

January Newsletter 2018

Perth Meditation Group of Self Realization Fellowship



Make new determinations as to what you are going to do and what you are going to be in this next year. Set a program for yourself; carry it through, and you will find how much happier you will be. Failure to keep to your schedule of improvement means you have paralyzed your will. You have no greater friend and no greater enemy than yourself. If you befriend yourself, you will find accomplishment. There is no law of God preventing you from being what you want to be and accomplishing what you want to accomplish. Nothing detrimental that happens can affect you unless you sanction it.

Paramahansa Yogananda

Friday January 5th, 7-9pm: Paramahansa Yogananda's Birthday Commemoration. All are welcome who are familiar with the teachings of SRF. Please bring a flower as a symbol of devotion, and a monetary donation in an envelope as an expression of loyalty to the SRF path, if you are able. The service includes prayers, chants, readings, meditation and the flower ceremony, followed by a birthday cake! *(Since flowers are gifts for God, please keep them in your hands or on your lap rather than on the floor. Also, please do not smell your flower, because even its scent is part of your gift to God.)*

Sunday 7th, 8am-2pm: Our traditional long January meditation for Yogananda's birthday. Please energize beforehand, and bring a fruit or fruits as a symbol of reverence and devotion to the Guru. There will be an intermission about halfway through. If unable to remain for the entire service, please attend only the first half, and if you have a cough or cold, please meditate at home. Plan to arrive a little early to get comfortable before the meditation begins, and don't forget to dress in layers, as we keep the chapel well ventilated.

Tuesday 9th, 5.45pm: Chapel cleaning: Can you help? Every second Tuesday we spruce up our chapel before the 7pm service.

Tuesday 16th January: Payment deadline for Shoalwater March 23-25 silent retreat. \$255 covers accommodation and all meals. To register, please contact Retreat Coordinator Nicola Ohly- Smith (ohly-smith@live.com.au) or call 0400 410 800.

Saturday 20th January: New Year's get-together at Mannie and Ana's, from 6pm. A day to make something delicious to share for dinner, don our Indian clothing and enjoy sweet fellowship. A purely social occasion (apart from saying grace!) and newcomers, friends and family members are most welcome. Details available from the Greeter.

Dress code for summer: We thank you for dressing respectfully at the Temple.