

TOPICS FOR SUNDAY SERVICES

October

2	Long Meditation Service	
9	How to read character	(III/42)
16	The scientific art of living	(III/43)
23	Yoga for westerners	(III/44)
30	How to dissolve the causes of war	(III/45)

November

6	Long Meditation Service	
13	How to attune with divine will	(III/47)
20	Understanding the unreality of matter	(III/48)
27	The three instruments of knowledge	(III/49)

December

4	Long Meditation Service	
11	Happiness through attunement with Christ	(III/51)
18	All Day Meditation	
25	There is no service on Christmas Day	

CALENDAR OF EVENTS

October

Fri-Sun	7-9	Silent Meditation Retreat at Shoalwater
Tuesday	11	Chapel cleaning before service - 5.45pm Social after service *
Sunday	16	Social after service *
Sunday	23	Busy bee after service

November

Tuesday	8	Chapel cleaning before service - 5.45pm
Saturday	19	Busy Bee 9:00 am to 12:00 Noon followed by a shared Lunch*
Tuesday	29	Annual General meeting following service 8:20pm

December

Tuesday	13	Chapel cleaning before service - 5.45pm
Sunday	18	All Day Christmas Meditation – 8am- 4pm. (Pls bring a fruit to share and donation in an envelope)
Tuesday	20	Christmas Carols & Social after Service 8:20pm -9pm*
Saturday	31	News Years' Eve Meditation 6.30pm -9.30pm

* Please bring a drink or nibbles to share.

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

“You should sit in silence before deciding about any important matter, asking the Father for His blessing. Then behind your power is God’s power, behind your mind His mind, behind your will His Will.” - *Paramahansa Yogananda*, “*The Law of Success*” - ***Spiritual Diary***

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 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. The united devotion and concentration of many yoga devotees can powerfully increase the depth of meditation for each individual.

INSPIRATIONAL SERVICE

The Inspirational Service is a devotional service with shorter periods of meditation and readings from the writings of Paramahansa Yogananda.

PRAYER SERVICE

Devotees participating in the Prayer Service 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 inharmony and spiritual ignorance. During this Service devotees may also pray for their loved ones, as well as for divine aid in overcoming their personal difficulties.

COMMEMORATION SERVICE

Special Commemoration Services are held for devotees to honour the Gurus of Self-Realization Fellowship. All are welcome who are well enough acquainted with SRF teachings to appreciate the significance of the Guru-disciple relationship and to participate in the service with sincerity and reverence.

Those who attend birthday services or mahasamadhi services should bring a flower as a symbol of devotion and a monetary offering in an envelope as a symbol of loyalty.

October-December

2011

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of
Self-Realization
Fellowship*

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Self-Realization Fellowship

was founded by

Paramahansa Yogananda

Web site: <http://www.yogananda-srf.org>

International Headquarters in Los Angeles

Telephone: 00111 323 225 2471

SCHEDULE OF SERVICES

TUESDAYS	7:00-8:00pm 8:05-8:20pm	Inspirational Service Prayer Service
1ST SUNDAY	8.00-11am	Long Meditation Service
OTHER SUNDAYS	8.00-9:50am 10:00-11:00am	Meditation Service Readings Service