

## SPECIAL SERVICES

- Apr 10      **Good Friday**  
Meditation service from 1:00pm to 3:00pm
- Apr 12      **Easter Sunrise Meditation Service**  
8:00 – 9:00 am  
Monetary offering optional
- May 10      **Birthday 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

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## OTHER EVENTS

- Apr 12      Easter Brunch, chapel, 9:00 – 10:30 am
- Jun 5 - 7      Seattle Center's monastic-led retreat, Seabeck, WA

**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*

April - May - June  
2020

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

**website:** [www.victoriameditationgroup.org](http://www.victoriameditationgroup.org)  
**e-mail:** [info@victoriameditationgroup.org](mailto:info@victoriameditationgroup.org)  
**phone:** 778-817-0763

## 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>	10:00 – 1:00 pm	3-hour Meditation Service
<b>Third Saturday of each month</b>	10:00 – 1:00 pm	3-hour Meditation Service
<b>Second &amp; Fourth Saturday of each month</b>	6:00 – 9:00 pm	3-hour Meditation Service
<b>Fifth Saturday of a month</b>	10:00 – 1:00 pm	3-hour Meditation Service First hour is a SRF video showing

Check our web site for more information

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## SUNDAY SERVICE TOPICS

Apr 05	Life Energy – The Power That Heals	III:15
Apr 12	The Easter Message of Immortality	III:13
Apr 19	The Balanced Life	III:16
Apr 26	Increasing the Power of Initiative	III:17
May 03	The Dream Fabric of Life	III:18
May 10	Mothers: Manifestations of God's Love	III:19
May 17	The Oneness of Religion	III:20
May 24	Eliminating the Static of Fear From the Mind Radio	III:21
May 31	Self-Analysis: Key to the Mastery of Life	III:22
Jun 07	Four Fundamental Ways to Realize God	III:23
Jun 14	Spiritual Marriage	III:24
Jun 21	Seeing God as the Sole Doer	III:25
Jun 28	Building World Unity	III:26

“I will try to perform only dutiful, noble actions to please God”  
-*Metaphysical Meditations by Paramahansa Yogananda.*