

**SUNDAY**

9:00 – 9:20am Energization Exercises  
9:00 – 10:40am Kirtan – See Schedule  
9:30 – 10:40am Meditation – See Schedule  
11:00 – 12:00pm Sunday School – See Schedule  
11:00 - 12:00pm Reading Service



**THURSDAY**

7:30pm 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the Month  
Second Coming of Christ Study Group  
7:30pm 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the Month  
Meditation and Healing Service



**SATURDAY**

9:00am 3 Hour Meditation  
1<sup>st</sup> & 3<sup>rd</sup> Saturday of the Month  
(Unless otherwise noted)



**JANUARY 2012**

1 SU **Meditation** 9:30am  
**Sunday School - Cancelled** 11:00am  
**Reading Service** 11:00am  
5 TH **Paramahansa Yogananda Birthday**  
**Commemoration.** 7:30pm  
*(Chapel opens at 6:30pm. There will be a  
Birthday cake after the service)*  
7 SA **Paramahansa Yogananda** 10:00am  
**Commemorative Meditation**  
*(Please bring a fruit as a symbol  
of reverence & devotion to the Guru)*  
8 SU **Kirtan** 9:00am  
**Sunday School - Teens** 11:00am  
**Reading Service** 11:00am  
**Managing Council Meeting** 12:15pm  
12 TH Meditation/Healing Service 7:30pm  
15 SU **Meditation** 9:30am  
**Sunday School 3-12 yrs** 11:00am  
**Reading Service** 11:00am  
**Social Tea** 12:15pm  
19 TH Second Coming of Christ  
Study Group 7:30pm  
21 SA 3 Hour Meditation 9:00am  
22 SU **Kirtan** 9:00am  
**Reading Service** 11:00am  
**2012 Tour Leaders Meeting** 12:15pm  
26 TH Meditation/Healing Service 7:30pm  
29 SU **Meditation** 9:30am  
**Reading Service** 11:00am  
**Service Readers Meeting** 12:15pm

**FEBRUARY 2012**

2 TH Second Coming of Christ  
Study Group 7:30pm  
4 SA 3 Hour Meditation 9:00am  
5 SU **Meditation** 9:30am  
**Sunday School 3-12 yrs** 11:00am  
**Reading Service** 11:00am  
9 TH Meditation/Healing Service 7:30pm  
12 SU **Kirtan** 9:00am  
**Sunday School - Teens** 11:00am  
**Reading Service** 11:00am  
**Managing Council Meeting** 12:15pm  
16 TH Second Coming of Christ  
Study Group 7:30pm  
18 SA 3 Hour Meditation 9:00am  
19 SU **Meditation** 9:30am  
**Sunday School 3-12 yrs** 11:00am  
**Reading Service** 11:00am  
**India Celebration** 12:15pm  
23 TH Meditation/Healing Service 7:30pm  
26 SU **Kirtan** 9:00am  
**Reading Service** 11:00am  
**2012 Tour Leaders Meeting** 12:15pm



**MARCH 2012**

1 TH Second Coming of Christ  
Study Group 7:30pm  
3 SA 3 Hour Meditation 9:00am  
4 SU **Meditation** 9:30am  
**Sunday School 3-12 yrs** 11:00am  
**Reading Service** 11:00am  
**Food Fair Fundraiser** 12:15pm  
7 WE **Paramahansa Yogananda Mahasamadhi**  
**Commemoration** 7:30pm  
*(Chapel opens at 6:30pm)*  
8 TH Meditation/Healing Service 7:30pm  
9 FR **Sri Yukteswar Mahasamadhi**  
**Commemoration** 7:30pm  
*(Chapel opens at 6:30pm)*  
11 SU **Kirtan** 9:00am  
**Sunday School - Teens** 11:00am  
**Reading Service** 11:00am  
**Managing Council Meeting** 12:15pm  
15 TH Second Coming of Christ  
Study Group 7:30pm  
17 SA 3 Hour Meditation 9:00am  
18 SU **Meditation** 9:30am  
**Sunday School 3-12 yrs** 11:00am  
**Reading Service** 11:00am  
**Social Tea/General Meeting** 12:15pm  
**2012 Tour Volunteers Meeting** 12:15pm  
22 TH Meditation/Healing Service 7:30pm  
25 SU **Kirtan** 9:00am  
**Reading Service** 11:00am  
**2012 Tour Leaders Meeting** 12:15pm

## Meditations

Meditation services provide members and students with an opportunity to practice together the methods of concentration and meditation taught in the Self-Realization Fellowship Lessons. Those who do not know any specific technique of meditation are also welcome to attend. In order for all devotees to derive the maximum benefit from the group meditations, these recommendations are strongly encouraged to limit disturbing others:

- Enter the chapel on time. If you must leave early, do so during a chant.
- Please sit down quietly.
- Attire for meditation and services should reflect a respectful attitude toward God and Gurus, the teachings, and be appropriate for attending any religious service.
- Please avoid wearing perfume or other scents as a courtesy to other members.

## Sunday Reading Service

This weekly 11:00am service includes inspirational readings, prayers, chants, and shorter periods of meditation. If you are new to our group, we suggest you first attend this service. Please follow the guidelines above under "Meditations". After the service, there is an informal opportunity to meet members of the group.

## Bookroom

Our bookroom has SRF books, CD's, DVD's, and other items for purchase, as well as applications for the SRF weekly lessons. The bookroom is open on Sundays only, before and after the Reading Service.

## Service Opportunities

All members and student of the SRF lessons are welcome to serve as ushers, altar attendants, service readers, bookroom volunteers, and to assist with chapel cleaning. Not only is this a good way to show our appreciation for the benefits we receive from attending, but it is also a chance to make spiritual friends. Sign-up sheets are located on the bulletin board and on the bookroom table.

## Kirtan

Kirtan is devotional singing to God, accompanied by traditional Indian instruments such as harmonium, tablas, cymbals, and bells. This service allows for longer chanting periods and helps us dive deeper in meditation. Kirtans are held on Sunday mornings, once or twice a month.

## Meditation and Healing Service on Thursday Evenings

This meditation and chanting service is followed by a time in which we meditate and pray for physical, mental, and spiritual healing for ourselves, for others, and for world brotherhood and peace. Together, we practice the spiritual healing techniques taught by our founder Paramahansa Yogananda, explained in the free booklet, *Worldwide Prayer Circle*. Request for prayers may be placed in the prayer box on the table in the foyer.

## Commemoration Services

Special commemoration services are held to honor the birthdays and mahasamadhis of the SRF line of Gurus. All who attend are requested to bring a flower as a symbol of devotion and an offering in an envelope as an expression of loyalty and support of the Guru's work.

## Potluck Luncheons and Social Teas

Each month, our group has either a Potluck Luncheon or Social Tea following one of the Sunday services. Everyone is welcome to attend. Social teas are an opportunity for newcomers to meet members and learn more about our group. Those attending Potlucks may bring a vegetarian dish to share.



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# The Chicago Meditation Group of *Self-Realization Fellowship*



2012

*January~ February~ March*  
*Regularly Scheduled Services*



*The Chicago Meditation Group is composed of members and friends of Self-Realization Fellowship, the worldwide organization founded by Paramahansa Yogananda. We are located at:*

10031 W. Roosevelt Rd. ~ Westchester, IL 60154  
[www.chicagomeditationgroup.org](http://www.chicagomeditationgroup.org)