



Sydney Centre of

# SELF-REALIZATION FELLOWSHIP

Services and Activities July – October 2018

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

Chapel: Unit 2, Ground Floor,  
46 Kent Road, Mascot  
(entry via Coward St)

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* ~

“Divine love is the only perfect love. It is God who is playing hide-and-seek in the corridors of hearts, that perchance behind lesser human loves you may find His all-satisfying love.”

— Paramahansa Yogananda

## SUNDAY SERVICE TOPICS

- |     |    |  |
|-----|----|--|
| Jul | 1  | Spiritual Foundations of World Brotherhood |
|     | 8  | Yoga Methods for Proving Reincarnation     |
|     | 15 | The Steps That Lead to God                 |
|     | 22 | A Deathless Avatar                         |
|     | 29 | Beholding God Amidst Life's Dualities      |
| Aug | 5  | Bring Forth Your Divine Nature             |
|     | 12 | Creation and Man                           |
|     | 19 | How You Can Talk With God                  |
|     | 26 | Make Your Mind a Temple of God             |
| Sep | 2  | Janmashtami                                |
|     | 9  | Karma: The Law of Cosmic Justice           |
|     | 16 | Man's Highest Conception of God            |
|     | 23 | Practising Yoga in World Affairs           |
|     | 30 | Lahiri Mahasaya's Birthday Service         |
| Oct | 7  | The Light of Truth Eternal                 |
|     | 14 | How to Overcome Fear                       |
|     | 21 | Your True Self: The Immortal Soul          |
|     | 28 | The Art of Devotional Singing              |



## SPECIAL SERVICES

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

**Sunday 2 September, 11 am.**  
Janmashtami—Birthday Commemoration Service for Bhagavan Krishna.\*

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

**Sunday 30 September, 11 am.** 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 finger food to share)

- 🔔 Sunday 22 July, 12:15 pm, General Meeting—bring own brown bag lunch.
- 🔔 Sunday 16 September, 12:15 pm, AGM and elections—bring own brown bag lunch.
- 🔔 Thursday 20 September, social after the service.
- 🔔 Peace and Harmony Weekend, 20 – 23 September. Each year the [International Day of Peace](#) is observed worldwide on 21 September. Our Thursday, Friday and Sunday services from 20 – 23 September will have the theme of 'World Peace' and we will have an extra meditation service on Saturday 22 Sept.
- 🔔 Sunday 23 September, Peace and Harmony Weekend/post Convocation social after the service.
- 🔔 19 – 22 October, Spring Retreat. A 3-day silent retreat (with a 2-day option) at Hartzler Park. This will be the 20<sup>th</sup> anniversary of our retreats. Registration forms will be available 2 months prior.
- 🔔 25 – 28 October. Two monastics from Centre Department at Mother Centre will be visiting us for a weekend of events. More details nearer the time. ★



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on July 8, Aug 12, Sept 9, and Oct 14.

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 7 October 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.

**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.

