



"God has given us one tremendous instrument of protection – the mind. An important part of the adventure of life is to get hold of the mind, and to keep that controlled mind constantly attuned to the Lord. This is the secret to a happy and successful existence. It comes by exercising mind power and by attuning the mind to God through meditation"

From Man's Eternal Quest by Paramahansa Yogananda

Special Events

July

7	Sunday	Social Brunch	11:30 a.m.
16	Tuesday	Guru Purnima	6:00 p.m.~ 8:00 p.m.
25	Thursday	Mahavatar Babaji's Commemoration Service	8:00 p.m.

August

4	Sunday	Social Brunch	11:30 a.m.
4-10	Sun – Sat	SRF World Convocation Los Angeles	
24	Saturday	Janmashtami (birth of Bhagavan Krishna)	

September

1	Sunday	Social Brunch	11:30 a.m.
26	Thursday	Lahiri Mahasaya's Mahasamadhi Service	8:00 p.m.
30	Sunday	Lahiri Mahasaya's Birthday Service	8:00 p.m.

Vancouver Meditation Group of Self-Realization Fellowship



Calendar of Services July - August - September 2019

173 West 6th Avenue
Vancouver, BC, Canada
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www.vancouvermeditationgroup.org

Welcome to Our Services

We welcome you to our Vancouver meditation group of Self-Realization Fellowship (SRF). Our group is composed of members and friends of SRF, a worldwide religious organization.

SRF seeks to foster a spirit of greater understanding and goodwill among the diverse peoples and religions of our global family, and to help those of all cultures and nationalities to realize and express more fully in their lives the beauty, nobility, and divinity of the human spirit.

Paramahansa Yogananda founded SRF in 1920 to make available the universal teachings of Kriya Yoga, a sacred spiritual science originating millenniums ago in India. These nonsectarian teachings embody a complete philosophy and way of life for achieving all-round success and well-being, as well as methods of meditation for achieving life's ultimate goal — union of the soul with Spirit (God).

The teachings of Yogananda are available through the printed SRF lessons. Free literature and application forms for SRF lesson are available in our meditation chapel and online: www.srflessons.org.

Weekly Services

Sunday **Readings Service** **10:30–11:30 a.m.**
Includes three short meditations, readings from Yogananda's teachings, and devotional chants.
Sunday School is being held on the 1st and 3rd Sundays of each month from 10:30 a.m. to 11:30 a.m.

Tuesday* **Meditation** **6:00–9:00 p.m.**

Thursday **Inspirational & Prayer Service** **7:00–8:20 p.m.**
Two 15-minute meditations, devotional chants, an inspirational reading. The last 20 minutes follows the outline given in the Worldwide Prayer Circle booklet.

Saturday* **Meditation** **6:00–9:00 p.m.**
On the last Saturday of each month the service is 6:00 – 10:00 p.m.

For updates please sign up for our monthly newsletter at:
<http://www.vancouvermeditationgroup.org>

* 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.

Sunday readings

Date	Lesson
JUL 7	II.27 Kriya Yoga: The Spiritual Science of God-Realization
JUL 14*	II.28 The Source of Lasting Happiness
JUL 21	II.29 The Spiritual Art of Getting Along with Others
JUL 28	II.30 What is the Soul?

Sunday readings

Date	Lesson
AUG 4	II.31 How Devotion Reveals the Invisible God
AUG 11*	II.32 Enjoying Life's Challenges
AUG 18	II.33 Proof of the Existence of God
AUG 25	II.34 The Source of Unlimited Healing Power

Sunday readings

Date	Lesson
SEP 1	II.35 The Soul's Greatest Need
SEP 8*	II.36 The True Meaning of Salvation
SEP 15	II.37 Life – A Cosmic Motion Picture
SEP 22	II.38 The Secret to Acquiring All Knowledge
SEP 29	II.39 Finding God in Family Life

* Energization Exercises before the Sunday Reading Service from 10:00 a.m. to 10:15 a.m. in the social room. All SRF Lessons students are welcome to attend.