

## Topics for Sunday Services

### January

- 7 **Birthday Commemoration:** 8am – 2pm \*\*
- 14 Faith, Belief and Wisdom (I/2)
- 21 Power to Light Your Way (I/3)
- 28 Three Kinds of Heaven (I/4)

### February

- 4 Long Meditation Service
- 11 Vital Health Laws (I/5)
- 18 How Active Westerners Can Realise God (I/6)
- 25 The Way to be Happy at Will (I/8)

### March

- 4 Long Meditation Service
- 11 The Cosmic Awareness of Saints (I/9)
- 18 Regain Your Divine Heritage (I/10)
- 25 *Easter*—The True Significance of Resurrection (I/16)

"If I don't see you, remember I am working for you in some other place. My seeing you all the time will not necessarily help you. You will receive more by meditating deeply and regularly. I am not here only to help you in this life, but in the beyond also."

– *Birthday of Paramahansa Yogananda, "Spiritual Diary" Jan 5th.*

## Special Events

### January

- Friday 5 Paramahansa Yogananda Birthday Commemoration Service 7:00-9:00 pm \*\*
- Sunday 7 Paramahansa Yogananda Birthday \* Long Meditation Service 8:00am-2:00pm \*\*
- Saturday 20 Social Dinner at Anna and Mannie's home\*  
*Information flyer available from the greeter*

### February

- Tuesday 13 Chapel Cleaning before Service 5.45pm  
Open House Social \*  
Celebrating St Valentine's Day.



### March

- Wednesday 7 Paramahansa Yogananda Mahasamadhi Commemoration Service 7:00-9:00 pm \*\*
- Friday 9 Sri Yukteswar Mahasamadhi Commemoration Service 7:00-9:00 pm \*\*
- Tuesday 13 Chapel Cleaning before Service 5.45pm
- Friday 23 Retreat at Shoalwater 23rd, 24th & 25th
- Friday 30 Good Friday long meditation 12-3pm\*

\* *Please bring Vegetarian food (or drink) to share.*

\*\* *Please bring a flower offering and a donation in an envelope.*

## READINGS SERVICE

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 the Scripture interpretations and other writings of Paramahansa Yogananda are included in the Readings Service. The inspirational 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 to the path. This service is well suited to the general public.

## MEDITATION SERVICE

The Meditation Service provides members and Lesson students with an opportunity to practice together the methods of concentration and meditation taught in the Self-Realization Fellowship Lessons. The flame of one match is small and weak; the fire from many matches is large and strong.

## INSPIRATIONAL SERVICE AND PRAYER SERVICE

The Inspirational and Prayer Service is a devotional service with shorter periods of meditation and readings from the teachings of Paramahansa Yogananda. Devotees assist the Prayer Council at the Mother Center in its task of praying for world peace and for those in every nation who request healing of physical illness, mental disharmony and spiritual ignorance. Devotees may also pray for their loved ones, as well as for divine aid in overcoming any personal difficulties.

## FRIDAY NIGHT LONG MEDITATION SERVICE

A 5 hour long meditation service is held every Friday night from 6-11pm. The united devotion and concentration of many devotees can powerfully increase the depth of meditation for each individual. This service includes the energization exercises, prayer, reading, chanting at regular intervals and periods of meditation for one hour or more at a time. Paramahansa Yogananda says that the hours may pass like minutes.

## COMMEMORATION SERVICE

Special Commemoration Services are held to honour the Gurus of Self Realization Fellowship. All who are well enough acquainted with SRF teachings to appreciate the significance of the Guru-disciple relationship are welcome to participate in the service with sincerity and reverence. Those who attend Birthday or Mahasamadhi services should bring a flower as a symbol of their devotion and a monetary offering in an envelope as a symbol of their loyalty.

# PERTH MEDITATION GROUP

## CALENDAR OF EVENTS JANUARY TO MARCH 2018

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## SCHEDULE OF SERVICES

TUESDAY	7-8.10pm	Inspirational and Prayer Service
FRIDAY	6-11pm	Long Meditation Service
SUNDAY	8-9:50am	Meditation Service
		Chant break 9am
	10-11am	Reading Service
1ST SUNDAY OF MONTH ONLY	8-11am	Long Meditation Service Chant break 9am & 10am