

## 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*

<b>Sunday</b>	10:00 – 10:45 am 11:00 – 12:00 noon	Unconducted Meditation Readings Service
<b>Thursday</b>	8:00 – 9:15 pm	Inspirational & Prayer Service
<b>First Saturday of each month (except December &amp; January)</b>		
	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.	
<b>Third Saturday of each month</b>		
	10:00 am – 1:00 pm	3-hour Meditation Service
	No evening Meditation Service	
<b>Second, Fourth, &amp; Fifth Saturday of each month</b>		
	6:00 pm – 9:00pm	3-hour Meditation Service

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## SUNDAY SERVICE TOPICS

Oct 07	Giving Thanks for Life's Blessings	1:46
Oct 14	How to Overcome Fear	1:41
Oct 21	Your True Self – The Immortal Soul	1:42
Oct 28	The Art of Devotional Singing	1:43
Nov 04	Ways to Overcome Nervousness	1:44
Nov 11	Practicing Yoga in World Affairs	1:45
Nov 18	The Light of Truth Eternal	1:40
Nov 25	Freedom From Habit Slavery	1:47
Dec 02	Universality of Religion	1:48
Dec 09	Finding the Joy in Life	1:49
Dec 16	The Nature of a Master	1:50
Dec 23	Celebrating Christmas in the Silence of the Soul	1:51
Dec 30	Controlling Your New Year's Destiny	1:52

*"Heavenly Father, fill my veins with Thine invisible rays, making me strong and tireless"  
- Metaphysical Meditations by Paramahansa Yogananda.*

## SPECIAL SERVICES

- Dec 15     **All-Day Christmas Meditation Service**  
                  10:00 am – 6:00 pm  
Please bring a monetary offering in an envelope & a fruit offering
- Dec 16     Christmas Potluck social  
                  Noon
- Dec 31     **New Year's Eve Meditation Service**  
                  10:30 pm – 12:30 am  
Optional monetary offering in an envelope
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## OTHER EVENTS

- Oct 12 – 14   Victoria Meditation Group Retreat  
                  Bethlehem Centre, Nanaimo, BC
- Oct 13     Saturday evening meditation service at the Victoria Chapel is cancelled.
- Nov 04     Daylight Savings Time ends.  
                  Set clock back 1 hour at 2 am.

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

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## 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  
2018

Victoria Meditation Group of SRF  
202-2504 Government St  
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*(entrance on Bay St)*

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