



Sydney Centre of

SELF-REALIZATION FELLOWSHIP

Services and Activities July – October 2017

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 (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* ~

“The inharmonious diversity that beckons to us outside is a mere shadow-play of the real treasures that are inside. Quiet the outgoing mental restlessness and turn the mind within.”

— Paramahansa Yogananda

SUNDAY SERVICE TOPICS

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|-----|----|--|
| Jul | 2 | Ascending to Perfection in God |
| | 9 | The Universal Need for Kriya Yoga |
| | 16 | The Root-Cause of Suffering |
| | 23 | The Power of Intuition |
| | 30 | The Hiding Place of God |
| Aug | 6 | The Law of Miracles |
| | 13 | The Treacherous Path of Evil |
| | 20 | Meditation is the Path to God |
| | 27 | How to Spiritualise Business |
| Sep | 3 | Spiritual Marriage (Father's Day) ★ |
| | 10 | Learn to Control Your Mind |
| | 17 | A Yogi-Christ and His Way to Salvation |
| | 24 | How to Dissolve the Causes of War |
| Oct | 1 | Be a Smile Millionaire |
| | 8 | Live in Constant Remembrance of God |
| | 15 | Healing Body, Mind, and Soul |
| | 22 | How to Read Character |
| | 29 | The Scientific Art of Living |

SPECIAL SERVICES

Tuesday 25 July, 7 pm (entry from 6:30 pm)
Commemoration Service to honour Mahavatar Babaji.*

Monday 14 August, 7 pm (entry from 6:30 pm)
Janmashtami – Birthday Commemoration Service for Bhagavan Krishna.*

Tuesday 26 September, 7 pm (entry from 6:30 pm)
Special Service to commemorate the Mahasamadhi of Lahiri Mahasaya.*

Saturday 30 September, 7 pm (entry from 6:30 pm)
Special Service to commemorate the Birthday of Lahiri Mahasaya.*

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)

- * Sunday 16 July, 12:30 – 4 pm at our Centre. New temple themed social ... stories, collage, drawing.
- * Sunday 3 September, after the service
- * Saturday 16 September, 12 – 2:30 pm. Walking the Labyrinth at Centennial Park, Surry Hills. Children very welcome to this family day out.
- * Thursday 21 September, after the service. (Peace & Harmony social)
- * Sunday 24 September, after the service. (Peace & Harmony social)
- * Sunday 22 October after the service

Peace and Harmony Weekend, 21 – 24 September

Each year the [International Day of Peace](#) is observed worldwide on 21 September. Our Thursday, Friday and Sunday services from 21 – 24 September will have the theme of 'World Peace' and we will have an extra meditation service on Saturday 23 Sept.

Spring Retreat, 6 – 9 October

A 3-day silent retreat (with a 2-day option) at Hartzler Park.



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on July 9, August 13, September 10 and October 15.

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

Compassion Committee

The next meeting is on Sunday 27 August after the service to pray together for those in need. All are welcome to join in.

For more information email us.

Bhagavad-Gita Study Group

Held at our Centre on the 3rd Friday of each month, from 2 – 4 pm. All are welcome to participate. Please email us for more details.

Friday Night Meditation, 5 – 9 pm

Held each Friday, except when a retreat is on. If interested please email us for more details.

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 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.

