

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.



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.org

BRISBANE 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
Website:
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

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

CALENDAR OF SERVICES

(July 2019 to October 2019)

SUNDAY 11.00 am SERVICES

July 2019	Sunday 7th	Peace: the Altar of Heaven
	Sunday 14th	The Place of Money in the Spiritual Life
	Sunday 21st - #	What Is Love?
	Sunday 28th	Mahavatar Babaji's Commemoration Day - Special Service
Aug 2019	Sunday 4th	Anchor Yourself in God
	Sunday 11th	Good Books: Aids on the Spiritual Path
	Sunday 18th - #	Why Our Loved Ones Die
	Sunday 25th	Janmashtami (Birth of Bhagavan Krishna) - Special Service
Sept 2019	Sunday 1st	Ideals for a Balanced Education
	Sunday 8th	The Universe: God's Magic Drama
	Sunday 15th - #	Spiritual Foundations of World Brotherhood (21st Sept is International UN Day of Peace)
	Sunday 22nd	Lahiri Mahasaya's Mahasamadhi - Special Service
	Sunday 29th	Lahiri Mahasaya's Birthday - Special Service
Oct 2019	Sunday 6th	Attuning Your Life to God's Abundance
	Sunday 13th	How You Can Talk With God
	Sunday 20th - #	Yoga Methods for Proving Reincarnation
	Sunday 27th - C	Beholding God Amidst Life's Dualities

= 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:
srfbrisbane@gmail.com.

Website: www.srf-brisbane.com.au

Facebook: SRF Meditation Group ~ Self-Realization Fellowship

SPECIAL & EXTRA SERVICES

Sun 28th	July	* Mahavatar Babaji's Commemoration Day	11 am
Sun 25th	Aug	* Janmashtami (Birth of Bhagavan Krishna)	11 am
Sun 22nd	Sept	* Lahiri Mahasaya's Mahasamadhi	11 am
Sun 29th	Sept	* Lahiri Mahasaya's Birthday	11 am

Last Sunday of the Month - Guided Meditation, except for Sunday 25th August (Janmashtami)

* Please bring a flower and a donation in a sealed envelope

7 am - 10.05 am

"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

General Meetings:

- . Sun 14th July
- . Sun 11th August
- . Sun 15th September

(Three 'Incorporation' Meetings)

- 'Rules of Incorporation'
- 'Responsibilities & Obligations of Incorporation'
- 'Silent Vote regarding Incorporation'

Noon - BYO lunch
Noon - BYO lunch
Noon - BYO lunch

Socials:

Sun 18th August	+ Social and Working Bee	Noon
Sun 20th October	+ Social	Noon

+ 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 -