



Sydney Centre of

# SELF-REALIZATION FELLOWSHIP

*Services and Activities March – June 2025*

[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 ~*

*“If someone is suffering and you reach out with aid and  
compassion, you are moving into the presence of God.”*

*~Paramahansa Yogananda*

## SUNDAY READINGS SERVICE TOPICS

- |       |    |   |
|-------|----|---|
| March | 2  | Video replay of Bro Chidananda’s 23 Feb talk: <br>‘Meditation: The Path to Divine Bliss & Abundance’ |
|       | 9  | Mahasamadhi of Swami Sri Yukteswar   |
|       | 16 | The Meaning of Reincarnation  |
|       | 23 | Get Acquainted With God   |
|       | 30 | Healing By Knowing the Nature of Creation   |
| April | 6  | Jesus Christ and His Teachings  |
|       | 13 | How to Fulfill Your Role in Life  |
|       | 20 | The Resurrection of Christ Within You   |
|       | 27 | The Power of Concentration  |
| May   | 4  | Sojourn in Freedom: The Astral Universe   |
|       | 11 | God’s Nature in the Mother (Mothers’ Day)    |
|       | 18 | God-Mindedness: Key to Freedom  |
|       | 25 | The Cosmic Play of Life and Death   |
| June  | 1  | Success Through Superconscious Power  |
|       | 8  | Uniting Religion Through Practice of Yoga   |
|       | 15 | What is ‘Salvation’?  |
|       | 22 | Even-mindedness is Yoga   |
|       | 29 | <i>No reading service, Virtual Convocation instead.</i>   |

## SPECIAL SERVICES

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

**Sunday 9 March, 11 am**  
Special Service to commemorate the  
Mahasamadhi of Swami Sri Yukteswar\*

**Friday 18 April, 10 am–12 noon**  
Good Friday Meditation Service

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

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 23 March, social after the service
- 🕒 Sunday 20 April, social after the service
- 🕒 Sunday 18 May, social after the service

## Silent Retreat, 11–14 April 2025

A 3-day silent retreat (with a 2-day option) at Hartzer Park, Burradoo. Registration details will be on our website in early March: [www.srfsydney.org.au/events](http://www.srfsydney.org.au/events). Registrations close 28 March.

## Virtual Convocation, 23–29 June

Held at our Centre, where we will be streaming the events from Convocation in Los Angeles. Details will be available on our [Events](#) page in May.

*“If anyone hurts you and you forgive him, you are leading yourself to the kingdom of God.”*

—Paramahansa 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: 2 March, 6 April, 4 May, 1 June.

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: 31 March, 28 April, 26 May, 30 June. All are welcome to participate.

*“If anyone is quarrelsome and you give understanding, you are taking yourself to the kingdom of God.”*

—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.

