

Welcome to Our Services

Thursday Inspirational and Prayer Service

The Inspirational Service includes readings taken from the teachings of Paramahansa Yogananda, devotional chanting, and two short meditation periods up to 10 and 20 minutes each. During the prayer Service portion, a few moments are spent in silent prayer for others and for world peace before the Healing Technique is performed. The power of prayer as well as the principles and practice of the Healing Technique used in the Prayer Service are described in the free booklet, *Worldwide Prayer Circle*.

Saturday Meditation Service

This service offers opportunity for extended periods of meditation, generally from 20 to 60 minutes each, with devotional chanting. Devotees who cannot stay for the whole service may leave quietly during a chant.

Sunday Unconducted Meditation

This service consists of 45 minutes of silent meditation. There is no service reader.

Sunday Readings Service

This service includes scriptural readings from the Bible and the Bhagavad-Gita with Paramahansa Yogananda's commentaries, stories, a devotional reading, and a main reading. Also included are three short periods of silent meditation up to 10 minutes each, a healing affirmation, and devotional chanting.

Commemoration Service (see *Special Services*)

This traditional ceremony is an occasion to offer one's heartfelt love and devotion to God and the SRF guru being commemorated. All are welcome who are well enough acquainted with SRF teachings to appreciate the significance of the guru-disciple relationship and to participate in the service with sincerity and reverence. This service is preceded by a Meditation Service with chanting and one period of meditation lasting up to 40 minutes.

Group Study of the SRF Lessons

All SRF Lessons students are welcome to attend. Some devotees prefer group study to studying alone, as being part of a study group guarantees that at least one hour per week is devoted to systematic study of the lessons. Members take turns reading aloud. After each paragraph, there is a moment's pause for contemplation and absorption. There is no interpretation or discussion.

SERVICE HOURS

The chapel opens 20 minutes before each service

Sunday	10:00 – 10:45 am 11:00 – 12:00 noon	Unconducted Meditation Readings Service
Tuesday	7:30 – 8:30 pm	Group Study of SRF Lessons (for SRF Lessons students)
Thursday	8:00 – 9:15 pm	Inspirational & Prayer Service

First Saturday of each month (except December & January)

No evening Meditation Service
10:00 am – 4:00 pm 6-hour Meditation Service
There is an intermission at 1:00 pm so those who can attend only the second half may enter quietly.

Third Saturday of each month

10:00 am – 1:00 pm 3-hour Meditation Service
No evening Meditation Service

Second, Fourth, & Fifth Saturday of each month

6:00 pm – 9:00pm 3-hour Meditation Service

SUNDAY SERVICE TOPICS

Apr 02	Life Energy – The Power That Heals	III:15
Apr 09	The Balanced Life	III:16
Apr 16	The Easter Message of Immortality	III:13
Apr 23	Increasing the Power of Initiative	III:17
Apr 30	The Dream Fabric of Life	III:18
May 07	The Oneness of Religion	III:20
May 14	Mothers: Manifestations of God's Love	III:19
May 21	Eliminating the Static of Fear From the Mind Radio	III:21
May 28	Self-Analysis: Key to the Mastery of Life	III:22
Jun 04	Four Fundamental Ways to Realize God	III:23
Jun 11	Spiritual Marriage	III:24
Jun 18	Seeing God as the Doer	III:25
Jun 25	Building World Unity	III:26

*"Teach me to fish for Thee in the deepest waters of my soul."
- Metaphysical Meditations by Paramahansa Yogananda.*

SPECIAL SERVICES

- Apr 14 **Good Friday Meditation Service**
 1:00 – 3:00 pm
 Monetary offering optional
- Apr 16 **Easter Sunrise Meditation Service**
 8:00 – 9:00 am
 Monetary offering optional
- May 10 **Birthday of Swami Sri Yukteswar**
 7:00 – 7:45 pm Meditation Service
 8:00 – 9:00 pm Commemoration Service
 Please bring a monetary offering in an envelope & a flower.

Monetary offerings for all special services are sent to Mother Center

OTHER EVENTS

- Apr 16 Easter Brunch, chapel, 9:00 – 10:30 am
- Jun 09 – 11 Seattle Center's monastic-led retreat, Seabeck, WA

**For more about services, cancellations, & socials,
see Month-at-a-Glance Calendar**

THE GURU'S PROMISE

“Those who come to the Self-Realization Fellowship services regularly, not attracted merely by the talks but seeking inward spiritual help, shall receive what they seek from God. I want them to know that whether they come now, while I am in the body, or afterward, the power of God shall flow into them just the same, and shall be the cause of their salvation.

“So come regularly. I know that those who do so have changed; I can see it in their eyes and faces. In that regularity and steadiness you shall find God-realization.”

-Paramahansa Yogananda

Victoria Meditation Group
of
Self-Realization Fellowship

Calendar of Services

APRIL-MAY-JUNE
2017

Victoria Meditation Group of SRF
202-2504 Government St
Victoria BC V8T 4P7 Canada
(entrance on Bay St)

website: www.victoriameditationgroup.org
e-mail: info@victoriameditationgroup.org
phone: 250-984-7946