

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.

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
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

Oct 01	Live in Constant Remembrance of God	III:40
Oct 08	Healing Body, Mind, and Soul	III:41
Oct 15	How to Read Character	III:42
Oct 22	The Scientific Art of Living	III:43
Oct 29	Yoga for Westerners	III:44
Nov 05	How to Dissolve the Causes of War	III:45
Nov 12	Inner Resources of Health and Energy	III:46
Nov 19	How to Attune with Divine Will	III:47
Nov 26	Understanding the Unreality of Matter	III:48
Dec 03	The Three Instruments of Knowledge	III:49
Dec 10	Four Kinds of Men	III:50
Dec 17	Finding the Joy in Life	I:49
Dec 24	Happiness Through Attunement with Christ	III:51
Dec 31	Higher Achievements in the New Year	III:52

*"On the throne of silent thoughts the God of peace is directing my actions today."
- Metaphysical Meditations by Paramahansa Yogananda.*

SPECIAL SERVICES

- Dec 16 **All-Day Christmas Meditation Service**
 10:00 am – 6:00 pm
Please bring a monetary offering in an envelope & a fruit offering
- Dec 17 Christmas Potluck social
 Noon
- Dec 31 **New Year's Eve Meditation Service**
 10:30 pm – 12:30 am
Optional monetary offering in an envelope

OTHER EVENTS

- Oct 27 – 29 Victoria Meditation Group Retreat
 Bethlehem Centre, Nanaimo, BC
- Oct 28 Saturday evening meditation service at the Victoria Chapel is cancelled.
- Nov 05 Daylight Savings Time ends.
 Set clock back 1 hour at 2 am.

**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

October, November, December
2017

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(entrance on Bay St)

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