



Sydney Centre of

SELF-REALIZATION FELLOWSHIP

Services and Activities March – June 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 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* ~

“Blind renunciation of material objects does not insure freedom; it is by enjoying the bliss of Spirit in meditation and by comparing it with the lesser joy of the senses that the devotee becomes eager to follow the spiritual path.”

— Paramahansa Yogananda

SUNDAY SERVICE TOPICS

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|-------|----|---|
| March | 5 | Follow the Path of the Great Ones |
| | 12 | Secrets of Success |
| | 19 | Seek God Through Kriya Yoga |
| | 26 | How to Get Along with Others |
| April | 2 | In God is All Happiness |
| | 9 | Life Energy: The Power That Heals |
| | 16 | The Easter Message of Immortality  |
| | 23 | The Balanced Life |
| | 30 | Increasing the Power of Initiative |
| May | 7 | The Dream Fabric of Life |
| | 14 | Mothers: Manifestations of God’s Love |
| | 21 | The Oneness of Religion |
| | 28 | Eliminating the Static Fear from the Mind Radio |
| June | 4 | Self-Analysis: Key to the Mastery of Life |
| | 11 | Four Fundamental Ways to Realise God |
| | 18 | Seeing God as the Sole Doer |
| | 25 | Building World Unity |

SPECIAL SERVICES

Tuesday 7 March, 7 pm (entry from 6:30 pm)

Special Service to commemorate the Mahasamadhi of Paramahansa Yogananda*

Thursday 9 March, 7 pm (entry from 6:30 pm)

Special Service to commemorate the Mahasamadhi of Swami Sri Yukteswar*

Friday 14 April, 10 am–12 noon

Good Friday Meditation Service

Sunday 16 April, 6–7:50 am

Easter Sunrise Service



Wednesday 10 May, 7 pm (entry from 6:30 pm)

Special Service to commemorate the Birthday of Swami Sri Yukteswar*

Wednesday 21 June, 7–8:15 pm

Special Service to commemorate the International Day of Yoga.

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.

* 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 19 March, after the service
- * Thursday 6 April, after the service
- * Sunday 16 April, after the service
- * Sunday 21 May, after the service
- * Sunday 18 June, after the service.

Spring Retreat

October 6–9, 2017: A 3-day silent retreat (with a 2-day option) will be held at Hartzler Park in Burradoo.

Registration forms will be available about two months prior.

“A man who cannot get along with others
is one who does not get along with himself;
he is always at war inwardly;
ill at ease with his own nature.”

— Paramahansa Yogananda



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on March 12, April 9, May 7 and June 11.

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

Compassion Committee

The next meeting is on Sunday 30 April 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, 6:30 – 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 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.

