



Sydney Meditation Centre of

# SELF-REALIZATION FELLOWSHIP

Nov 2011 – Feb 2012 Services and Activities

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

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

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

## Weekly 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

~ All are welcome ~

*“Work with the thought of God in your consciousness every day inwardly thinking, “My Lord, my Lord.” If you are in tune with Him you will see He is guiding you in every little thing as well as in the biggest things.”*

— Paramahansa Yogananda

## SUNDAY SERVICE TOPICS

*November* 6 How to Dissolve the Causes of War  
13 Inner Resources of Health and Energy  
20 How to Attune with Divine Will  
27 Understanding the Unreality of Matter

*December* 4 The Three Instruments of Knowledge  
11 Four Kinds of Men  
18 Miracles of Raja Yoga  
25 Happiness Through Attunement  
with Christ

*January* 1 Higher Achievements in the New Year  
8 Kriya Yoga: The Bliss-Filled Path to God  
15 Faith, Belief, and Wisdom  
22 Power to Light Your Way  
29 Three Kinds of Heaven

*February* 5 Vital Health Laws  
12 How Active Westerners Can Realise  
God  
19 The Necessity of Religion  
26 The Way to Be Happy at Will



## Special Services

*Saturday 17 December, 10 am – 5 pm:* All-day Christmas Meditation Service.

*Saturday 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)

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

*Saturday 7 January, 10 am – 4 pm:* All-day Meditation Service to honour the birthday of our guru, Paramahansa Yogananda

Though commemoration services are primarily intended for SRF students, 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. We send donations from commemoration services to Mother Centre to help support the worldwide spiritual and humanitarian work of SRF. See our notice board for the various ways in which these donations are used or visit: [www.yogananda-srf.org/supportsrf/To\\_Support\\_SRF.aspx](http://www.yogananda-srf.org/supportsrf/To_Support_SRF.aspx)

\* 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 3 December, 12:30 pm:* **Christmas Social** at Michael Lee's home, 23 Saddington St, South Turramurra. As always, children are very welcome. There is a pool! Phone Chris on 02 9817 3918 if you need more information.

*Sunday 25 December (after the service):* Christmas Day pot luck lunch and social.

*Sunday 22 January (after the service):* Our first pot luck lunch and social for the new year.

*Sunday 19 February, after the service:* AGM and lunch in our chapel. (2011 reports from Managing Council plus annual elections for 2012.)

**“Go to God and all the problems of incarnations which lie buried within you will be cleared away in one stroke.”**

— Paramahansa Yogananda

## Sunday School

Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on November 13, 2011; December 18, 2011 and February 12, 2012.

All children aged 4–12 are welcome.

For information email [info@srfssydney.org.au](mailto: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 ways of offering help for those in need. Next meeting is Sunday 4 December after the service. For more information email [info@srfssydney.org.au](mailto:info@srfssydney.org.au)

**“The first proof of God's presence is an ineffable peace. This evolves into joy humanly inconceivable. Once you have touched the Source of truth and life, all nature will respond to you.”**

— Paramahansa Yogananda

**Sunday Meditation Service, 8–10:45 am** 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 from 9–9:10 am or 10–10:10 am. Meditation services provide an opportunity for members to practise the meditation techniques together as taught in the Self-Realization Fellowship Lessons.

**Sunday Readings Service, 11 am – 12 noon** 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.

**Thursday Inspirational and Prayer Service 7–8:15 pm** 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 Service 10–10:45 am** On the first Sunday of the month, kirtan is held at the end of our long meditation. It comprises two periods of chanting, both followed by meditation. Chanting is led on harmonium and accompanied by other instruments such as tablas, bells, and cymbals. Kirtan is 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 after special services.

**Donations to Sydney Centre** Your donations are much appreciated. They contribute towards our costs, the main ones being rent and monastic visits. You can donate at our chapel during or after services. To deposit directly, please email us for our bank account details or ask in the book room.

