

*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.

### 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 '*Birthdays*' & '*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 \* 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](http://www.yogananda-srf.org)

### ENQUIRIES

Post: P.O. 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:** [srfbrisbane@gmail.com](mailto:srfbrisbane@gmail.com)

**Website:**  
[www.srf-brisbane.com.au](http://www.srf-brisbane.com.au)

## SCHEDULE OF SERVICES

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

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

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

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## CALENDAR OF SERVICES (July 2018 to October 2018) SUNDAY 11.00 am SERVICES

<b>July 2018</b>	Sunday 1st	Seeing God as the Sole Doer
	Sunday 8th	Ascending to Perfection in God
	Sunday 15th - #	The Root-Cause of Suffering
	Sunday 22nd	<b>Babaji's Commemoration - Special Service</b>
	Sunday 29th	The Power of Intuition
<b>Aug 2018</b>	Sunday 5th	The Hiding Place of God
	Sunday 12th	The Treacherous Path of Evil
	Sunday 19th - #	Meditation is the Path to God
	Sunday 26th	How to Spiritualize Business (Reading for Fathers Day)
<b>Sept 2018</b>	Sunday 2nd	<b>Janmashtami (Birth of Bhagavan Krishna) - Special Service</b>
	Sunday 9th	Learn to Control Your Mind
	Sunday 16th - #	Building World Unity (UN Day of Peace is 21st Sept)
	Sunday 23rd	<b>Lahiri Mahasaya's Mahasamadhi - Special Service</b>
	Sunday 30th	<b>Lahiri Mahasaya's Birthday - Special Service</b>
<b>Oct 2018</b>	Sunday 7th	Be a Smile Millionaire
	Sunday 14th	Man - God's Highest Creation
	Sunday 21st - # - C	Healing Body, Mind, and Soul - following on from 11am service until 12.15pm
	Sunday 28th	A Yogi-Christ and His Way to Salvation

# = 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 22nd	July	* Mahavatar Babaji's Commemoration Day	11am
Sun 2nd	Sept	* Janmashtami (Birth of Bhagavan Krishna)	11am - noon
Sun 23rd	Sept	* Lahiri Mahasaya's Mahasamadhi	11am
Sun 30th	Sept	* Lahiri Mahasaya's Birthday	11am
<b>* Please bring a flower and a donation in a sealed envelope</b>			
Last Sunday of the Month - Guided Meditation			7 am - 10.05 am
First three Wednesdays of the month - Evening Gita Study Group, 65 Vaughan Street, Mt Gravatt.			7 pm - 8.30 pm

***"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

Sun 16th Sept	+ Social & Working Bee	Noon
Sun 30th Sept	<b>Silent Retreat Day at Kenmore Temple</b>	<b>8am-4pm. BYO lunch.</b> Tea and coffee will be provided.
Sun 14th Oct	+ Social & General Meeting	Noon
Fri 19th Oct	DVD Night : 65 Vaughan Street,	Mt Gravatt - 6.30pm
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 -