



Sydney Meditation Centre of

SELF-REALIZATION FELLOWSHIP

March–June 2010 Schedule of Services

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

Paramahansa Yogananda
Founded Self-Realization
Fellowship

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

(Website www.yogananda-srf.org)

Service Times

Sunday

8–10:45 am

10–10:45 am

11 am–12 noon

Meditation Service

Kirtan Service (1st Sunday of month)

Readings Service

Thursday

6:30–7 pm

7–8:15 pm

Chapel is open for individual meditation

Inspirational and Prayer Service

~ All are welcome ~

“The novitiate yogi struggles with prenatal instincts and mental restlessness throughout years of vigorous meditation. As a result of devoted persistence, he finally beholds wondrous flowers of wisdom; and the astral lotuses blooming in the finer regions of the subtle centres in his spine and brain open before him, bathing him in their fragrance of many realizations.”

— Paramahansa Yogananda

SUNDAY SERVICE TOPICS

<i>March</i>	7	<i>Paramahansa Yogananda's Mahasamadhi Service. See over for details →</i>
	14	The Meaning of Reincarnation
	21	Get Acquainted With God
	28	Jesus Christ and His Teachings
<i>April</i>	4	The Resurrection of Christ Within You
	11	Healing By Knowing the Nature of Creation
	18	How to Fulfill Your Role in Life
	25	The Power of Concentration
<i>May</i>	2	Sojourn in Freedom: The Astral Universe
	9	God's Nature in the Mother (Mother's Day)
	16	God-Mindedness: Key to Freedom
	23	The Cosmic Play of Life and Death
	30	Success Through Superconscious Power
<i>June</i>	6	Uniting Religion Through Practice of Yoga
	13	What is 'Salvation'?
	20	Even-mindedness is Yoga
	27	Patriotism That Will Endure

Special Services

Sunday 7 March, 11 am: Special Service to commemorate the Mahasamadhi of Paramahansa Yogananda*

Tuesday 9 March, 7 pm: Special Service to commemorate the Mahasamadhi of Swami Sri Yukteswar. (The chapel will be open from 6:30 to 9 pm.)*

Friday 2 April, 10 am–12 noon: Good Friday Meditation Service

Sunday 4 April, 6 am–7:50 am: Easter Sunrise Service

Monday 10 May, 7 pm: Special Service to commemorate the Birthday of Swami Sri Yukteswar. (The chapel will be open from 6:30 to 9 pm.)*

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.

Sunday 7 March, 1–4:30 pm: Retreat Afternoon at our Centre. See bookroom display or our website for details.

Saturday 27 March, 6–9pm: Devotional Concert at our Centre. Light supper provided. This is an evening of music, songs, poems, stories and fellowship to express our love and devotion for God and Guru. Any devotees interested in presenting their own compositions are invited to discuss with Billy in advance via info@srfssydney.org.au

Sunday 4 April, 12 noon (after the service): Easter Sunday Breakfast at our Centre.

Sunday 18 April, after the service: General Meeting. An important information and discussion meeting regarding our New Premises Building Trust Fund. We will vote on some proposed changes and elect some new trustees.

Sunday 30 May, 12 noon: Social at our Centre.

Sunday 20 June, 12 noon: Social at our Centre.

Friday 30 April – Monday 3 May: 3-day silent retreat at Hartzler Park in Burradoo.

Sunday School

Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on March 14, April 11, May 9, and June 13, 2010. All children aged 4–12 are welcome.

For information email info@srfssydney.org.au

Compassion Committee (all welcome to join in)

The purpose of this committee is to pray daily for those on the Prayer List (a list of all those who have asked for prayers). The members also periodically meet at our Centre to pray together for those on the Prayer List, and to discuss other ways of offering support for those in need. Next meeting is May 23.

For more information email 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—closed on Fridays and after special services.

Sydney Centre Managing Council

Email info@srfssydney.org.au

Cissy Reynolds

(Coordinator)

(02) 9817 3918

Dasha Palmer

(Secretary)

0416 854 227

Terry Catton

(Treasurer)

0406 765 822

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.

Friday There is a 4-hour meditation in the evening. For details ask in the bookroom or email 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.



*"Love people in spite of their behaviour. For those who fail this test, it is their doom.
The fault lies with self, not with others. No matter how perfect you try to make a place,
you will see that there will always be somebody coming to interfere. That is the law of this world."*

— Paramahansa Yogananda