



Sydney Centre of

# SELF-REALIZATION FELLOWSHIP

Services and Activities Nov 2017 – Feb 2018

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

Postal Address: GPO Box 744,  
Sydney NSW 2001

ABN: 75 620 843 227

Email: [info@srfsydney.org.au](mailto:info@srfsydney.org.au)

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Paramahansa Yogananda  
Founded Self-Realization  
Fellowship

International Headquarters:  
3880 San Rafael Avenue  
Los Angeles  
California 90065, USA  
[www.yogananda-srf.org](http://www.yogananda-srf.org)

## 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* ~

“In the spiritual life one becomes just like a little child—without  
resentment, without attachment, full of life and joy.”

— Paramahansa Yogananda

## SUNDAY SERVICE TOPICS

Nov	5	Yoga for Westerners
	12	Man: God's Highest Creation
	19	Inner Resources of Health and Energy
	26	How to Attune with Divine Will
Dec	3	Understanding the Unreality of Matter
	10	The Three Instruments of Knowledge
	17	Four Kinds of Men
	24	Happiness Through Attunement with Christ
	31	Higher Achievements in the New Year
Jan	7	Kriya Yoga: The Bliss-Filled Path to God
	14	Faith, Belief, and Wisdom
	21	Power to Light Your Way
	28	Three Kinds of Heaven
Feb	4	Vital Health Laws
	11	How Active Westerners Can Realise God
	18	The Necessity of Religion
	25	The Way to Be Happy at Will

## SPECIAL SERVICES


### Thursday 23 November 7–8 pm

Meditation and talk by Brahmachari Jason, visiting from Mother Centre. A pot-luck social will follow.

### Saturday 2 December, 10 am – 5 pm

All-day Christmas Meditation Service

### Monday 25 December, 10 am – 12 noon

Christmas day Service 

### Sunday 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)

### Friday 5 January, 7 pm

Commemoration Service to celebrate Paramahansa Yogananda's birthday\*

### Saturday 13 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.

\* 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

- 🔔 Thursday 23 November, after the service (lead by Brahmachari Jason from Mother Centre)\*
- 🔔 Saturday 16 December, midday. Christmas social at Band Lawn, Botanic Gardens. For more details see information flyer at our Centre or click [here](#).
- 🔔 Saturday 3 February, 6 pm. Dinner at a vegetarian restaurant. Venue to be advised.
- 🔔 Sunday 25 February, after the service.\*

\* Please bring some vegetarian food or juice to share.

## Spring Retreat, 16 – 19 March, 2018

A 3-day silent retreat (with a 2-day option) at Hartzler Park. Registration forms will be available two months prior.



“Thou hast hid these things  
from the wise and prudent,  
and hast revealed them unto babes.”  
—Jesus Christ



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on November 12, December 10, February 11.

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

## Compassion Committee

The next meeting is on Sunday 4 March 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 3<sup>rd</sup> 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.

