

*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 -*



# Self-Realization Fellowship Brisbane Meditation Group

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

## 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 - 7pm to 8.30pm

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

*Every Wednesday until 18th Dec, restarting 15th Jan - 3/27 Napier Street, Ascot or by video conference. Please contact Jon on 0438 450 606, or email [srfbrisbane@gmail.com](mailto:srfbrisbane@gmail.com) for further details.*

## 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: 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:** [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 .....7.00 am - 10.05 am  
**Last Sunday of Month Guided Meditation** .....7.00 am - 10.05 am  
**Sunday Prayer Service** .....10.05 am - 10.30 am  
**Energization Exercises** (self conducted) .....10.40 am  
**Sunday Reading Service** .....11.00 am - 12 noon

*Gita Study Group:  
Every Wednesday of the month.....7.00 pm - 8.30 pm*

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

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## CALENDAR OF SERVICES (November 2019 to February 2020) SUNDAY 11.00 am SERVICES

<b>Nov 2019</b>	Sunday 3rd	The Steps That Lead to God
	Sunday 10th	A Deathless Avatar
	Sunday 17th - #	Bring Forth Your Divine Nature
	Sunday 24th	Giving Thanks for Life's Blessings
<b>Dec 2019</b>	Sunday 1st	Creation and Man
	Sunday 8th - #	Make Your Mind a Temple of God
	<b>Sunday 15th</b>	<b>All Day Christmas Meditation</b>
	Sunday 22nd	Celebrating Christmas in the Silence of the Soul
	Sunday 29th	No Services
<b>Jan 2020</b>	<b>Sunday 5th</b>	<b>P.Y. Birthday - Special Service</b>
	<b>Sunday 12th</b>	<b>P.Y. Commemorative 6hr Meditation</b>
	<b>Sunday 19th</b> (Open Day)	<b>An Introduction to Meditation and Balanced Living as taught by Paramahansa Yogananda</b>
	Sunday 26th	Controlling Your New Year's Destiny
<b>Feb 2020</b>	Sunday 2nd	Karma - The Law of Cosmic Justice
	Sunday 9th	Man's Highest Conception of God
	Sunday 16th - #	Realising God in Your Daily Life
	Sunday 23rd - C	Divine Selfishness - Serving Oneself in All

# = 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](mailto:srfbrisbane@gmail.com).***

Website: [www.srfbrisbane.com.au](http://www.srfbrisbane.com.au)

Facebook: SRF Meditation Group ~ Self-Realization Fellowship

## SPECIAL & EXTRA SERVICES

Sun	15th Dec	^ All Day Christmas Meditation	8 am - 4 pm
Sun	5th Jan	* P.Y. Birthday - Special Service	11 am
Sun	12th Jan	# P.Y. 6hr Commemorative Meditation	8 am - 2 pm

*Last Sunday of the Month - Guided Meditation -*

Gita Study Group - every Wed until 18th Dec, restarting 15th Jan - 3/27 Napier Street, Ascot or by video conference. For further details please contact Jon 0438 450 606 or email [srfbrisbane@gmail.com](mailto:srfbrisbane@gmail.com).

- ^ Please bring a fruit offering and a donation in a sealed envelope
- \* Please bring a flower and a donation in a sealed envelope
- # Please bring a devotional fruit offering

*“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	17th Nov	+ Social and Working Bee	Noon
Sun	24th Nov	General Meeting - BYO lunch	12 - 1pm
Sun	8th Dec	+ Christmas Social	Noon
<b>Sun</b>	<b>19th Jan</b>	<b>Open Day - further details to be advised.</b>	
Sun	2nd Feb	+ Social and AGM	Noon
Sun	16th Feb	+ Social and Working Bee	Noon

**Feb 2020 Center Department Visit:**

**Proposed dates are Tues 25th Feb until Thurs 27th Feb.**

**Final dates are yet to be confirmed by Mother Center.**

+ 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 -