

September Newsletter 2017

Perth Meditation Group of Self Realization Fellowship



Lahiri Mahasaya

Mahasamadhi and Birthday Commemorations

"The Birthday or Mahasamadhi of a God-realized soul should not be belittled as merely social ceremony. It is a deeply spiritual occasion on which the vibrations of blessing from an illumined Master are stronger than on other days in the year, for in the astral world also, a celebration is taking place. Devotees who attend these ceremonies with the right attitude will reap spiritual benefits and will find their high resolutions strengthened."

Paramahansa Yogananda.

Sunday 3 September, 8am-11am: (Father's Day.) Long Meditation*. On the first Sunday of each month, we meditate for three hours. If this feels too challenging, then join us at 9 or 10am during the chanting periods, which are on the hour.

Tuesday 12 September, 5.45pm: We'd love it if you can help us **clean our chapel** on the second Tuesday of each month, before the 7pm evening service.

Saturday 23 September, 6-9pm: Autobiography of a Yogi Quiz Night: It's been a while, so time to re-read Paramahansa Yogananda's autobiography, or listen to actor Ben Kingsley read it on CD while driving around. Always a fun way to celebrate the book that changed all our lives! Please bring vegetarian food or juice to share.

Sunday 24 September, from 11am: Mini Busy Bee: Can you spare one hour after the Readings Service?

Tuesday 26 September, 7-9pm: Lahiri Mahasaya Mahasamadhi Commemoration. **"The Christlike Life of Lahiri Mahasaya, Autobiography of a Yogi", by Paramahansa Yogananda** *"Always remember that you belong to no one, and no one belongs to you. Reflect that someday you will suddenly have to leave everything in this world, so make the acquaintance of God now."* A reverent ceremony, honouring the remarkable life and unique passing of the householder Yogi who made Kriya Yoga's sacred science available to us all.

Saturday 30 September, 7-9pm: Lahiri Mahasaya Birthday Commemoration. Another golden opportunity to deepen our attunement and reap spiritual blessings. If planning to attend either of these Commemorations, please bring a flower offering and a donation in an envelope.

Tuesday 14 November, 6-10pm: Self Realization Fellowship Monastic **Brahmchari Jason** visits our Perth Group. The schedule is 6 to 6.30pm, Energization Exercises Review, 6.30 to 7.20 group Meditation, a break from 7.20 to 7.30, then a workshop: **"Creating a Fun and Positive Environment"** from 7.30 till 9pm. Refreshments from 9pm till 9.45. All are welcome A **"Monastic Visit"** donation basket in the Temple will help defray costs. Cheques should be made payable to Perth Meditation Group. Direct Debit details: BSB 016-008 Acc. 641995853. Please write **Monastic Visit** in the subject line. Thanks all.

***The Value of Long Meditation:** In one of Sri Daya Ma's recorded talks, she said *"Once a week, go to your room, and from 6pm until midnight, be alone with God. Can you do it? It will make Daya Ma very happy, for I know its value."* Please consider joining us on the first Sunday of each month, from 8 till 11am, or on Friday nights, any time between 6 and 10pm, if even for an hour or two. On Fridays, please knock on the back door at 6, 7, 8 or 9pm if you don't have a key. We energize together at 6pm, and chant on the hour.