

Spiritual strength may be gained by meditating regularly with others. The united effort of a group makes it easier for each one to commune with God, and draw His blessings. "As a rope formed of many fibers is stronger than a single strand, so members of a group, by uniting their efforts, strengthen their meditations.

- Paramahansa Yogananda -

READING SERVICES

The hour-long 'Reading' Service each Sunday includes passages from the scripture interpretations and other writings of Paramahansaji. These readings, together with devotional 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. Once during each Calendar of Services the Compassionate Prayer Service is held, immediately following on from the Reading Service, and concluding at about 12.15pm.

EARLY MEDITATION SERVICES

The early meditation service is a three-hour service, which allows Self-Realization Fellowship students to practice together the methods of concentration and meditation as taught by Paramahansaji in the SRF Lessons. The service consists of three extended periods of silent meditation, which are interspersed with periods of devotional chanting. You may enter or leave during periods of chanting, so as not to disturb meditating devotees.

PRAYER SERVICES

Uniting with Prayer Circles which meet regularly in all SRF temples, the prayer service allows devotees to pray for world peace and to pray for all those who request healing of physical illness, mental in-harmony, and spiritual ignorance. Devotees may also pray for their loved ones, as well as for divine aid in overcoming their personal difficulties. The group then practices the healing technique taught by Paramahansaji, which is explained in the free booklet, 'Worldwide Prayer Circle'.

COMMEMORATION SERVICES

A Special Commemoration Service is held to honour each Birthday and Mahasamadhi of the Self-Realization Fellowship line of Gurus. 'Mahasamadhi' means 'great ecstasy', the union of the soul with the Infinite during a God-realized yogi's final exit from the physical body. Paramahansaji said that such celebrations are a great spiritual occasion on which the vibrations of blessing from an illumined Master are stronger than on other days of the year.

For '**Birthday**' & '**Mahasamadhi**' Services, please bring along a flower to be offered as a symbol of devotion to God and the SRF Gurus. In addition to the flower, please bring along a donation in an envelope as a symbol of loyalty and faithfulness to the cause of SRF. This offering is sent to the SRF Mother Center to be used for sharing the sacred teachings of Yogananda with other truth-seeking souls.

Weeknight Gita Study Group - * now available on Skype

The Gita Study Group includes meditation, chanting, and reading of Paramahansa Yogananda's new translation of, and commentary on, the Bhagavad Gita.

First three Wednesdays of the month from 7pm to 8:30pm,

65 Vaughan Street, Mt Gravatt.

* Please see Shane for Skype details



Self-Realization Fellowship Brisbane Meditation Group

Self-Realization Fellowship - founded by Paramahansa Yogananda in 1920.

INTERNATIONAL HEADQUARTERS

3880 San Rafael Avenue
Los Angeles
California, USA. Zip 90065

Tel: 0011-1-323-225-2471

Website: www.yogananda-srf.org

ENQUIRIES

Post: PO Box 161 Kenmore,
QLD 4069

VENUE

457 Brookfield Road
(Second entrance, 150m past
main entrance),
Kenmore Hills, Brisbane,
Queensland 4069.

COORDINATOR

Mahesh Narotam
Tel: 07 3261 1515

Email: srfbristbane@gmail.com

Website:
www.srf-brisbane.com.au

SCHEDULE OF SERVICES

Sunday * Early Meditation Service 7am - 10.05am
Last Sunday of Month Guided Meditation 7am - 10.05am
Sunday Prayer Service 10.05am - 10.30am
Energization Exercises (self conducted) 10.40am
Sunday Reading Service 11am - 12noon

*First three Wednesdays of the Month
Gita Study Group at Mt Gravatt 7pm - 8.30pm*

* You are welcome to enter on the hour during periods of chanting.

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CALENDAR OF SERVICES

(July 2017 to October 2017)

SUNDAY 11.00 am SERVICES

July 2017	Sunday 2nd	The Most Tempting Temptation
	Sunday 9th	Practical Methods for Spiritual Growth
	Sunday 16th - #	Reincarnation
	Sunday 23rd	Babaji's Commemoration Day - Special Service
	Sunday 30th	Cultivate Your Desire for God
Aug 2017	Sunday 6th	Harmonizing Work and Meditation
	Sunday 13th	Gaining the Wealth of Inner Happiness
	Sunday 20th - #	Janmashtami (Birth of Bhagavan Krishna) - Special Service - to be followed by a kirtan at 12.15pm - 2pm.
	Sunday 27th	The Soul's Three Encasements
Sept 2017	Sunday 3rd	Finding God in Family Life (<i>Fathers Day</i>)
	Sunday 10th	Receiving God's Answers to Your Prayers
	Sunday 17th - #	Why God Does Not Stop War (<i>United Nations Day of Peace is 21 Sept</i>)
	Sunday 24th	Lahiri Mahasaya's Mahasamadhi - Special Service
Oct 2017	Sunday 1st	Lahiri Mahasaya's Birthday - Special Service
	Sunday 8th	Attunement with a True Guru
	Sunday 15th - #	Limited and Unlimited Methods of Healing
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	Sunday 22nd	Man - The Image of God
Sunday 29th	Meditation - The Transcendental Way to God	

= Sunday School dates : C = Compassionate Prayer Service

BOOKROOM - Please visit the bookroom at the back of the chapel for free literature, and new & old publications.

So that we can keep you up to date with group notices, please send in your email address & updated contact details to:

Mahesh: Tel 07 3261 1515 or Email: srfbrisbane@gmail.com.

Website: www.srfbrisbane.com.au

SPECIAL & EXTRA SERVICES

Sun 23rd	July	* Mahavatar Babaji's Commemoration Day	11am
Sun 20th	Aug	* Janmashtami (Birth of Bhagavan Krishna) - to be followed by a kirtan	11am - noon 12.15pm - 2pm
Sun 24th	Sept	* Lahiri Mahasaya's Mahasamadhi	11am
Sun 1st	Oct	* Lahiri Mahasaya's Birthday	11am
Last Sunday of the Month - Guided Meditation -			7am - 10.05am
First three Wednesdays of the month - Evening Gita Study Group 65 Vaughan Street, Mt Gravatt			7pm - 8.30pm
* Please bring a flower and a donation in a sealed envelope			

"When you are calm and at peace within, you love everyone and feel friendly toward all. This is the harmony God intended for His creation"
- Paramahansa Yogananda -

GROUP ACTIVITIES

Saturday 12th August	Convocation Day Silent Retreat at Kenmore Temple	8am - 4pm. BYO lunch. Tea and coffee will be provided.
Sunday 10th September	+ Social & Working Bee	Noon
Sunday 1st October	+ 20th Anniversary of BMG at Kenmore Temple	Noon
Sunday 8th October	+ Social & General Meeting	Noon
1st Sunday of the month	^ Group Fellowship	Noon

^ Light snacks provided

+ Please bring along a plate of vegetarian food to share.

All are welcome to the group's activities, with family and friends.

"The true state of meditation is oneness of the meditator with the object of meditation, God."

- Paramahansa Yogananda -