

Montreal Meditation Circle
Newsletter - Summer 2018



of Self-Realization Fellowship
July - August - September

**“Do not be satisfied unless you know from the lips
of your Heavenly Father, in the temple of meditation,
that He is, He was, and He will be with you evermore.”**

— Paramahansa Yogananda

Schedule of Regular services

Sunday

Meditation service	10.00 a.m. - 10.50 a.m.
Inspirational service	11.00 a.m. - 12.00 p.m.

Wednesday

Energizing exercises	7.00 p.m.
Meditation service	7.15 p.m. - 9.30 p.m. (with the option to leave at 8.30 p.m.)

**Please take note that our services are now guided either
in English, or in French, or in both languages.**

**Meditation services are held at Notre-Dame-de-Lourdes
Church, 650, 4^e Avenue, Verdun G4G 1N4.**

Dates

July 8
July 15
July 22
July 25*

July 27-29

August 5
August 5-11
August 19

September 2*

September 9
September 16
September 21-23

September 26*

September 30*

November 9-11

Events

Seva Sunday after the services
Summer picnic after the services
Sunday services (**7 a.m.-noon**)
Wednesday, Comm. service (**8 p.m.-9 p.m.**)
in honour of Mahavatar Babaji
Retreat at Yogi Inn, Saint-Michel-des-Saints

Seva Sunday after the services
Convocation in Los Angeles
Sunday Services (**7 a.m.-noon**)

Sunday, Comm. Service at **11 a.m.**
Janmashtami, Birth of Bhagavan Krishna
Seva Sunday after the services
Sunday services (**7 a.m.-noon**)
Retreat at Yogi Inn, Saint-Michel-des-Saints

Wednesday, Comm. Service (**8 p.m.-9 p.m.**)
Mahasamadhi of Lahiri Mahasaya
Sunday, Comm. Service at **11 a.m.**
Birthday of Lahiri Mahasaya

Retreat at Yogi Inn, Saint-Michel-des-Saints

***See p. 2 for details on these activities**

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*Commemorative services

Special services are held to celebrate the birthdays and mahasamadhis of the Gurus of Self-Realization Fellowship. Those who wish to attend are invited to bring a flower as a symbol of their devotion (Please avoid smelling its fragrance and **take it out of its wrapper** before entering), and to present a donation as a token of loyalty and support towards our Guru's teachings. If not announced otherwise, these services are held in the evening from 8 to 9. You may arrive at 7 for personal meditation.

*Summer picnic

We would like to inform you that our Summer picnic will be held on 15th July. More details will be sent later on.

We are looking forward to seeing you all at this event!

*Autumn retreat

This Autumn, our usual Retreat will not be held. For retreats at Yogi Inn in Saint-Michel-des-Saints, please do reserve yourselves directly: **514 629-1716 — 450 833-1663, or jdr144@yahoo.ca**

— **yogiinn2016@gmail.com** .

srfmontreal@gmail.com

Etiquette concerning meditation

Meditation services provide members and students with the opportunity to practice together the concentration and meditation techniques taught in the SRF lessons. In order to derive the greatest benefit from these group meditations and to minimize disturbance to others, devotees are invited to make sure that they enter the chapel **SHORTLY BEFORE THE SERVICE STARTS** and sit down quietly. Should you arrive after the service has begun, please wait and **enter very quietly during a chant ONLY**, out of respect for those already in place.

We are deeply grateful and we sincerely THANK all those of you who graciously offer their help, co-operation and support. Let's remember that we serve God and Master through our service in the Circle. For all those interested in serving, please feel free to get in touch with our co-secretaries.



Co-secretaries:

Larise Balcon 514 226-0343

Michel Toutant 450 967-4951