

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 SRF 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 also 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.

Wednesdays 7pm to 8:30pm - by video conference. For further details please contact Jon on 0438 450 606 or email srfbrisbane@gmail.com.



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: srfbrisbane@gmail.com

Website:

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 am - 12 noon

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

**Gita Study Group - Every Wednesday of the Month -
by Video Conference** **7.00 pm - 8.30 pm**

CALENDAR OF SERVICES

(March 2020 to June 2020)

SUNDAY 11.00 am SERVICES

March 2020	Sunday 1st	Loyalty is the Greatest Law
	Sunday 8th	Paramahansa Yogananda's Mahasamadhi Service
	Sunday 15th - #	Swami Sri Yukteswar's Mahasamadhi Service
	Sunday 22nd	The Light of Truth Eternal
	Sunday 29th	Your True Self: The Immortal Soul
April 2020	Sunday 5th	The Art of Devotional Singing
	Sunday 12th	The Resurrection of Christ Within You (Easter Day)
	Sunday 19th - #	Ways to Overcome Nervousness
	Sunday 26th	Practicing Yoga in World Affairs
May 2020	Sunday 3rd	God's Nature in the Mother
	Sunday 10th	Swami Sri Yukteswar's Birthday Service
	Sunday 17th - #	Freedom from Habit Slavery
	Sunday 24th	The Universality of Religion
	Sunday 31st	Finding the Joy in Life
June 2020	Sunday 7th - C	How to Overcome Fear
	Sunday 14th	The Nature of a Master
	Sunday 21st - #	No Service - Showing of 'Awake' The Movie
	Sunday 28th	Kriya Yoga - Royal Science of Realization

= 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 8th	Mar	* Paramahansa Yogananda's Mahasamadhi	11 am
Sun 15th	Mar	* Swami Sri Yukteswar's Mahasamadhi	11 am
Fri 10th	Apr	Good Friday Service	2 pm - 3 pm
Sun 12th	Apr	Easter Sunrise Service	6 am - 7 am
Sun 10th	May	* Swami Sri Yukteswar's Birthday Service	11 am
Last Sunday of the Month - Guided Meditation -			7 am - 10.05 am
Every Wednesday: Evening Gita Study Group - by video conference.			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 22nd March	+ Social & Working Bee	Noon
Sunday 31st May	+ Social & General Meeting	Noon
Sunday 21st June	Showing of 'Awake' The Movie, followed by lunch, which will be provided.	11 am

+ 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 -