

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 – 1:00 pm 3-hour Meditation Service
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 07	The Science of Kriya Yoga	11:27
July 14	Whence Comes Happiness?	11:28
July 21	Laws of Love and Truth	11:29
July 28	What is the Soul?	11:30
Aug 04	Devotion That Touches God	11:31
Aug 11	Surmounting Life's Troubles	11:32
Aug 18	Proof of the Existence of God	11:33
Aug 25	Health Through Union With Cosmic Life	11:34
Sep 01	Man's Greatest Duty – To Remember God	11:35
Sep 08	What is Salvation?	11:36
Sep 15	Life – A Cosmic Motion Picture	11:37
Sep 22	Hastening Human Evolution	11:38
Sep 29	Finding God in Family Life	11:39

*"I will cultivate calmness of mind, knowing God is ever with me.
I am Spirit!"*

-- 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
- Aug 24 **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 04 – 10 Convocation, Los Angeles CA
- Sep 13 – 15 Victoria Meditation Group retreat,
Bethlehem Centre, Nanaimo 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.”

- Paramahansa Yogananda

Victoria Meditation Group
of
Self-Realization Fellowship

Calendar of Services

July, August, September
2019

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

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