

# Toronto Centre of *Self-Realization Fellowship*



“Forget your dream-born mortal weakness.  
Wake up and know that you and God are one.”  
*Paramahansa Yogananda*

## **April - June 2018 e-Bulletin**

The Toronto Centre is pleased to send you this e-Bulletin  
with information on activities and upcoming events.

### **Monastic Visit and Kriya Ceremony – April 12-14, 2019**

We are delighted to announce a Monastic visit and Kriya ceremony in Toronto from April 12 through April 14, 2019. More information will be provided once the program has been finalized with Tours Department.

We warmly invite our members and families to attend this event, and we ask available members to sign up to volunteer as soon as possible to allow us to plan well in advance. All volunteers are welcome, including new volunteers. There are volunteer opportunities for the Bookroom, Ushering, pickup and supplies, hospitality and many other areas. Your help is needed and appreciated. Please contact Shamsheer at [7shamsheer@gmail.com](mailto:7shamsheer@gmail.com) or 416-885-6713.

Also, if you have access to a 4K Videography Camera and/or have videography experience, please contact Shamsheer.

### **Sunday School**

Starting April 1 our Sunday School classes will no longer have access to the Art Room. Because of this our schedule is changing starting with the classes in April.

On April 1st and on the first Sunday in May and June both the Teen Group and the Junior class will start at the same time at 12:30 pm after the Sunday service. The Teen Group class will be held in the Bookroom and the Junior class in the Chapel. The classes will run for an hour.

As the Sunday School keeps expanding we are looking for more teachers. Sunday School teachers must be Kriyabans and be approved by Center Department. Please contact Reena or Ana if you would like to join the Sunday School Team.

## Upcoming Events and Special Services

### **Easter Sunday Service - Sunday, April 1**

On Sunday, April 1, we will hold our Easter Sunday Service from 11:00 a.m. to 12:00 noon. Please note that the pot luck social on Sunday March 25 with the monastics replaced the previously scheduled pot luck for Easter Sunday.

### **India Night Social – Saturday, April 28**

Everyone is invited to join in the festivities of our annual India Night Celebration on Saturday, April 28. This event is in honour of the homeland of our Guru, Paramahansa Yogananda, and will feature a delicious catered Indian meal plus delightful entertainment by some of our members. You may dress in Indian attire if you wish. The event will begin at 6:30 p.m. Tickets are now on sale in our Bookroom and on our website and can be purchased up to April 22 or until they are sold out if earlier. Prices are:

Adults - \$12.00; Children (6-12 years) - \$6.00; Children under six are Free.

Please note that the regularly scheduled evening Meditation Service on Saturday April 28 is cancelled.

### **Swami Sri Yukteswar's Birthday Commemorative Service – Thursday, May 10**

On Thursday, May 10, at 7:30 pm, we will hold a commemoration service to honor the birthday of Swami Sri Yukteswar. The chapel will open at 7:00 pm 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 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 SRF International Headquarters where it will be used for sharing these sacred teachings with other truth-seeking souls.

### **General Membership Meeting – Sunday, May 27**

On Sunday, May 27 after the 11 am service, the Centre will hold a General Membership Meeting. An agenda will be posted in due course on the bulletin board in our bookroom. Your comments & questions about the Centre are greatly appreciated. We hope you can join us!

### **Toronto Centre's Picnic – Sunday, June 3**

Everyone is warmly invited to the Toronto Centre's annual picnic on Sunday, June 3 after our 11 am service. Please bring your favorite vegetarian dish, dessert or juice. We're looking forward to an afternoon of outdoor fun in Serena Gundy Park, including games and a delicious potluck meal. Family and friends are welcome. Maps will be available on the Centre's free literature table showing parking lot locations and the closest TTC bus stop.

### **Volunteer Appreciation Social – Sunday, June 24**

In appreciation of all the work that our dedicated volunteers perform to keep the Toronto Centre running we warmly invite all the Centre's volunteers to a social on Sunday, June 24 after the 11 am service.

Our Guru wrote: "Sincere workers are needed for carrying on our work, and whenever the Fellowship is blessed by the addition of one more true soul, I know that Divine Mother has directed the soul of another to work in accordance with Her divine plan."

If you wish to become a volunteer at the Toronto Centre and you are taking the SRF lessons and have attended services at the Toronto Centre for six months we encourage you to serve as a volunteer.

## 2018 Activities

### April

|          |    |                       |
|----------|----|-----------------------|
| Sunday   | 1  | Sunday School         |
| Sunday   | 1  | Easter Sunday Service |
| Saturday | 28 | India Night           |

### May

|          |    |  |
|----------|----|--|
| Sunday   | 6  | Sunday School  |
| Thursday | 10 | Swami Sri Yukteswar's Birthday Commemoration Service |
| Sunday   | 13 | Mother's Day   |
| Monday   | 21 | Victoria Day (Not an event at the Toronto Centre)    |
| Sunday   | 27 | General Membership Meeting                           |

### June

|        |    |  |
|--------|----|--|
| Sunday | 3  | Toronto Centre's Picnic & Sunday School, |
| Sunday | 17 | Father's Day                             |
| Sunday | 24 | Volunteer Appreciation Social            |

### July

|           |    |  |
|-----------|----|--|
| Sunday    | 1  | Canada Day (Not an event at the Toronto Centre)      |
| Monday    | 2  | Canada Day (Observed)                                |
| Wednesday | 25 | Mahavatar Babaji Commemoration Service (with Kirtan) |

### August

|                         |   |  |
|-------------------------|---|--|
| Sunday 5 to Saturday 11 |   | SRF Convocation in Los Angeles                     |
| Monday                  | 6 | Civic Holiday (Not an event at the Toronto Centre) |

### September

|           |    |   |
|-----------|----|---|
| Sunday    | 2  | Janmashtami Service (1:00 pm after the regular Sunday service)                                    |
| Monday    | 3  | Labour Day (Not an event at the Toronto Centre)   |
| Saturday  | 8  | Commemorative Meditation for Bhagavan Krishna (with Kirtan)<br>3 Hr. + 3 Hr. (10:00 am – 4:00 pm) |
| Sunday    | 9  | Sunday School   |
| Wednesday | 26 | Lahiri Mahasaya's Mahasamadhi Service   |
| Sunday    | 30 | Lahiri Mahasaya's Birthday Service (1:00 pm after the regular Sunday service)                     |

### October

|           |    |   |
|-----------|----|---|
| Sunday    | 7  | Sunday School   |
| Monday    | 8  | Thanksgiving Day (Not an event at the Toronto Centre) |
| Sunday    | 21 | General Membership Meeting                            |
| Wednesday | 31 | Halloween (Not an event at the Toronto Centre)        |

### November

|                      |    |  |
|----------------------|----|--|
| Friday 2 to Sunday 4 |    | Monastic Led Retreat in Niagara Falls                |
| Sunday               | 4  | Daylight Saving Time Ends                            |
| Sunday               | 11 | Sunday School  |
| Sunday               | 11 | Remembrance Day (Not an event at the Toronto Centre) |

### December

|          |    |   |
|----------|----|---|
| Sunday   | 2  | Sunday School   |
| Saturday | 8  | Extended Meditation (Energ. Ex. 5:10 pm; Meditation 5:30 - 9:30 pm) |
| Saturday | 15 | All-Day Christmas Meditation  |
| Sunday   | 16 | Christmas Social  |
| Monday   | 24 | Christmas Eve Meditation Service (7:00 pm - 9:00 pm)                |
| Tuesday  | 25 | Christmas Day (Centre closed)                                       |
| Monday   | 31 | New Year's Eve Meditation Service (9:30 pm - 12:30 am)              |

# Weekly Schedule of Services

**Please note:**

- **The meditation on the third Saturday in the month is now in the morning,**
- **The change in the Sunday School times**

## 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

12:30 p.m. - 1:30 p.m.      Senior and 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 and Third Saturdays 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.      Guided 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 open before and after each service. Please ask the Usher for assistance.

If you have received this e-mail in error or if you do not wish to continue receiving our newsletters, please reply to this e-mail and let us know. We will remove you from our mailing list immediately.

In divine friendship,  
Toronto Centre of Self-Realization Fellowship

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