

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

Jan 06	Kriya Yoga – The Royal Science of Realization	II:1
Jan 13	The Art of Developing Memory	II:2
Jan 20	Why Life's Tests Are Thrust Upon Us	II:3
Jan 27	Making the Most of Sundays	II:4
Feb 03	Unite Your Will With the Infinite	II:5
Feb 10	Satan – The Cosmic Magician	II:6
Feb 17	The Inner Meaning of Self-Realization	II:7
Feb 24	Curing Psychological Intoxication	II:8
Mar 03	Guru – Channel of Eternal Blessings	II:9
Mar 10	Awaken Your Power to Be Happy	II:10
Mar 17	The Meaning of Reincarnation	II:11
Mar 24	Get Acquainted with God	II:12
Mar 31	Healing by Knowing the Nature of Creation	II:13

“Teach me to know that Thou art the power that keeps me healthy,
prosperous and seeking Thy truth.”

- *Metaphysical Meditations by Paramahansa Yogananda.*

SPECIAL SERVICES

- Jan 05 **Birthday of Paramahansa Yogananda**
7:00 – 7:45 pm Meditation Service
8:00 – 9:00 pm Commemoration Service
Please bring a monetary offering in an envelope & a flower
- Jan 12 **Paramahansa Yogananda Commemorative Meditation**
10:00 am – 4:00 pm Meditation Service
Please bring a fruit offering. Monetary offering optional
- Mar 07 **Mahasamadhi of Paramahansa Yogananda**
7:00 – 7:45 pm Meditation Service
8:00 – 9:00 pm Commemoration Service
Please bring a monetary offering in an envelope & a flower
- Mar 09 **Mahasamadhi 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

- Mar 10 Daylight Savings Time begins.
Set clock forward 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

January, February, March
2019

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

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