



Sydney Meditation Centre of

# SELF-REALIZATION FELLOWSHIP

*Nov 2009 – Feb 2010 Schedule of Services*

[www.srfsydney.org.au](http://www.srfsydney.org.au)

Chapel: First Floor,  
10–14 Cooper St, Surry Hills

Postal Address: GPO Box 744,  
Sydney NSW 2001

Telephone: 02 9280 1311

Email: [info@srfsydney.org.au](mailto:info@srfsydney.org.au)

-----  
*Paramahansa Yogananda*  
*Founded Self-Realization*  
*Fellowship*

International Headquarters:  
3880 San Rafael Avenue  
Los Angeles  
California 90065, USA

(Website [www.yogananda-srf.org](http://www.yogananda-srf.org))

## Service Times

Sunday  
8–10:45 am Meditation Service  
10–10:45 am Kirtan Service (1<sup>st</sup> Sunday of month)  
11 am–12 noon Readings Service

Thursday  
6:30–7 pm Chapel is open for individual meditation  
7–8:15 pm Inspirational and Prayer Service

Saturday  
4:30–6:30 pm Meditation Service (2<sup>nd</sup> and 4<sup>th</sup> Sat. of each month)

*~ All are welcome ~*

*“So long as you have any desire to dominate other people, or to show them how powerful you are spiritually or in any other way, you will not find soul freedom. God-awareness begins in humbleness, love, and meditative bliss; but with the realization of God comes all power.”*

— *Paramahansa Yogananda*

## SUNDAY SERVICE TOPICS

- |                 |    |  |
|-----------------|----|--|
| <i>November</i> | 1  | Ways to Overcome Nervousness                     |
|                 | 8  | Practising Yoga in World Affairs                 |
|                 | 15 | Giving Thanks for Life's Blessings               |
|                 | 22 | Freedom From Habit Slavery                       |
|                 | 29 | The Universality of Religion                     |
| <i>December</i> | 6  | Finding the Joy in Life                          |
|                 | 13 | The Nature of a Master                           |
|                 | 20 | Celebrating Christmas in the Silence of the Soul |
|                 | 27 | Controlling Your New Year's Destiny              |
| <i>January</i>  | 3  | Kriya Yoga—The Royal Science of Realization      |
|                 | 10 | The Art of Developing Memory                     |
|                 | 17 | Why Life's Tests Are Thrust Upon Us              |
|                 | 24 | Making the Most of Sundays                       |
|                 | 31 | Unite Your Will with the Infinite                |
| <i>February</i> | 7  | Satan: The Cosmic Magician                       |
|                 | 14 | The Inner Meaning of Self-realization            |
|                 | 21 | Curing Psychological Intoxication                |
|                 | 28 | Guru—Channel of Eternal Blessings                |



## Special Services

*Saturday 19 December, 10 am – 5 pm:* All-day Christmas Meditation. (An information sheet will be emailed to everyone in early December.)

*Thursday 31 December, 7–8 pm:* New Year's Eve Service (followed by a long meditation service till 10 minutes past midnight, with chanting on the hour)

*Tuesday 5 January, 7 pm:* Commemoration Service to celebrate Paramahansa Yogananda's birthday. (The chapel will be open from 6:30 pm.) \*

*Saturday 9 January, 10 am – 4 pm:* All-Day Meditation Service to honour the birthday of our guru, Paramahansa Yogananda

Commemoration services are primarily intended for SRF students or other devotees who regularly attend SRF services. However, all are welcome who are familiar enough with SRF teachings to appreciate the significance of the Guru–disciple relationship and to participate in the service with sincerity and reverence.

\*Please bring a favourite flower and a sealed donation as symbols of devotion and loyalty to the SRF path.

# ACTIVITIES

## Events and Socials ~ All are warmly welcome

We appreciate contributions of vegetarian food/fruit juice at socials.

*Saturday 5 December, 12:30 pm:* Christmas social at Michael Lee's home, 23 Saddington St, South Turrumurra. As always, children are welcome.



*Sunday 17 January, after the service:* AGM and lunch in our chapel (2009 reports from Managing Council plus annual elections for Council Members, Service Readers and Sunday School Teachers for 2010)

*Saturday 20 February, 12:30 pm:* Social at Helen Wren's home, 42a Champion Road, Tennyson (Gladesville). Phone 9816 4183. As always, children are welcome.

*Friday 30 April, 2010 – Monday 3 May, 2010:*  
3-day silent retreat at Hartzler Park in Burradoo.  
(Registrations forms available late February 2010.)

*“Devotion is the one offering that tempts God. He is not moved by all the rich gifts and promises that are made to Him. But into the garden of life redolent with sweet devotion God is tempted to come.”*

— *Paramahansa Yogananda*

## Sunday School

Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on November 15, 2009 and February 21, 2010. All children aged 4–12 are welcome.

For information email [info@srfssydney.org.au](mailto:info@srfssydney.org.au)

## Compassion Committee

The Compassion Committee meets regularly to pray for those on the Prayer List, and also to discuss other ways of offering support for those in need. All are welcome to attend the meetings. Meeting dates are November 29, 2009 and February 14, 2010.

For more information email [info@srfssydney.org.au](mailto:info@srfssydney.org.au)

## Book Room & Lending Library Opening Hours

Thursday evening after the Service from 8:20 pm  
Sunday afternoon after the Service from 12:05 pm  
Sorry—no sales on Fridays or after special services.

## Sydney Centre Managing Council

Email [info@srfssydney.org.au](mailto:info@srfssydney.org.au)

*Cissy Reynolds* (Coordinator)      *Garry Elfes* (Treasurer)  
02 9817 3918                              02 9314 1365

**Meditation Services** These services provide an opportunity for members to practise the meditation techniques together as taught in the Self-Realization Fellowship Lessons.

**Sunday** We begin with the Energization Exercises at 8 am. After the opening chant, out of courtesy to those meditating, please only enter the meditation service during the periods of chanting at 9 am or 10 am.

**Saturday** (2<sup>nd</sup> and 4<sup>th</sup> Saturday of each month): We begin with the Energization Exercises at 4:30 pm. A short inspirational reading is then followed by periods of meditation and chanting. We end with the Healing Technique, finishing at 6:30 pm. The chapel is open half an hour before and after the service for individual meditation.

**Friday** There is a 4-hour meditation in the evening. For details ask in the bookroom or email [info@srfssydney.org.au](mailto:info@srfssydney.org.au)

**Readings Service** As well as spreading the technique of Kriya Yoga, Paramahansa Yogananda's mission also included pointing out the fundamental unity between Christ's teachings in the *Bible* and the Yoga teachings of Bhagavan Krishna in the *Bhagavad Gita*. Passages from Yogananda's scripture interpretations and his other writings are included in the Readings Service. The readings, together with chanting and meditation, make up a balanced service that meets the needs of both long-time SRF members and those who are new. This service is well suited to the general public.

**Inspirational and Prayer Service** The Inspirational Service is primarily a devotional service, with readings selected from Paramahansa Yogananda's writings or other SRF publications, plus periods of meditation and chanting. In the Prayer Service we join the Prayer Council at Self-Realization Fellowship in praying for world peace and for those in every nation who request physical, mental or spiritual healing. The Prayer Service concludes with the healing technique, as taught by Paramahansa Yogananda (explained in the booklet *Worldwide Prayer Circle*).

**Kirtan** Paramahansaji expressed the hope that devotees would “sing these songs, not as ordinary music to please the ear or the emotions, but as soul-saturated songs to be used for divine communion.” Musical ability and technique should be merely incidental to the spiritual purpose of the kirtan—communion with God. It cannot be overemphasised that kirtan should be used as a means of divine communion and especially as a prelude to deep meditation.

*“By the practice of yoga man frees himself from the reactions of likes and dislikes by filling his heart with unchanging ecstatic divine joy.”*

— *Paramahansa Yogananda*