



"Let every action of daily life be a temple dedicated to your constant memory of God. Perform every action to please Him; then in the shrine of each action, each thought, God will glisten"

Paramahansa Yogananda

SPECIAL EVENTS

DATE	EVENT	
January 1	Friday New Year's Day	
January 3	Sunday Social Tea	11:30 a.m.
January 5	Paramahansa Yogananda's Birthday Service	8:00 p.m.
January 9	P. Yogananda's Commemorative Meditation	10 - 4:00 p.m.
February 7	Sunday Social Tea	11:30 a.m.
February 14	Valentine's Day	
February 28	Sunday General Meeting	11:35 a.m.
March 7	Sunday Social Tea	11:30 a.m.
March 7	Paramahansa Yogananda's Mahasamadhi Service	8:00 p.m.
March 9	Tuesday Sri Yukteswar's Mahasamadhi Service Meditation	8:00 p.m.
March 14	Sunday Day Light Saving Time begins (move clocks forward 1 hour)	

Vancouver Meditation Group of Self-Realization Fellowship



Calendar of Services

January - February - March 2010

171 West 6th Avenue
Vancouver, BC, Canada
V5Y 1K3

www.vancouvermeditationgroup.org
(604 250 4050)

Welcome to Our Services

Welcome to our Self-Realization Fellowship meditation group. It is composed of members and friends of SRF, a worldwide religious movement founded in 1920 by Paramahansa Yogananda. The purpose of the Fellowship is to disseminate a knowledge of Kriya Yoga, a definite, scientific technique for attaining direct, personal experience of God.

Self-Realization Fellowship is dedicated to promoting greater understanding and harmony among the world's various religions by teaching the fundamental principle of all religion: how to commune personally with God.

Free literature and application forms for the SRF Lessons are available in the book room. The ushers or service readers will be happy to answer any questions you have.

Weekly Services

Sunday – Readings Service 10:30–11:30 AM

Includes three short meditations, readings from Yogananda's writings, and devotional chants.

Thursday–Inspirational & Prayer Service 8:00–9:20 PM

Two 15-minute meditations, devotional chants, a reading from the SRF teachings, and the last 20 minutes follows the outline given in the Worldwide Prayer Circle booklet.

Saturday – Meditation Service 6:00–9:00 PM

6:00 pm–10:00 pm on the last Saturday of each month

Four or five periods of meditation, lasting 20 to 60 minutes each, interspersed with devotional chanting. Devotees may leave quietly during the chants if they are unable to stay for the entire meditation.

The chapel opens 30 minutes before Special Services and the Sunday Reading Service and 15 minutes before other services.

Sunday Readings

DATE	LESSON	
3	2.01	Kriya Yoga: Universal Science of God-Realization
10	2.02	Awakening Divine Memory
17	2.03	How to Be Stronger Than Life's Trials and Tests
24	2.04	Making the Most of Sundays
31	2.05	Uniting Your Will With God's Infinite Power

Sunday Readings

DATE	LESSON	
7	2.06	Does Satan Really Exist?
14	2.07	The True Meaning of Self-Realization
21	2.08	The Way to Mental Freedom
28	2.10	Choosing to Be Happy

Sunday Readings

DATE	LESSON	
7	2.09	The Eternal Blessings of a True Guru
14	2.11	Do We Live One or Many Lives?
21	2.12	Getting Acquainted With God
28	2.14	The Deeper Teachings of Jesus Christ

JANUARY

FEBRUARY

MARCH