

SELF-REALIZATION FELLOWSHIP

July–October 2010 Schedule

www.srfsydney.org.au

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Paramahansa Yogananda
Founded Self-Realization
Fellowship

International Headquarters:
3880 San Rafael Avenue
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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 ~

'I have realised, by searching for lasting love, that it was Someone Else who cared for me through all human loves. The Divine has loved me as mother, as father, and as friends. I searched for that one Friend behind all friends, that one Lover whom I now see glimmering in all your faces. And that friend never fails me.'

— Paramahansa Yogananda



SUNDAY SERVICE TOPICS

<i>July</i>	4	The Science of Kriya Yoga
	11	Whence Comes Happiness?
	18	Laws of Love and Truth
	25	<i>Mahavatar Babaji Commemoration Service</i> <i>See over for details</i> ➔
<i>August</i>	1	Devotion That Touches God
	8	Surmounting Life's Troubles
	15	Proof of the Existence of God
	22	Health Through Union with Cosmic Life
	29	Man's Greatest Duty – To Remember God
<i>Sept.</i>	5	God's Nature in the Father (Fathers' Day)
	12	Life – A Cosmic Motion Picture
	19	Hastening Human Evolution
	26	<i>Mahasamadhi Commemoration Service for</i> <i>Lahiri Mahasaya. See over for details</i> ➔
<i>October</i>	3	The Most Tempting Temptation
	10	Practical Methods for Spiritual Growth
	17	Reincarnation
	24	Cultivate Your Desire for God
	31	Harmonizing Work and Meditation

Special Services

Sunday 25 July, 11 am: Special Commemoration
*Service to honour Mahavatar Babaji**

Thursday 2 September, 7 pm: Janmashtami –
Birthday Commemoration Service for Bhagavan
*Krishna** (The chapel will be open from 6:30 to 9 pm.)

Sunday 26 September, 11 am: Mahasamadhi
*Commemoration Service for Lahiri Mahasaya**

Thursday 30 September, 7 pm: Birthday
*Commemoration Service for Lahiri Mahasaya**
(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 25 July, 1–4:30 pm: Afternoon Retreat at our Centre following Babaji's commemoration service.

Sunday 29 August after the service: Post-Convocation social in our chapel. Devotees who attended SRF Convocation in America will share their experiences.

October 8–11, 2010: 3-day silent retreat at Hartzler Park in Burradoo. (Registrations forms available late July.)

“Whenever you do something for someone else, without any selfish motive, you have stepped into the sphere of Christ Consciousness.”

— *Paramahansa Yogananda*

Sunday School

Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on July 11, August 22, September 12 and October 17, 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 Sept 19. For more information email info@srfssydney.org.au

Sydney Centre Managing Council

Email info@srfssydney.org.au

<i>Cissy Reynolds</i> (Coordinator) (02) 9817 3918	<i>Dasha Palmer</i> (Secretary) 0416 854 227	<i>Terry Catton</i> (Treasurer) 0406 765 822
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<i>Joanne Tedde</i> (Council Member at Large) 0407 725 922	<i>Laurie Grant</i> (Council Member at Large) 0449 878 340
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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.

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.



“Don't be afraid of hard work; it has never hurt anyone. However, one should learn to work — and to think — calmly. When you are calmly active you can accomplish anything you set out to do, for the mind is clear.”

— *Paramahansa Yogananda*