



"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	
July 1	Thursday Canada Day	
July 4	Sunday Social Tea	11:30 a.m.
July 25	Mahavatar Babaji's Commemoration Service	8:00 p.m.
August 1	Sunday Social Tea cancelled	11:30 a.m.
August 1-7	Sun-Sat Convocation in Los Angeles	
August 2	Monday BC Day	
September 2	Saturday Janmashtami (Birth of Bhagavan Krishna) Service	8:00 p.m.
September 2	Sunday Social Tea cancelled	
September 6	Monday Labour Day	
September 10-12	Fri-Sun Westminster Abbey Retreat	(chapel closed)
September 26	Sunday Lahiri Mahasaya's Mahasamadhi Service	8:00 p.m.
September 30	Thursday Lahiri Mahasaya's Birthday Service	8:00 p.m.

Vancouver Meditation Group of Self-Realization Fellowship



Calendar of Services July - August - September 2010

171 West 6th Avenue
Vancouver, BC, Canada
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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 all Services. On Saturdays the door is locked at 6:50 – 7:05 pm

Sunday Readings

DATE	LESSON	
4	2.27	Kriya Yoga: The Spiritual Science of God-Realization
11	2.28	The Source of Lasting Happiness
18	2.29	The Spiritual Art of Getting Along With Others
25	2.30	What Is the Soul?

Sunday Readings

DATE	LESSON	
1	2.31	How Devotion Reveals the Invisible God
8	2.32	Enjoying Life's Challenges
15	2.33	Proof of the Existence of God
22	2.34	The Source of Unlimited Healing Power
29	2.35	The Soul's Greatest Need

Sunday Readings

DATE	LESSON	
5	2.36	The True Meaning of Salvation
12	2.37	Life - A Cosmic Motion Picture
19	2.38	The Secret to Acquiring All Knowledge
26	2.39	Finding God in Family Life

JULY

AUGUST

SEPTEMBER