



Sydney Centre of

# SELF-REALIZATION FELLOWSHIP

Services and Activities Nov 2018 – Feb 2019

[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 (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* ~

“Some millionaires commit suicide, in spite of all their material power and possessions. There is no happiness in wealth or in anything else unless there is peace-producing harmony in the mind. Those who cannot find peace in their own hearts will not find it elsewhere either.”

— Paramahansa Yogananda

## SUNDAY SERVICE TOPICS

- |     |    |  |
|-----|----|--|
| Nov | 4  | Ways to Overcome Nervousness   |
|     | 11 | Realising God in Your Daily Life   |
|     | 18 | Giving Thanks for Life's Blessings  |
|     | 25 | Freedom From Habit Slavery   |
| Dec | 2  | The Universality of Religion   |
|     | 9  | Finding the Joy in Life  |
|     | 16 | The Nature of a Master   |
|     | 23 | Celebrating Christmas in the Silence of the Soul   |
|     | 30 | Controlling Your New Year's Destiny  |
| Jan | 6  | Kriya Yoga—The Royal Science of Realization  |
|     | 13 | The Art of Developing Memory   |
|     | 20 | Why Life's Tests Are Thrust Upon Us  |
|     | 27 | Making the Most of Sundays   |
| Feb | 3  | Unite Your Will with the Infinite  |
|     | 10 | Satan: The Cosmic Magician   |
|     | 17 | The Inner Meaning of Self-realization  |
|     | 24 | Curing Psychological Intoxication  |

## SPECIAL SERVICES

**Saturday 15 December, 10 am – 5 pm**

All-day Christmas Meditation Service

**Tuesday 25 December, 10 am – 12 noon** 

Christmas day Service

**Monday 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)

**Saturday 5 January, 7 pm**

Commemoration Service to celebrate Paramahansa Yogananda's birthday\*

**Saturday 12 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 finger food to share)

- 🔔 Saturday 1 December, 12 noon. Christmas social at Satya and Shashi Anupindi's residence in Wahroonga. Please call or text Satya on 0419 628 832 for address and directions. Santa will make an appearance for the children.
- 🔔 Thursday 14 February, social after the service.
- 🔔 Sunday 24 February, social after the service.
- 🔔 15 – 18 March, Autumn Retreat. A 3-day silent retreat (with a 2-day option) at Hartzler Park. Registration forms will be available 2 months prior.
- 🔔 2 – 3 April, two monastics from Mother Centre will visit us mid-week for an 'Introductory Event'. More details will be provided in due course.

“When you are calm,  
irritating vibrations cannot disturb you.”

~ Paramahansa Yogananda



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on November 11, December 9, and February 10. 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 17 February at 12:15 pm, to pray together for those in need. All are welcome to join in. Please email us for more details.

## 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.

## The Second Coming of Christ Study Group

Held in St Leonards on the 2<sup>nd</sup> Monday of each month, from 4:30 – 6:30 pm. All are welcome to participate. Please email us for more details.

## Friday Night 'Open' Meditation, 5 – 9 pm

Held Fridays, except if a retreat is on. No chanting periods. No entry after 5 pm, but can leave anytime.

**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.

