



Sydney Centre of

SELF-REALIZATION FELLOWSHIP

Services and Activities Nov 2024 – Feb 2025

www.srfsydney.org.au

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Paramahansa Yogananda
Founded Self-Realization
Fellowship in 1920

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Weekly Service Times

Sunday*

8 – 10:45 am Long Meditation Service
10 – 10:45 am Kirtan (First 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 ~

* There will be no Sunday Service/meditation on 29 Dec.

* There will be no Thursday services on 26 Dec and 2 Jan.

"Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal." ~ Jesus Christ

SUNDAY SERVICE TOPICS

Nov	3	Ways to Overcome Nervousness
	10	Realising God in Your Daily Life
	17	Freedom From Habit Slavery
	24	Giving Thanks for Life's Blessings
Dec	1	The Universality of Religion
	8	Finding the Joy in Life
	15	The Nature of a Master
	22	Celebrating Christmas in the Silence of the Soul
	29	No service
Jan	5	Paramahansa Yogananda's Birthday Service.
	12	Kriya Yoga—The Royal Science of Realization
	19	Why Life's Tests Are Thrust Upon Us
	26	Service replaced by events for Brother Chidananda's visit.
Feb	2	Unite Your Will with the Infinite
	9	Satan: The Cosmic Magician
	16	The Inner Meaning of Self-realization
	23	Curing Psychological Intoxication

SPECIAL SERVICES

Saturday 14 December, 10 am – 5 pm ★
All-day Christmas Meditation Service

Wednesday 25 December, 10 am – 12 noon
Christmas Day Service

Sunday 5 January, 11 am ♥
Commemoration Service to celebrate Paramahansa Yogananda's birthday*

Saturday 11 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.

* Please bring a favourite flower and a sealed donation as symbols of devotion and loyalty.

ACTIVITIES

Socials—all are warmly welcome

(Please bring some vegetarian food to share)

- 🕒 Sunday 24 November, social after the service
- 🕒 **Sunday 8 December, Christmas Social**, after the service. Will be held diagonally opposite our Centre in Pioneers Memorial Park. For this one, please bring your own lunch. Chocolates provided!
- 🕒 Sunday 16 February, social after the service

AGM, Sunday 17 November, 12:30–2 pm

Bring your own brown bag lunch to eat beforehand. All are welcome.

Brother Chidananda's visit, 25–26 January

Brother Chidananda (our president) and Brother Kamalananda will visit us. Note: there will be no kriya initiation ceremony. As we get more details we will put them on our website: www.srfsydney.org.au/events

Silent Retreat, 11–14 April 2025

A 3-day silent retreat (with a 2-day option) at Hartzer Park, Burradoo. Registration details will be on our events page (www.srfsydney.org.au/events) late February, and we will email everyone.



Sunday School will be held in our Centre from 11 am to 12 noon, in parallel with the Readings Service. This allows parents to attend the service while their children are at Sunday School in the adjacent room. Dates: 3 November, 8 December, 2 February.

All children aged from 4 to 12 are welcome. For info email info@srfsydney.org.au

The Second Coming of Christ Study Group

Held via Zoom, from 5 to 7 pm, once a month on Mondays: 25 November, 16 December, 20 January, 24 February. All are welcome to participate.

*“But store up for yourselves treasures in heaven,
where moths and vermin do not destroy,
and where thieves do not break in and steal.
For where your treasure is, there will your
heart be also.” ~ Jesus Christ*

Sunday Meditation Service, 8–10:45 am We begin with the Energization Exercises at 8 am. After the opening chant, out of consideration to those meditating, please only enter the meditation service during the periods of chanting from 9 to 9:10 am, or from 10 to 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 scriptural interpretations 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 10–10:45 am On the first Sunday of the month, kirtan is held in the final period of our long meditation service. It comprises two periods of chanting, both followed by 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.

Dress guidelines at SRF Centres Devotees are requested to dress conservatively when attending our services, as one would when attending any temple or chapel.

Donations to Sydney Centre Your donations are much appreciated. They contribute towards our costs, the main ones being loan repayments, rates and taxes, utilities and maintenance. To make a direct deposit, please email us for our bank account details or ask in the book room.

