



Self-Realisation Fellowship Sunshine Coast Meditation Circle

*"This can wait and that can wait, but my search for God cannot wait."
— Paramahansa Yogananda*

Self-Realization Fellowship, (SRF) is an international, nonprofit society founded by Paramahansa Yogananda in 1920. It fosters a spirit of greater harmony and understanding among all nations and faiths whilst introducing the ancient science of Yoga. For further information contact:

International Headquarters: 3880 San Rafael Avenue,
Los Angeles, California
U.S.A. 90065
Telephone: 00111-323-225-2471
Website: www.yogananda.org

Sunshine Coast Venue: Valdora Community Hall
360 Valdora Road, Valdora QLD 4561
Website: srfsunshinecoast.org
Email: srfsunshinecoast@gmail.com

Local Contact: Ms Emma Grace
Phone: 0402 764 411

Reading Service:

All are welcome to attend the Reading Service every Sunday at the Valdora Community Hall from 10.00 -11.00 am. The Service includes passages from *The Bible* and the *Bhagavad Gita* using Paramahansa Yogananda's interpretations. If you are new to meditation, the Reading Service is suggested because the meditation periods are brief, preceded by a chant. Please arrive early enough to be comfortably seated by 10.00 am.

Meditation:

Meditating together strengthens our individual practice. There is a period of silent meditation for 1 or 2 hours before the Reading Service. We begin our meditation with a prayer, then a chant which helps to calm the mind. On the days when the meditation begins at 8.00 am, there is a silent break from 8.50 until 9.00. Please enter or leave quietly during that time so as not to disturb the group. There is another break between 9.45 and 10.00 for people to leave or enter before the Reading Service.

Special Services:

These are held throughout the year on Sundays to honour the birthdays and Mahasamadhis ('great ecstasy') of the SRF line of Gurus. All are welcome to the Special Services who are well enough acquainted with the SRF teachings to participate with sincerity and reverence.

Library and Donations:

SRF literature, CDs and DVDs are displayed and you may borrow items for two weeks. A donation box is located at the room entrance, if you wish to contribute.



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"Remember that the longer you practice meditation with intensity, the nearer you will be to joyous contact with the silent God."— Paramahansa Yogananda

Calendar of Sunday Services

Date	8.00 am Morning Meditation	Hall Opener	Usher	10.00 am Reading Service	Vol 2 No:	Service Reader / Assistant
May						
Saturday 4 th - All Day Doonan Retreat* . See https://www.srfsunshinecoast.org/retreats to register						
5 th	Robyn	Pucci	Pucci	God's Nature in the Mother	19	Robyn
12 th	Gary	Penny	Gary	Birth of Swami Sri Yukteswar #		Gary
19 th	Tim	Tim	Jo	God-Mindedness – Key to Freedom	20	Joie
26 th	Fran	Fran	Donna	The Cosmic Play of Life and Death	21	Laura / Donna
June						
2 nd	Marian	Pucci	Pucci	Success Through Superconscious Power	22	Marian
9 th	Shane	Shane	Indrani	God's Nature in the Father	24	Indrani
16 th	Tim	Tim	Jo	Even-Mindedness Is Yoga	25	Glen
23 rd	Gary	Penny	Penny	The Science of Kriya Yoga	27	Jewel
30 th	Fran	Robyn	Robyn	Whence Comes Happiness?	28	Laura
July						
7 th	Shane	Shane	Indrani	Laws of Love and Truth	29	Joie
14 th	Jon	Tim	Jo	What is the Soul?	30	Jon
21 st S	Br Daniel	Gary	Fran / Pucci	-		Bro Bhimananda
28 th	Robyn	Fran	Donna	Mahavatar Babaji Commemoration Day #		Robyn
August						
4 th	Tim	Pucci	Jo	Devotion That Touches God	31	Emma
11 th	Gary	Penny	Penny	Surmounting Life's Troubles	32	Gary / Glen
18 th	Marian	Fran	Fran	Proof of the Existence of God	33	Marian
25 th	Shane	Shane	Indrani	Janmashtami – Birth of Bhagavan Krishna #		Indrani

Meditation Venue: All services are held at the **Valdora Community Hall**, 360 Valdora Rd, Valdora, unless otherwise indicated. Occasionally the hall becomes unavailable and announcements will be made regarding alternative venues.

* **Retreat Venue:** The retreat is held at a beautiful large home in Doonan and the address is provided when you register. See the website for further information: www.srfsunshinecoast.org/retreats

S Social. The location for the socials will be announced closer to the date.

**Special Services** - Please bring a flower to offer to the Guru and a donation in a sealed envelope. All donations collected at Special Services are sent directly to the SRF Mother Centre in Los Angeles.