

*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

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.**



## 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

Postal:

PO Box 161, Kenmore, QLD 4069

### VENUE

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

### COORDINATOR

Jon Duncan

Tel: 0438 450 606

**Email:** [srfbristbane@gmail.com](mailto:srfbristbane@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

(March 2019 to June 2019)

## SUNDAY 11.00 am SERVICES

<b>March</b> 2019	Sunday 3rd	<b>Paramahansa Yogananda's Mahasamadhi Service</b> <b>Swami Sri Yukteswar's Mahasamadhi Service</b> Faith, Belief and Wisdom Power to Light Your Way
	Sunday 10th	
	Sunday 17th - #	
	Sunday 24th	
<b>April</b> 2019	Sunday 7th	Three Kinds of Heaven How Active Westerners can Realize God The True Significance of Resurrection (Easter Day) The Necessity of Religion
	Sunday 14th	
	Sunday 21st - #	
	Sunday 28th	
<b>May</b> 2019	Sunday 5th	The Mother Aspect of God (Mother's Day - 12th May) <b>Swami Sri Yukteswar's Birthday Service</b> The Way to Be Happy at Will The Cosmic Awareness of Saints
	Sunday 12th	
	Sunday 19th - #	
	Sunday 26th	
<b>June</b> 2019	Sunday 2nd	Regain Your Divine Heritage Creating and Destroying Habits at Will Yoga - The Divine Science (International Day of Yoga - 21st June) The Secret of Spiritual Success Healing by God's Unlimited Power
	Sunday 9th	
	Sunday 16th - #	
	Sunday 23rd	
	Sunday 30th - C	

# = Sunday School dates : C = Compassionate Prayer Service

## SPECIAL & EXTRA SERVICES

Sun 3rd	Mar	* <b>Paramahansa Yogananda's Mahasamadhi</b>	11 am
Sun 10th	Mar	* <b>Swami Sri Yukteswar's Mahasamadhi</b>	11 am
<b>Thurs 28th</b>	<b>Mar</b>	<b>Monastic Visit Service at Kenmore Temple</b>	6 pm - 7 pm
<b>Sun 31st</b>	<b>Mar</b>	<b>Inspirational Service at Convention Centre</b>	9.30 am - 10.30 am
Fri 19th	Apr	<b>Good Friday Service</b>	2 pm - 3 pm
Sun 21st	Apr	<b>Easter Sunrise Service</b>	6 am - 7 am
Sun 12th	May	* <b>Swami Sri Yukteswar's Birthday Service</b>	11 am

**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

\* 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

Sunday 17th March	+ Social & M.V. Meeting	Noon
Sunday 24th March	+ Social & Working Bee	Noon
<b>Fri 29th Mar to Sun 31st Mar</b>	<b>Monastic Visit</b>	<b>Events as per Program</b>
Sunday 19th May	+ Social & General Meeting	Noon
<i>1st Sunday of the month</i>	<i>^ Group Fellowship</i>	<i>Noon</i>

*^ 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 -**

**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