

Toronto Centre of *Self-Realization Fellowship*



Fearlessness means faith in God: faith in his protection,
His justice, His wisdom, His mercy, His love, and His Omnipresence...
To be fit for Self-realization man must be fearless.

Paramahansa Yogananda,
"God Talks with Arjuna: The Bhagavad Gita"

January - March 2016 e-Bulletin

The Toronto Centre is pleased to send you this e-Bulletin with information on upcoming special services and events, activities for 2016 and regular meditation services. Jai Guru!

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Upcoming Special Services and Events

Paramahansa Yogananda's Birthday Commemoration Service – Tuesday, January 5

On Tuesday, January 5, at 7:30 p.m., we will hold a Commemoration Service for Master's Birthday. The chapel will open at 7:00 p.m. for private meditation. Special services are open to everyone well enough acquainted with the SRF teachings to appreciate the significance of the Guru-disciple relationship and to participate with sincerity and reverence. Please bring a flower, your favourite if possible, to offer as a symbol of devotion to God and the SRF Gurus. Remember not to smell the flower, and thereby take for yourself a part of the gift meant for God. Please also bring a donation, as a symbol of loyalty and faithfulness to the cause of SRF. The collection will be sent to Mother Centre where it will be used for sharing these sacred teachings with other truth-seeking souls.

Paramahansa Yogananda's Commemorative 6-Hour (3+3) Meditation - Saturday, January 9

On Saturday, January 9, we will hold a special six-hour commemorative meditation from 10:00 a.m. to 4:00 p.m., with a 20 minute intermission at 1:00 p.m. If you cannot attend the entire meditation, please feel free to attend the morning only, or come during the intermission at 1:00 p.m. and stay for the second half. Please bring a devotional offering of a fruit symbolizing the devotee's reverence and devotion for the Guru.

Master's Birthday Potluck Social - Sunday, January 10

Everyone is warmly invited to Master's Birthday potluck social on Sunday, January 10 after the 11:00 a.m. service. Please bring your family and friends and anyone you know who might be interested. This will be a wonderful occasion to introduce newcomers to our Centre. Please also bring your favorite vegetarian dish or beverage, so that we can be sure we have enough food for a vegetarian feast for everyone. Following the social, we will show the Awake movie which runs for 86 minutes.

Annual General Membership Meeting - Sunday, Jan. 24

On Sunday, January 24 after the 11:00 a.m. service, the Centre will hold an Annual General Membership Meeting. An agenda for the meeting will be posted in due course on the bulletin board in our bookroom. Your comments and questions about the Centre are greatly appreciated. We hope you can join us.

Fellowship Social – Sunday, February 28

We warmly invite everyone to join us in a Fellowship Social on Sunday, February 28 after the 11:00 a.m. service. Light refreshments will be served. This is an opportunity to meet and get to know fellow members at the Toronto Centre.

Commemoration Services for Mahasamadhi of Paramahansa Yogananda – Monday, March 7 and Mahasamadhi of Swami Sri Yukteswar – Wednesday, March 9

On Monday, March 7, at 7:30 p.m., we will hold a special service commemorating the Mahasamadhi of Paramahansa Yogananda. On Wednesday, March 9, at 7:30 p.m., we will hold a special service commemorating the Mahasamadhi of Swami Sri Yukteswar. For both services, the chapel will open at 7:00 p.m. for private meditation. Special services are open to everyone well enough acquainted with the SRF teachings to appreciate the significance of the Guru-disciple relationship and to participate with sincerity and reverence. Please bring a flower as a symbol of devotion to God and the SRF Gurus. Remember not to smell the flower, and thereby take for yourself a part of the gift meant for God. Please also bring a donation as a symbol of loyalty and faithfulness to the cause of SRF. The collection will be sent to SRF International Headquarters where it is used for sharing these sacred teachings with other truth-seeking souls.

Good Friday Meditation Service (12-3 pm) – Friday, March 25

We will commemorate Good Friday on March 25 with a 3-hour meditation from 12:00 noon to 3:00 p.m. We hope you can join us.

Easter Sunday Service & Easter Potluck social – Sunday, March 27

On Sunday, March 27, we will hold our Easter Sunday Service from 11:00 a.m. to 12:00 noon. After the service, you are warmly invited to a potluck social. Please bring your favourite vegetarian dish, dessert or beverage for this Easter celebration! All members, family, and friends are welcome.

Service Cancellations Due to Winter Storms

Please note that as the winter storm season approaches, it may be necessary for the Centre to cancel a service, especially when local news and police reports advise against travelling in the Toronto area. Should this happen, the Centre will e-mail a cancellation alert to everyone on its e-Bulletin mailing list, and put a message on the Centre's phone answering system (647-435-9946) approximately 1 ½ hours before the usual start of a Service, Meditation, or Sunday School Class.

Book Room Opening hours

The bookroom is always open since all bookroom attendants and service coordinators are authorized to make sales at any time, especially if you are visiting from out of town. Please ask any usher for assistance before or after the service.

You are receiving this special e-mail announcement because you requested it, either via the Toronto Centre's sign-up sheet or via the mailing address form enclosed with one of our previous newsletters. If by any chance you have received this e-mail in error, or if you decide you do not wish to receive our newsletters any longer, please reply to this e-mail and let us know. We will remove your address from our mailing list immediately.

Sincerely,
The Toronto Centre of Self-Realization Fellowship

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2016 Activities

January

Sunday	3	Sunday School
Tuesday	5	Paramahansa Yogananda's Birthday Commemoration Service
Saturday	9	Paramahansa Yogananda's 3+3 Hr. Commemorative Meditation
Sunday	10	Paramahansa Yogananda's Birthday Pot-Luck Social followed by the showing of the Awake movie
Sunday	24	Annual Membership Meeting

February

Sunday	7	Sunday School
Monday	15	Family Day (Statutory holiday in Ontario - not an event at the Toronto Centre)
Sunday	28	Fellowship Social

March

Sunday	6	Sunday School
Monday	7	Paramahansa Yogananda's Mahasamadhi Service
Wednesday	9	Swami Sri Yukteswar's Mahasamadhi Service
Sunday	13	Daylight Saving Begins
Friday	25	Good Friday Meditation Service (12-3 pm)
Sunday	27	Easter Sunday Service & Easter Potluck social

April

Sunday	3	Sunday School
Saturday	16	India Night

May

Sunday	1	Celebration of the Toronto Sunday School 15 year Anniversary
Sunday	8	Mother's Day
Tuesday	10	Swami Sri Yukteswar's Birthday Commemoration Service
Monday	23	Victoria Day (Not an event at Toronto Centre)
Sunday	29	General Membership Meeting

June

Sunday	5	Toronto Centre's Picnic
Sunday	19	Father's Day
Sunday	26	Volunteer Appreciation Social

July

Friday	1	Canada Day (Not an event at Toronto Centre)
Monday	25	Mahavatar Babaji Commemoration Service (with Kirtan)

August

Monday	1	Civic Holiday (Not an event at Toronto Centre)
Saturday 7 to Sunday 13		SRF Convocation in Los Angeles
Thursday	25	Janmashtami Service (with Kirtan)
Saturday	27	Commemorative Meditation for Bhagavan Krishna (with Kirtan) 3 Hr. + 3 Hr. (10:00 am – 4:00 pm)

September

Monday	5	Labour Day (Not an event at Toronto Centre)
Friday 9 to Sunday 11		Self-Conducted Retreat in Niagara Falls
Sunday	18	Sunday School
Monday	26	Lahiri Mahasaya's Mahasamadhi Service (with Kirtan)
Friday	30	Lahiri Mahasaya's Birthday Service (with Kirtan)

October

Sunday	2	Sunday School
Monday	10	Thanksgiving Day (Not an event at Toronto Centre)
Sunday	23	General Membership Meeting
Saturday	31	Halloween (Not an event at Toronto Centre)

November

Sunday	6	Sunday School
Sunday	6	Daylight Saving Ends
Friday	11	Remembrance Day (Not an event at Toronto Centre)

December

Saturday	3	Extended Meditation (Energ. Ex..5:10 pm; Meditation 5:30 - 9:30 pm)
Sunday	4	Sunday School
Saturday	10	Extended Meditation (Energ. Ex. 5:10 pm; Meditation 5:30 - 9:30 pm)
Saturday	17	All-Day Christmas Meditation
Sunday	18	Christmas Social
Saturday	24	Christmas Eve Meditation Service (7:00 pm - 9:00 pm)
Sunday	25	Christmas Day (Centre closed)
Saturday	31	New Year's Eve Meditation Service (9:30 pm - 12:30 am)

Regular Weekly Meditation Schedule

Sunday

10:00 a.m. - 10:45 a.m.	Meditation Service
11:00 a.m. - 12:00 p.m.	Sunday Readings Service

Sunday School - 1st Sunday of each month

10:00 a.m. - 11:00 p.m.	Senior Sunday School Class
11:00 p.m. - 12:00 p.m.	Junior Sunday School Class

Thursday

7:00 p.m.	Energization Exercises
7:15 p.m.	Opening prayer
8:15 p.m.	Healing service
8:30 p.m.	Closing prayer followed by optional Private Meditation
9:00 p.m.	Service Coordinator chants Aum once to end meditation and closes centre

Saturday

5:10 p.m.	Energization Exercises
5:30 p.m. - 8:30 p.m.	Meditation Service followed by Prayer Service
5:30 p.m. - 8:30 p.m.	Guided Meditation Service (2nd Saturday of every month)
5:30 p.m. - 7:30 p.m.	Kirtan Service followed by Prayer Service (last Saturday of each month)
7:40 p.m. - 9:30 p.m.	Meditation (last Saturday of each month)