

Toronto Centre of *Self-Realization Fellowship*



October - December 2016 e-Bulletin

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"

Upcoming Events and Special Meditation Services

General Membership Meeting - Sunday, October. 23rd

On Sunday, October 23 at 12:30pm after the Sunday Service we will conduct our next General Meeting. All members are encouraged to participate in this meeting which will discuss important issues regarding a proposed new location.

The agenda which is subject to change will include:

- An update on the Charitable Status submission
- A report by the Relocation Committee on potential new locations

The meeting will include votes on:

- A lease extension to March 31, 2018 in case more time is required to find a new location
- A mandate to allow the Relocation Committee to submit a conditional offer for a new location pending membership approval

Now that we are incorporated, devotees will need to register as a member in order to vote at the meeting.

Extended Saturday Meditation – Saturday, December 10th 2016

In preparation for the All-Day Christmas Meditation, we will extend the length of the regular Saturday evening meditation on **December 10th**. On this day, the Energization Exercises will begin at 5:10 pm, and the meditation will be from 5:30 to 9:30 pm.

All-Day Christmas Meditation - Saturday, December 17th

Many years ago Paramahansa Yogananda established the custom of setting aside one day during the Christmas season for an all-day meditation. This allows devotees to spend an entire day united in spiritual effort and in deepening communion with God and Christ. Self-Realization Fellowship says that many devotees have come to regard this as the most important event of the year.

We warmly invite you to join us for this year's all-day Christmas meditation on **Saturday, December 17th** from 10 am to 6 pm. Please arrive early. No one will be permitted to enter the chapel after the meditation has begun. Although there will be a 20 minute intermission at 2 pm, at Mother Center's request, we ask those who cannot stay for the whole day to please come for the first four hours only. These guidelines are to prevent disturbing the peace of those who have already spent several hours in deep meditation. Please bring a devotional offering of a fruit and a monetary donation. Donations will be sent to Mother Center. Paramahansa Yogananda always asked that anyone who has a cough, or a sniffle, to meditate at home as to not disturb others. Please note that the Centre will be closed after the All-Day Christmas Meditation, and the meditation for the evening of December 17th will not take place.

Christmas Potluck Social - Sunday, December 18th

Everyone is warmly invited to our annual Christmas Potluck Social on **Sunday, December 18th** after the 11 am service. Please bring your favorite vegetarian dish, dessert, or juice to ensure there is enough food for everyone to share. Family and friends are welcome!

Christmas Eve Meditation and New Year's Eve Meditation

We cordially invite you to attend this year's Christmas Eve Meditation Service on **Saturday, December 24th** from 7:00 pm – 9:00 pm and our New Year's Eve Meditation Service on **Saturday, December 31st** from 9:30 pm – 12:30 am. We hope you can join us!

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2016 Activities

October

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

November

Sunday	6	Sunday School
Sunday	6	Daylight Saving Ends
Friday	11	Remembrance Day <i>(Not an event at the Toronto Centre)</i>

December

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 <i>(Centre closed)</i>
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 - First 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

Saturday

First Saturday of the month:

9:40 a.m.	Energization Exercises
10:00 a.m. - 1:00 p.m.	Meditation Service followed by Prayer Service

Second Saturday of the month – Guided Meditation:

5:10 p.m.	Energization Exercises
5:30 p.m. - 8:30 p.m.	Meditation Service followed by Prayer Service

Last Saturday of the month – Kirtan:

5:30 p.m. - 7:30 p.m.	Kirtan Service followed by Prayer Service
7:40 p.m. - 9:30 p.m.	Meditation

Other Saturdays of the month:

5:10 p.m.	Energization Exercises
5:30 p.m. - 8:30 p.m.	Meditation Service followed by Prayer Service

Book Room 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.

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Sincerely,

Toronto Centre of Self-Realization Fellowship

TORONTO CENTRE OF SELF-REALIZATION FELLOWSHIP
2510 YONGE STREET, SUITE 207, TORONTO, ONTARIO, CANADA M4P 2H7
(647) 435-9946

www.SRFtoronto.org