

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

- Thurs., Jan. 5 Paramahansa Yogananda Birthday Service (8 p.m.)
- Sat., Jan. 7 Paramahansa Yogananda Commemorative Service (10 - 4 p.m.)
- Sat., Feb. 4 Movie Night
- Wed., Mar. 7 Paramahansa Yogananda Mahasamadhi Service (8 p.m.)
- Thurs., Mar. 8 Thursday Service led by monastics
- Fri., Mar. 9 Sri Yukteswar Mahasamadhi Service (8 p.m.) led by monastics
- Sat., Mar. 10 Day of Service led by monastics
- Sun., Mar. 11 Daylight Savings (set clocks forward)
- Sun., Mar. 11 Sunday Service led by monastics

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 first, third and fifth 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:

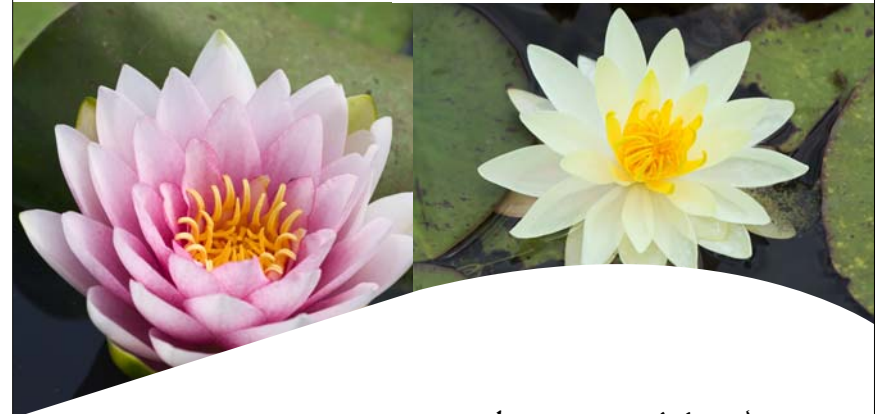
Self-Realization Fellowship
3880 San Rafael Avenue
Los Angeles, CA 90065
(323) 225-2471
www.yogananda-srf.org

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



January - March

Calendar of Services 2012

Weekly Services

Sunday
8:00 a.m. – 9:50 a.m. Energization Exercises & Meditation Service
(You may enter or leave at 9:00 during the chanting)
10:00 a.m. – 10:50 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. I
Jan. 1 The Science of Knowing God	1
Jan. 8 Belief, Faith and Wisdom	2
Jan. 15 The Infinite Power Within You	3
Jan. 22 What is Heaven?	4
Jan. 29 God's Vital Laws of Health and Well-Being	5
Feb. 5 Living the Spiritual Life in a Material World	6
Feb. 12 True Religion: A Universal Need	7
Feb. 19 The Way to Be Happy at Will	8
Feb. 26 Expanding Your Awareness of God	9
Mar. 4 Regain Your Divine Heritage	10
Mar. 11 Controlling the Power of Habit	11
Mar. 18 The Secret of Spiritual Success	12
Mar. 25 Peace: The Altar of Heaven	13

Special Services

8:00 - 9:00 p.m. (with optional meditation from 7:15-7:45 p.m.)

Please bring an offering of a flower or flowers as a symbol of devotion to God and the guru. Please do not smell the flowers as the fragrance is part of the gift meant for God. If financially able, bring a donation in a plain white envelope.

Thurs., Jan. 5 Paramahansa Yogananda Birthday Service (8 - 9:30 p.m.)
Wed., Mar. 7 Paramahansa Mahasamadhi Service (8 - 9 p.m.)
Fri., Mar. 9 Sri Yukteswar Mahasamadhi Service (8 - 9 p.m.) led by monastics



Commemorative Meditation Service

Sat., Jan. 7 Paramahansa Yogananda Commemorative Meditation
(10 - 4 p.m.)

Please bring a fruit offering as a symbol of devotion to God and the guru. If you are unable to attend the entire day, plan to come for the morning half.

