



Sydney Meditation Centre of

SELF-REALIZATION FELLOWSHIP

July–October 2009 Schedule of Services

www.srfsydney.org.au

Chapel: First Floor,
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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 Meditation Service
10–10:45 am Kirtan Service (1st 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 (2nd and 4th Sat. of each month)

~ All are welcome ~

“We should go to church for one purpose only: God-communion. That is why you come here. If you will grow used to quiet, deep meditation at home and in church, you will someday realise what it has done for your life. You need quiet places for communion with God. This is the real purpose of churches and temples.”

— *Paramahansa Yogananda*

SUNDAY SERVICE TOPICS

<i>July</i>	5	Yoga Methods for Proving Reincarnation
	12	The Steps That Lead to God
	19	A Deathless Avatar
	26	Beholding God Amidst Life's Dualities
<i>August</i>	2	Bring Forth Your Divine Nature
	9	Creation and Man
	16	Yoga: The Divine Science
	23	Make Your Mind a Temple of God
	30	Divine Selfishness: Serving One's Self in All
<i>September</i>	6	Ideals for a Balanced Education (<i>Fathers' Day service</i>)
	13	Man's Highest Conception of God
	20	Realising God in Your Daily Life
	27	Loyalty is the Greatest Law
<i>October</i>	4	The Light of Truth Eternal
	11	Karma: The Law of Cosmic Justice
	18	Your True Self: The Immortal Soul
	25	The Art of Devotional Singing

Special Services

Saturday 25 July, 7 pm: Commemoration Service to honour Mahavatar Babaji*
(The chapel will be open from 6:30 to 9 pm.)

Friday 14 August, 7 pm: Janmashtami – Birthday Commemoration Service for Bhagavan Krishna*
(The chapel will be open from 6:30 to 9 pm.)

Saturday 26 September, 7 pm: Mahasamadhi Commemoration Service for Lahiri Mahasaya*
(The chapel will be open from 6:30 to 9 pm.)

Wednesday 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.

Saturday 29 August, 6:30–8:30 pm: Post-Convocation devotional concert. A night of music, poetry & stories. Email us or see Billy Ryland if you would like to contribute. Full details nearer the date.

Sunday 30 August after the service: Post-Convocation social in our chapel. Devotees who attended SRF Convocation in America will share their experiences.

Sunday 13 September after the service: General meeting. Update on our Centre activities and news will be given and suggestions discussed. To submit any suggestions please email us or put them in the suggestion box at the Centre. Light refreshments will be served.

October 2–5, 2009: 3-day silent retreat at Hartzler Park in Burradoo. (Registrations forms available late July.)

Sunday 11 October after the service: Social in our chapel

Saturday 31 October: Fun bus tour to Sri Venkateswara Hindu Temple in Helensburgh, with Indian vegetarian lunch on site. Full details nearer the date.

Sunday School

Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on July 19, August 23, September 20 and October 18. All children aged 4–12 are welcome. For information email info@srf Sydney.org.au

Teen Group

Teen Group (for youths aged 13 and up) is held on demand. To express your interest please contact Chris Reynolds: 9817 3918 or info@srf Sydney.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@srf Sydney.org.au

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

*“What is the meaning of Self-Realization Fellowship?
Realization of God through the Self,
and fellowship with all **through** that realization.”*

— *Paramahansa Yogananda*



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 (2nd and 4th 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@srf Sydney.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.

“From tonight, get busy!”

*Pray with all the devotion of your heart, and you will see God; you will see Jesus or Krishna or the saints.
But you must make the supreme effort to behold Them in meditation, or you will not be able to reach that divine state.”*

— *Paramahansa Yogananda*