

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.

SUNDAY SCHOOL

In our Sunday School, children are taught about self-realization on an age-appropriate level with short meditations, chants, stories, and crafts.

DAY of SERVICE

Everyone is invited to join in cleaning the chapel and fellowship areas. No special skills are needed and any amount of time that you can serve in this way will be appreciated.

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.

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 twice a month.

MEDITATION and PRAYER SERVICE THURSDAY EVENINGS

The Meditation Service is an hour and fifteen minutes long and includes periods of meditation and chanting. Immediately following is the Prayer Service, a time we devote to prayer for physical, mental and spiritual healing for ourselves, others and for world peace. Together we practice the healing technique taught by our founder Paramahansa Yogananda, explained in the free booklet, World Prayer Circle. Request for prayers may be placed in the prayer box at the rear of the chapel.

COMMEMORATIVE 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. These events provide an opportunity to meet and greet other members and friends and to learn more about our group. Those attending Potluck luncheons may bring a vegetarian dish to share. Everyone is welcome to attend.

Coordinator: Mrs. Diane Shaw: 626-392-4113
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Chicago Meditation Group of
Self-Realization Fellowship
708-366-0140
www.chicagomeditationgroup.org

The Chicago Meditation Group of Self-Realization Fellowship



2019

January ~ February ~ March

Regularly Scheduled Services



*The Chicago Meditation Group
is composed of members and friends
of Self-Realization Fellowship, the
world wide organization founded by
Paramahansa Yogananda.*

946 N Harlem Ave. ~ River Forest, IL 60305
www.chicagomeditationgroup.org

SUNDAY

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

January 2019

3 TH 2nd Coming of Christ Study Group 7:00 pm
5 SA Meditation 9:00 am – 11:30 am
**Paramahansa Yogananda
Birthday Commemorative 12:00 pm**
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6 SU Energization 9:00 am  
Meditation 9:30 am  
Reading Service 11:00 am  
Sunday School 11:00 am  
10 TH Meditation/Prayer Service 7:30 pm  
12 SA **Paramahansa Yogananda  
Commemorative Meditation 10am-4pm**  
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13 SU Kirtan 9:00 am
Reading Service 11:00 am
Sunday School 11:00 am
Managing Council Meeting 12:30 pm
17 TH 2nd Coming of Christ Study Group 7:00 pm
19 SA 4 Hour Meditation 9:00 am
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20 SU Energization 9:00 am  
Meditation 9:30 am  
Reading Service 11:00 am  
Sunday School 11:00 am  
**Social Tea & Video 12:30 pm**  
24 TH Meditation/Prayer Service 7:30 pm  
26 SA 4 Hour Meditation 9:00 am  
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27 SU Kirtan 9:00 am
Reading Service 11:00 am
Sunday School 11:00 am
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THURSDAY

7:00 pm 1<sup>st</sup> & 3<sup>rd</sup> **Thursday of the Month**  
Second Coming of Christ Study Group  
  
7:30 pm 2<sup>nd</sup> & 4<sup>th</sup> **Thursday of the Month**  
Meditation and Prayer Service

February 2019

2 SA 4 Hour Meditation 9:00 am  
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3 SU Energization 9:00 am
Meditation 9:30 am
Reading Service 11:00 am
Sunday School 11:00 am
General Meeting 12:30 pm
7 TH 2nd Coming of Christ Study Group 7:00 pm
9 SA 4 Hour Meditation 9:00 am
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10 SU Kirtan 9:00 am  
Reading Service 11:00 am  
Sunday School 11:00 am  
Managing Council Meeting 12:30 pm  
14 TH Meditation/Prayer Service 7:30 pm  
16 SA Meditation 9:00 am – 12:00 pm  
**Day of Service 12:00 pm – 2:00 pm**  
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17 SU Energization 9:00 am
Meditation 9:30 am
Reading Service 11:00 am
Sunday School 11:00 am
Potluck 12:15 pm
21 TH 2nd Coming of Christ Study Group 7:00 pm
23 SA 4 Hour Meditation 9:00 am
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24 SU Kirtan 9:00 am  
Reading Service 11:00 am  
Sunday School 11:00 am  
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28 TH Meditation/Prayer Service 7:30 pm

SATURDAY

9:00 am **Every Saturday of the Month**
4 Hour Meditation
(Unless otherwise noted)
12:00 pm **Once per quarter: Day of Service**
To clean the chapel after meditation.

March 2019

2 SA **6 Hour** Meditation 9:00 am
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3 SU Energization 9:00 am  
Meditation 9:30 am  
Reading Service 11:00 am  
Sunday School 11:00 am  
7 TH **Paramahansa Yogananda  
Mahasamadhi Commemorative 7:30 pm**  
9 SA Meditation 9:00 am – 11:30 am  
**Sri Yuktswar Mahasamadhi  
Commemorative 12:00 pm**  
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10 SU Kirtan 9:00 am
Reading Service 11:00 am
Sunday School 11:00 am
Managing Council Meeting 12:30 pm
14 TH Meditation/Prayer Service 7:30 pm
16 SA 4 Hour Meditation 9:00 am
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17 SU Energization 9:00 am  
Meditation 9:30 am  
Reading Service 11:00 am  
Sunday School 11:00 am  
**Social Tea 12:30 pm**  
21 TH 2nd Coming of Christ Study Group 7:00 pm  
23 SA 4 Hour Meditation 9:00 am  
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24 SU Kirtan 9:00 am
Reading Service 11:00 am
Sunday School 11:00 am
28 TH Meditation/Prayer Service 7:30 pm
30 SA 4 Hour Meditation 9:00 am
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31 SU Energization 9:00 am  
Meditation 9:30 am  
Reading Service 11:00 am  
Sunday School CANCELLED  
**Readers Meeting 12:30 pm**