



Auckland Meditation Group of Self-Realization Fellowship

Schedule of Services 2019

Leys Institute - 20 St. Mary's Rd, Ponsonby
www.aucklandsrff.org.nz

JANUARY		
5	Saturday: Paramahansa Yogananda's Birthday Service at Leys followed by potluck dinner at Alope's house	5.30 ~ 6.30pm
6	Sunday: Paramahansa Yogananda's Birthday Commemoration - All-Day Meditation at St Francis Retreat	9am ~ 5pm
9	Wednesday: Kirtan - Devotional Chanting	7:00 ~ 9:00pm
16	Wednesday: Meditation Service	7:00 ~ 8:15pm
23	Wednesday: Bhagavad Gita Reading Service	7:00 ~ 8:15pm
27	Sunday: Outdoor Meditation & Reading Service at St Francis Retreat Centre followed by cold food, potluck lunch (<i>Higher Achievements in the New Year</i>)	10.30 ~ 11:30am
30	Wednesday: Meditation Service	7:00 ~ 8:15pm

FEBRUARY		
3	Sunday: Long Meditation	9am ~ 12:15pm
6	Wednesday: Meditation Service	7:00 ~ 8:15pm
10	Sunday: Meditation and Reading Service (<i>Be a Smile Millionaire</i>) followed by morning tea and book sales	8 ~ 9am 9:15 ~ 10:15am
13	Wednesday: Kirtan - Devotional Chanting	7 ~ 9pm
17	Sunday - All-Day Summer Retreat at St Francis Retreat - 9am ~ 5pm No regular service at Leys	
20	Wednesday: Meditation Service	7:00 ~ 8:15pm
24	Sunday: Meditation and Reading Service (<i>Man God's Highest Creation</i>)	8 ~ 9am 9:15 ~ 10:15am
27	Wednesday: Bhagavad Gita Reading Service	7:00 ~ 8:15pm

MARCH		
3	Sunday: Paramahansa Yogananda's Mahasamadhi Commemoration Service	9 ~ 10:15am
6	Wednesday: Meditation Service	7:00 ~ 8:15pm
10	Sunday: Sri Yukteswar's Mahasamadhi Commemoration Service	9 ~ 10:15am
13	Wednesday: Kirtan - Devotional Chanting	7 ~ 9pm
17	Sunday: Meditation Service followed by AGM at 9.15am	8 ~ 9am 9:15am ~ 12pm
20	Wednesday: Meditation Service	7:00 ~ 8:15pm
24	Sunday: Meditation and Reading Service (<i>A Yogi-Christ and His Way to Salvation</i>) followed by morning tea and book sales	8 ~ 9am 9:15 ~ 10:15am
27	Wednesday: Second Coming of Christ Reading Service	7:00 ~ 8:15pm
31	Sunday: Meditation and Reading Service (<i>Live in Constant Remembrance of God</i>)	8 ~ 9am 9:15 ~ 10:15am

APRIL		
3	Wednesday: Meditation Service	7:00 ~ 8:15pm
7	Sunday: Long Meditation	9am ~ 12:15pm
10	Wednesday: Kirtan - Devotional Chanting	7 ~ 9pm
14	Sunday: Meditation and Reading Service followed by morning tea and book sales (<i>Healing Body, Mind, and Soul</i>)	8 ~ 9am 9:15 ~ 10:15am
17	Wednesday: Meditation Service	7:00 ~ 8:15pm
19	Friday: Good Friday Meditation Service	6 ~ 7.30pm
21	Sunday: Easter Sunrise Meditation Service	7.15 ~ 10:15am
24	Wednesday: Bhagavad Gita Reading Service	7:00 ~ 8:15pm
28	Sunday: Meditation and Reading Service (<i>How to Read Character</i>)	8 ~ 9am 9:15 ~ 10:15am

MAY		
1	Wednesday: Meditation Service	7:00 ~ 8:15pm
5	Sunday: Long Meditation	9am ~ 12:15pm
8	Wednesday: Kirtan - Devotional Chanting	7 ~ 9pm
12	Sunday: Sri Yukteswar's Birthday Commemoration Service	9 ~ 10:15am
15	Wednesday: Meditation Service	7:00 ~ 8:15pm
19	Sunday: Meditation and Reading Service (<i>The Scientific Art of Living</i>) followed by morning tea and book sales	8 ~ 9am 9:15 ~ 10:15am
22	Wednesday: Bhagavad Gita Reading Service	7:00 ~ 8:15pm
26	Sunday: Meditation and Reading Service (<i>Yoga for Westerners</i>)	8 ~ 9am 9:15 ~ 10:15am
29	Wednesday: Meditation Service	7:00 ~ 8:15pm

JUNE		
2	Sunday: Queen's Bday weekend - Long Meditation	9am ~ 12:15pm
5	Wednesday: Meditation Service	7:00 ~ 8:15pm
9	Sunday: Meditation and Reading Service (<i>How to Dissolve the Causes of War</i>) followed by morning tea and book sales	8 ~ 9am 9:15 ~ 10:15am
12	Wednesday: Kirtan - Devotional Chanting	7 ~ 9pm
16	Sunday: Meditation and Reading Service (<i>Inner Resources of Health and Energy</i>)	8 ~ 9am 9:15 ~ 10:15am
19	Wednesday: Meditation Service	7:00 ~ 8:15pm
23	Sunday: International Yoga Day - Meditation open to public - followed by refreshments (actual date 21/06)	8 ~ 9am 9:15 ~ 10:15am
26	Wednesday: Bhagavad Gita Reading Service	7:00 ~ 8:15pm
30	Sunday: Meditation and Reading Service (<i>How to Attune with Divine Will</i>)	8 ~ 9am 9:15 ~ 10:15am

Addresses

Leys Institute: 20 St. Mary's Rd, Ponsonby
St. Francis Retreat: 50 Hillsborough Rd, Mt Roskill
Ferndale House: 830 New North Rd, Mount Albert

More information

Please visit our website www.aucklandsrff.org.nz
or email info@aucklandsrff.org.nz

How to meditate

Beginner's meditation videos are available at www.yogananda-srf.org. Learn the correct posture, focusing attention and other basic meditation instructions given by SRF monks.