroom. Typically one shift per week.
Sparkler-Vacuumer	Someone to vacuum the carpeted areas of the Center (main hall, family hall and/or community room). Typically one shift per week. Great opportunity to practice Japa (mantra repetition.)
Sparkler-Women's Restroom	Someone to clean the women's restroom. Typically one shift per week.
Welcoming Friday Night or Sunday Morning	Someone to greet all who come to the Center. Timing might vary from 30 - 40 minute shifts. It's a terrific opportunity to practice greeting others with joy and to practice seeing God in others. This is a good first-time seva.
Welcomer	Someone to greet all who come to the Center. Timing might vary from 30 - 60 minute shifts. It's a terrific opportunity to practice greeting others with joy and to practice seeing God in others. This is a good first-time seva.
Home Seva – Flexible Schedule	
Seva List Editor	Someone detail-oriented and enthusiastic about supporting seva at the center. Would be called on maintain a current seva list with phone numbers and email addresses. This sevite needs to be able to maintain confidentiality regarding the seva list. Should also be comfortable with Excel or Word tables software..

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