

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 – 9:00 pm 3-hour Meditation Service	

SUNDAY SERVICE TOPICS

July 01	Spiritual Foundations of World Brotherhood	1:26
July 08	Yoga Methods for Proving Reincarnation	1:27
July 15	The Steps That Lead to God	1:28
July 22	A Deathless Avatar	1:29
July 29	Beholding God Amidst Life's Dualities	1:30
Aug 05	Bring Forth Your Divine Nature	1:31
Aug 12	Creation and Man	1:32
Aug 19	Yoga – The Divine Science	1:33
Aug 26	Make Your Mind a Temple of God	1:34
Sep 02	Divine Selfishness – Serving Oneself in All	1:35
Sep 09	Karma – The Law of Cosmic Justice	1:36
Sep 16	Man's Highest Conception of God	1:37
Sep 23	Realizing God in Your Daily Life	1:38
Sep 30	Loyalty Is the Greatest Law	1:39

*"I will always behold in my life the perfect, healthy, all-wise,
all-blissful image of God."*

-- Metaphysical Meditations by Paramahansa Yogananda

SPECIAL SERVICES

- July 25 **Mahavatar Babaji Commemoration Day***
7:00 – 7:45 pm Meditation Service
8:00 – 9:00 pm Commemoration Service
- Sept 2 **Janmashtami** (Birthday of Bhagavan Krishna)*
7:00 – 7:45 pm Meditation Service
8:00 – 9:00 pm Commemoration Service
- Sep 26 **Mahasamadhi of Lahiri Mahasaya***
7:00 – 7:45 pm Meditation Service
8:00 – 9:00 pm Commemoration Service
- Sep 30 **Birthday of Lahiri Mahasaya***
7:00 – 7:45 pm Meditation Service
8:00 – 9:00 pm Commemoration Service

*Please bring a monetary offering in an envelope and a flower.
Monetary offerings for all special services are sent to Mother Center.

OTHER EVENTS

- Aug 05 – Aug 11 Convocation, Los Angeles CA
- Aug 09 Center Representatives' Conference,
Bonaventure Hotel LA
- Sept 08 - 10 Vancouver Group's annual silent retreat, Mission, BC

**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.”

Victoria Meditation Group
of
Self-Realization Fellowship

Calendar of Services

July, August, September
2018

Victoria Meditation Group of SRF
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(entrance on Bay St)

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