



Sydney Centre of

SELF-REALIZATION FELLOWSHIP

Services and Activities March – June 2018

www.srfsydney.org.au

Chapel: Unit 2, Ground Floor,
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(entry via Coward St)

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Paramahansa Yogananda
Founded Self-Realization
Fellowship

International Headquarters:
3880 San Rafael Avenue
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California 90065, USA
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* ~

“The Lord must first be perceived in one’s own bodily temple...
He who finds God within will be able to feel His presence
in every church or temple he enters.”

— Paramahansa Yogananda

SUNDAY SERVICE TOPICS

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|-----|----|---|
| Mar | 4 | The Cosmic Awareness of Saints |
| | 11 | Regain Your Divine Heritage |
| | 18 | Creating and Destroying Habits at Will |
| | 25 | The Secret of Spiritual Success |
| Apr | 1 | The True Significance of Resurrection  |
| | 8 | The Place of Money in the Spiritual Life |
| | 15 | Healing by God’s Unlimited Power |
| | 22 | Peace: The Altar of Heaven |
| | 29 | What is Love? |
| May | 6 | Anchor Yourself in God |
| | 13 | The Mother Aspect of God (Mothers’ Day)  |
| | 20 | Good Books: Aids on the Spiritual Path |
| | 27 | Why Our Loved Ones Die |
| Jun | 3 | The Universe: God’s Magic Drama |
| | 10 | Attuning Your Life to God’s Abundance |
| | 17 | Divine Selfishness: Serving One’s Self in All |
| | 24 | Yoga: The Divine Science |

SPECIAL SERVICES

Wednesday 7 March, 7 pm (entry from 6:30 pm)
Special Service to commemorate the
Mahasamadhi of Paramahansa Yogananda *

Friday 9 March, 7 pm (entry from 6:30 pm)
Special Service to commemorate the
Mahasamadhi of Swami Sri Yukteswar *

Friday 30 March, 10 am–12 noon
Good Friday Meditation Service

Sunday 1 April, 6–7:50 am
Easter Sunrise Service



Thursday 10 May, 7 pm (entry from 6:30 pm)
Special Service to commemorate the Birthday of
Swami Sri Yukteswar *

Thursday 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 finger food to share)

- 🔔 Thursday 29 March, after the service
- 🔔 Saturday April 14, 11 am – 3 pm. Relaxed bush walk and picnic at majestic West Head, Sydney. Details closer to the date.
- 🔔 Sunday 29 April, after the service
- 🔔 Sunday 27 May, after the service
- 🔔 Sunday 17 June. Trivia event and social after the service. Join in the fun, as we test our knowledge of *Autobiography of a Yogi* and other SRF stories.

Spring Retreat, 19 – 22 October 2018

A 3-day silent retreat (with a 2-day option) at Hartzler Park. This will be the 20th anniversary of our retreats. Registration forms will be available two months prior.

“Take time to go walking and to breathe the fresh invigorating air in the out-of-doors.”

—Paramahansa Yogananda



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on March 11, April 8, May 20, and June 10.

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 6 May 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

Starting Friday 6 April. Held each Friday, except when a retreat is on.

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.

