



Sydney Centre of

# SELF-REALIZATION FELLOWSHIP

Services and Activities July–October 2024

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

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Paramahansa Yogananda  
founded Self-Realization  
Fellowship in 1920

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## Weekly Service Times

### Sunday\*

8 – 10:45 am Long Meditation Service  
10 – 10:45 am Kirtan (first Sunday of each 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 ~

\* There will be no Sunday Services/meditations on 14 & 21 July  
or Thursday services on 11 & 18 July. They have been  
replaced by the [Monastic Visit and Convocation events](#).

## SUNDAY SERVICE TOPICS

- |      |    |  |
|------|----|--|
| July | 7  | How You Can Talk With God                                  |
|      | 14 | No service, replaced by <a href="#">Convocation Events</a> |
|      | 21 | No service, replaced by <a href="#">Convocation Events</a> |
|      | 28 | Beholding God Amidst Life's Dualities                      |
| Aug  | 4  | Bring Forth Your Divine Nature                             |
|      | 11 | Creation and Man   |
|      | 18 | Yoga: The Divine Science                                   |
|      | 25 | Make Your Mind a Temple of God                             |
| Sept | 1  | Ideals for a Balanced Education (Fathers' Day)★            |
|      | 8  | Karma: The Law of Cosmic Justice                           |
|      | 15 | Man's Highest Conception of God                            |
|      | 22 | Practising Yoga in World Affairs                           |
|      | 29 | Birthday Service for Lahiri Mahasaya                       |
| Oct  | 6  | The Light of Truth Eternal                                 |
|      | 13 | How to Overcome Fear                                       |
|      | 20 | Your True Self: The Immortal Soul                          |
|      | 27 | The Art of Devotional Singing                              |

## SPECIAL SERVICES

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

**Monday 26 August, 7 pm (entry from 6:30 pm)**  
Janmashtami—Birthday Commemoration Service  
for Bhagavan Krishna\*

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

**Sunday 29 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.

# ACTIVITIES

## Socials—all are warmly welcome

(Please bring some vegetarian food to share)

- 🕒 Sunday 18 August, social after the service
- 🕒 Sunday 22 September, social after the service

## Pre-Convocation Monastic Visit and Virtual Convocation, 11–21 July

Two monastics will be visiting us, and we will be streaming the events from Convocation in Los Angeles. Details are on our [Events](#) page.

## Silent Retreat, 18–21 October

A 3-day silent retreat (with a 2-day option) at Hartzer Park, Burradoo. Registration details will be emailed to everyone on our email list and will be on our Events page in September: [www.srfsydney.org.au/events](http://www.srfsydney.org.au/events)

*“When we are strong, then we can help those who are evil. But don’t try to help them until you yourself are stronger. Otherwise their company may weaken you instead.” —P. Yogananda*



Sunday School will be held in our Centre from 11 am to 12 noon, in parallel with the Readings Service. This allows parents to attend the service while their children are at Sunday School in the adjacent room. Dates: 14 July, 4 August, 8 September, 6 October.

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



## The Second Coming of Christ Study Group

Held via Zoom, from 5 to 7 pm, once a month on Mondays: 29 July, 26 August, 23 September, 28 October.

All are welcome to participate.

*“Never forget that God is the answer to all the questions life places before your soul. God is love, and love is the panacea for human suffering.”  
—Paramahansa Yogananda*

**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 scriptural 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 loan repayments, rates and taxes, utilities and maintenance. To make a direct deposit, please email us for our bank account details or ask in the book room.

