



Sydney Centre of

# SELF-REALIZATION FELLOWSHIP

Services and Activities Nov 2016 – Feb 2017

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

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Paramahansa Yogananda  
Founded Self-Realization  
Fellowship

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## Weekly Service Times

### Sunday

8 – 10:45 am

Meditation Service

Last Sunday of month: Guided Meditation Service

10 – 10:45 am

Kirtan Service (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* ~

“Deep sincerity is necessary in the spiritual path. In guilelessness comes the birth of Spirit. Jesus said: “Thou hast hid these things from the wise and prudent, and hast revealed them unto babes.”

— Paramahansa Yogananda

## SUNDAY SERVICE TOPICS

- |     |    |   |
|-----|----|---|
| Nov | 6  | Hastening Human Evolution                   |
|     | 13 | <i>Monastic Tour at Rydges World Square</i> |
|     | 20 | Gaining the Wealth of Inner Happiness       |
|     | 27 | Limited and Unlimited Methods of Healing    |
| Dec | 4  | The Soul's Three Encasements                |
|     | 11 | Receiving God's Answer to Your Prayers      |
|     | 18 | Miracles of Raja Yoga                       |
|     | 25 | Receive the Christ Consciousness ★          |
| Jan | 1  | Attunement with a True Guru                 |
|     | 8  | The Purpose of Life Is To Find God          |
|     | 15 | Man—The Image of God                        |
|     | 22 | Meditation—The Transcendental Way to God    |
|     | 29 | How to Rise Above Your Problems             |
| Feb | 5  | Habits—Your Master or Your Slave?           |
|     | 12 | Lord, Possess Us With Thy Love              |
|     | 19 | The Science of Affirmation                  |
|     | 26 | The Dream Nature of the World               |

## 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 until 10 minutes past midnight, with chanting on the hour)

**Thursday 5 January, 7 pm**

Commemoration Service to celebrate Paramahansa Yogananda's birthday\*

**Saturday 7 January, 10 am – 5 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 to the SRF path.

# ACTIVITIES

## Socials ~ all are warmly welcome

(Please bring some vegetarian food to share)

- \* Thursday 10 November, after the service (for this social refreshments will be provided)
- \* Saturday 3 December, 12 noon. Christmas social at Meiling's place: 20 Hudson Ave, Willoughby. Easy bus access (nos. 40, 257, 343), Willoughby Girls High School bus stop. Entrance: go to back of house from side gate on the left. Santa will make an appearance for the children.
- \* Thursday 26 January, after the service
- \* Sunday 5 February, after the service

## AGM (2016 Interim Managing Council Report and 2017 Annual Elections)

Sunday 4 December, after the service, and following a potluck lunch. The election will be for Sunday School personnel, Service Readers and NPBF Trustee Members (Trustees—term of 3 years).

## Monastic Tour, 11 – 13 November, 2016

Sydney Centre will be hosting a Monastic Tour. For details visit: <http://srfsydneymonasticvisit.eventbrite.com>.



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on December 11 and February 12.

All children aged from 4 to 12 are welcome. For information email [info@srfsydney.org.au](mailto:info@srfsydney.org.au)

## Compassion Committee

The next meeting is on Sunday 29 January after the service to pray together for those in need. All are welcome to join in.

For more information email [info@srfsydney.org.au](mailto:info@srfsydney.org.au)

“Know ye not that ye  
are the temple of God,  
and that the spirit of God  
dwelleth in you?” [I Corinthians 3:16].



**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 scripture 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 Service 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 rent and maintenance. To make a direct deposit, please email us for our bank account details or ask in the book room.

