



Sydney Centre of

SELF-REALIZATION FELLOWSHIP

Services and Activities March – June 2019

www.srfsydney.org.au

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Paramahansa Yogananda
Founded Self-Realization
Fellowship

International Headquarters:
3880 San Rafael Avenue
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California 90065, USA
<https://yogananda.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* ~

“God alone can make you happy. God alone is sufficient. God is the joy of meditation, He is the love flowing through all hearts, He is the life throbbing in every living thing. He is the Intelligence that created this universe and runs it in a scientific, mathematical fashion.”

— Paramahansa Yogananda

SUNDAY SERVICE TOPICS

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|-------|----|---|
| March | 3 | Guru—Channel of Eternal Blessings |
| | 10 | Awaken Your Power To Be Happy |
| | 17 | The Meaning of Reincarnation |
| | 24 | Get Acquainted With God |
| | 31 | Healing By Knowing the Nature of Creation |
| April | 7 | Jesus Christ and His Teachings |
| | 14 | How to Fulfil Your Role in Life |
| | 21 | The Resurrection of Christ Within You |
| | 28 | The Power of Concentration |
| May | 5 | Sojourn in Freedom: The Astral Universe |
| | 12 | God’s Nature in the Mother (Mother’s Day)  |
| | 19 | God-Mindedness: Key to Freedom |
| | 26 | The Cosmic Play of Life and Death |
| June | 2 | Success Through Superconscious Power |
| | 9 | Uniting Religion Through Practice of Yoga |
| | 16 | Man’s Greatest Duty – To Remember God |
| | 23 | Even-mindedness is Yoga |
| | 30 | Patriotism That Will Endure |

SPECIAL SERVICES

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

Special Service to commemorate the Mahasamadhi of Paramahansa Yogananda *

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

Special Service to commemorate the Mahasamadhi of Swami Sri Yukteswar *

Friday 19 April, 10 am–12 noon

Good Friday Meditation Service

Sunday 21 April, 6–7:50 am

Easter Sunrise Service



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

Special Service to commemorate the Birthday of Swami Sri Yukteswar *

Friday 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 4 April, social after the service
- 🕒 Sunday 21 April, social after the service
- 🕒 Sunday 26 May, social after the service
- 🕒 Sunday 30 June, social after the service.

Next Silent Retreat, 15 – 18 March

A 3-day retreat (with a 2-day option) at Hartzler Park.

AWAKE Screening, 23 March, 7 pm

Free screening of AWAKE: *The life of Yogananda*.

Venue: The Heritage Hall, 12 Wentworth Street, Manly.

Limited range of SRF book sales. Light refreshments and chai served afterwards. All welcome, especially those new to SRF teachings.

Monastic Tour, 3 – 4 April

- 🕒 Wednesday 3 April, 7 pm, outreach event; public lecture and guided meditation by Brother Devananda, NSWTF Conference Centre, 37 Reservoir Street, Surry Hills.
- 🕒 Thursday 4 April, 7 pm, inspirational service by Brother Jitananda at our chapel, followed by social.



Sunday School will be held in our chapel after the Readings Service from 1 to 2 pm on March 10, April 14, May 19, June 9.

All children aged from 4 to 12 are welcome.

For information email info@srfsydney.org.au

Compassion Committee



The next meeting is on Sunday 5 May 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 Fridays: 8 March, 12 April, 17 May, 21 June, 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 Mondays: 11 March, 8 April, 6 May, 3 June, 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.

