



### Thou hast many Names

I say my prayers on beads of love, strung together with everlasting threads of devotion, I hold to no single Name— God, Spirit, Brahma, Allah, Heavenly Father, Divine Mother— for All are Thine.

I invoke Thee sometimes as Christ, Krishna, Shankaracharya, Mohammed, Buddha, Moses, and other prophets; for I know Thou hast delighted, and wilt ever delight, in revealing Thyself in different forms.

In Thy cosmic play on the stage of the centuries, in Thy myriad appearances, Thou didst take many Names; but Thou hast only one Nature: Perennial Joy.

Paramahansa Yogananda, *Whispers From Eternity*

### Special Events

#### October

6	<b>Sunday</b>	Social Brunch	11:30 a.m.
24	<b>Thursday</b>	Monastic-led Inspirational Service	7:00 p.m.
25-27	<b>Friday-Sunday</b>	Monastic Visit and Class Series held at Executive Hotel in Richmond (see program on website)	

#### November

3	<b>Sunday</b>	Social Brunch	11:30 a.m.
24	<b>Sunday</b>	General Meeting	11:45 a.m.

#### December

1	<b>Sunday</b>	Christmas Party / Social Brunch	12:30 p.m.
14	<b>Saturday</b>	All-Day Christmas Meditation	10:00 a.m. ~ 6:00 p.m.
24	<b>Tuesday</b>	Christmas Eve Meditation	6:00 p.m. ~ 8:00 p.m.
31	<b>Tuesday</b>	New Year's Eve Meditation	11:30 p.m. ~ 12:30 a.m.

# Vancouver Meditation Group of Self-Realization Fellowship



## Calendar of Services October - November - December 2019

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[www.vancouvermeditationgroup.org](http://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](http://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
OCT 6	II.40 The Most Tempting Temptation
OCT 13	I.46 Giving Thanks for Life's Blessing
OCT 20	II.42 Reincarnation: The Soul's Journey to Perfection
OCT 27	See "Special Events"

## Sunday readings

Date	Lesson
NOV 3	II.44 The Art of Balanced Living
NOV 10	II.46 Gaining the Wealth of Inner Happiness
NOV 17	II.47 Practical Methods for Healing Body, Mind, and Soul
NOV 24	II.41 Seeking God in Today's World

## Sunday readings

Date	Lesson
DEC 1	II.48 The True Nature of the Soul
DEC 8	II.49 Receiving God's Answers to Your Prayers
DEC 15	II.50 Yoga: Personal Experience of God
DEC 22	II.52 The Purpose of Life
DEC 29	II.51 Attunement with the Christ Consciousness

\* 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.