

Sunday School

Sunday School classes are offered on the first and third Sundays from 11:00 a.m. until noon for boys and girls ages 3-12.

Young Adults Group

Portland Center Young Adults Group for people ages 18-39 meets every 4-8 weeks. For more information and to be contacted about upcoming gatherings contact Sarah Floyd @ sarahfloyd21@gmail.com or sign up on the bulletin board in the Parent-Infant Room.

Dates to Remember

October 29	Movie Night (6:30 p.m.)
November 5	India Night (5:30 p.m.)
November 6	Daylight Savings Ends
November 12	Long Meditation (10:00 - 4:00 p.m.)
November 24	Thanksgiving - No Service
December 17	All Day Christmas Meditation with Monastics
December 18	Christmas Potluck
December 25	11:00 a.m. Service Only — No Early Meditation Service
December 31	New Year's Eve Meditation (11:30 p.m. - 12:30 a.m.)

Special Sunday Events

Socials are held on the third Sunday of each month following the 11:00 Inspirational Service.

SRF Lesson Study Group

This is a group study of Self-Realization Lessons where one lesson per week is read. Members must subscribe to Self-Realization Lessons. Meets Thursdays, 6:45 p.m.

SRF Information and Services

Free literature and information about Self-Realization Fellowship (SRF) and Paramahansa Yogananda are available in the Information Room along with applications for the SRF lessons. If you wish, you may contact SRF directly:

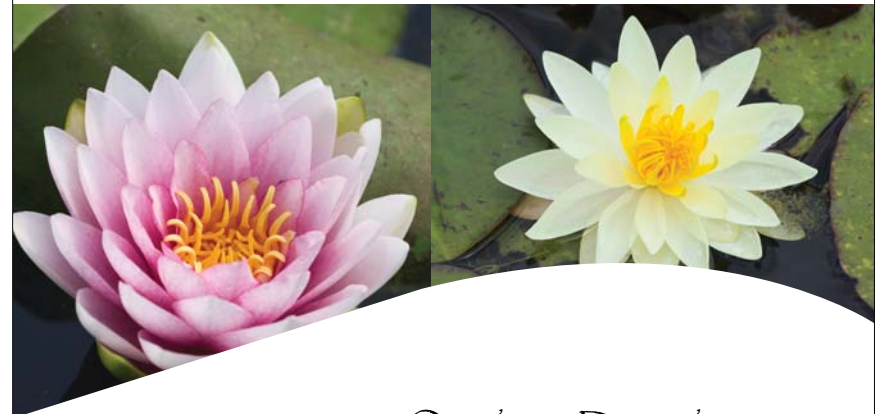
Self-Realization Fellowship
3880 San Rafael Avenue
Los Angeles, CA 90065
(323) 225-2471
www.yogananda-srf.org

Portland Center of Self-Realization Fellowship

356 N.E. 80th Avenue
Portland, Oregon 97213
(503) 254-6773
The Calendar of Services is available online:
www.srfportlandcenter.org

Portland Center of Self-Realization Fellowship

All are Welcome



October - December

Calendar of Services 2011

Weekly Services

Sunday
8:00 a.m. – 9:45 a.m. Energization Exercises & Meditation Service
(You may enter or leave at 9:00 during the chanting)
10:00 a.m. – 10:45 a.m. Meditation Service
11:00 a.m. – 12:00 p.m. Inspirational Service & Sunday School

Tuesday
6:30 p.m. – 9:30 p.m. Silent Meditation

Thursday
8:00 p.m. – 9:10 p.m. Devotional and Healing Service

Meditation Service

The Meditation Service includes periods of prayer, readings, chanting and silent meditation. Paramahansa Yogananda emphasized that the united devotion and concentration of many yoga devotees can powerfully increase the depth of each individual's meditation. Meditation Services provide opportunities to practice the methods of concentration and meditation as taught in the Self-Realization Fellowship Lessons. All are welcome.

Inspirational & Devotional Services

These services include readings from the teachings of Paramahansa Yogananda with short periods of meditation and chanting interspersed.

Healing Service

At the close of Thursday and Sunday services, we pray for the physical, mental and spiritual healing of others and for world brotherhood and peace. Together, the group practices the spiritual healing technique taught by Paramahansa Yogananda. The technique is explained in the free booklet, "Worldwide Prayer Circle."

Tuesday Silent Meditation

This is an opportunity to practice the SRF meditation techniques in the vibration of the chapel with the flexibility to enter and leave as you choose. There is no chanting or reading at this service.

Reading Service Topics

	VOL. III
Oct. 2 The Example of a Saintly Life	39
Oct. 9 Living in Constant Remembrance of God	40
Oct. 16 Spiritual Laws that Govern Healing	41
Oct. 23 How to Read Others' Character, and Improve Our Own	42
Oct. 30 The Scientific Art of Living	43
Nov. 6 The Universal Appeal of Yoga, India's Ancient Spiritual Science	44
Nov. 13 How to Dissolve the Causes of War	45
Nov. 20 Be a Smile Millionaire	46
Nov. 27 Giving Thanks for Life's Blessings	Vol. 1 - 46
Dec. 4 How to Create Dynamic Will Power	47
Dec. 11 Awakening From the Dream of Human Limitations	48
Dec. 18 Attunement with the Christ Consciousness	51
Dec. 25 The Divine Nature of Christ	Vol. 1 - 50

Special Services

Please bring a fruit offering as a symbol of devotion to God and the guru and if financially able, a monetary offering in a plain white envelope. If you are unable to attend the entire day, plan to come for the morning half:

Saturday, Dec. 17 All Day Christmas Meditation (9:00 a.m. - 5:00 p.m.)



Long Meditation Service:

Saturday, Nov. 12 Long Meditation (10:00 a.m. - 4:00 p.m.)

If you are unable to attend the entire day, plan to come for the morning half.

