

Topics for Sunday Services

January

- 7 Paramahansa Yogananda's 6hr Birthday
Meditation 8am-2pm**
- 14 Kriya Yoga: the Bliss-Filled Path to God (I/1)
- 21 Faith, Belief, and Wisdom (I/2)
- 28 Inspirational Screening

February

- 4 Long Meditation Service
- 11 What is Love? (I/17)
- 18 Power to Light Your Way (I/3)
- 25 Inspirational Screening

March

- 3 Long Meditation Service
- 10 Three Kinds of Heaven (I/4)
- 17 Vital Health Laws (I/5)
- 24 Inspirational Screening
- 31 Easter Sunday service

"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

- Tuesday 2 Chapel Cleaning before Service 5.45pm
- Friday 5 Paramahansa Yogananda's Birthday
Commemoration Service 7:00-9:00 pm **
- Sunday 7 Paramahansa Yogananda's 6hr Birthday
Meditation 8am-2pm **
- Sunday 21 Chapel cleaning after Service and pack up
the Christmas Tree

February

- Tuesday 6 Chapel Cleaning before Service 5.45pm
- Tuesday 13 Social after the service *
- Sunday 18 Chapel Cleaning after the service

March

- Tuesday 5 Chapel Cleaning before Service 5.45pm
- Thursday 7 Paramahansa Yogananda Mahasamadhi
Commemoration Service 7:00-9:00 pm **
- Saturday 9 Sri Yukteswar Mahasamadhi
Commemoration Service 7:00-9:00 pm **
- Sunday 17 Chapel Cleaning after the service
- Friday 29 Good Friday Service 12 noon - 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 together with chanting and meditation. 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.

FRIDAY NIGHT LONG MEDITATION SERVICE

A three hour long meditation service is held every Friday night from 5.40-9pm. 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 usually up to one hour 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 this service with sincerity and reverence. Those who attend Birthday or Mahasamadhi services should bring a flower and a monetary offering in an envelope.

INSPIRATIONAL SCREENING SERVICE

This service includes the elements mentioned above plus a video by one of the Self-Realization Fellowship or Yogoda Satsanga Society monastics.

Note: Devotees may leave any service during the chant breaks if necessary.



PERTH MEDITATION GROUP LTD



CALENDAR OF EVENTS January to March 2024

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<https://www.facebook.com/SelfRealizationFellowshipPerthMeditationGroup>

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SCHEDULE OF SERVICES

TUESDAY	7-8.10 pm	Inspirational and Prayer Service
FRIDAY	5.40-9pm	Long Meditation Service
SUNDAY	8-9:50 am	Meditation Service— <i>Chant break 9am</i>
	10-11 am	Reading Service
1ST SUNDAY OF MONTH	8-11 am	Long Meditation Service <i>Chant breaks 9am & 10am</i>
LAST SUNDAY OF MONTH	8-11 am	Meditation Service 8-9.20 - <i>Chant break 9am</i> Screening Service 9.30-11 am