

Melbourne Meditation Group (MMG) of Self-Realization Fellowship February 2025 Newsletter



MMG Services

Services in Feb 2025			
Date	Day	Time	Service Type
2 nd Feb	Sunday	9 am to 11 am	Group Meditation & Inspirational Readings Service
		11 am to 12 noon	Inspirational Readings Service - How Active Westerners Can Realise God
6 th Feb	Thursday	8 pm to 9.30 pm	Group Meditation (Inspirational Service)
9 th Feb	Sunday	9 am to 12 noon	Group Meditation & Inspirational Readings Service
		11 am to 12 noon	Inspirational Readings Service - The Necessity of Religion
13 th Feb	Thursday	8 pm to 9.30 pm	Group Meditation (Inspirational Service)
16 th Feb	Sunday	9 am to 12 noon	Group Meditation & Inspirational Readings Service
		11 am to 12 noon	Inspirational Readings Service - The Way to Be Happy at Will
20 th Feb	Thursday	8 pm to 9.30 pm	Group Meditation (Inspirational Service)
23 rd Feb	Sunday	12 noon to 3 pm	MMG Social Picnic at Central Park, Hawthorn
27 th Feb	Thursday	8 pm to 9.30 pm	Group Meditation (Inspirational Service)



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Save the Dates

MMG Social - Picnic

We invite all devotees, their families and friends to participate in our first social picnic of the year!

Venue: Central Park, 30 Henry St, Hawthorn VIC 3122

Date: 23 February 2025

Time: 12 noon - 3 pm

Food: You may bring a vegetarian plate to share.

MMG Silent Retreat

We are happy to announce that our next silent retreat will be in April. We invite all devotees to participate in this event. Please click the link below to register and save your spot.

Venue - Pallotti College **Dates -** 5th & 6th April
80 McNamara's Rd, Millgrove VIC 3799 (approx. 70km from Melbourne)

Retreat Registration



Compassion, Healing and Prayer Circle

The **Melbourne Meditation Group Compassion Committee** members practice Paramahansa Yogananda's healing technique after their individual daily meditations for those on the MMG prayer list. The names on the MMG prayer list are also included in the SRF Worldwide Prayer Circle list for prayers by SRF/YSS monastics.

All names on the list will be deleted yearly at the start of June, members can resubmit names then or at any time during the year.

Download your own **free** copy of SRF Worldwide Prayer Circle Booklet by [clicking this link](#).

All are welcome to send their or their loved ones' names to be included in the compassionate committee prayer list to Martin Elliott at: m_r_elliott@hotmail.com. Those who wish to join the Compassion Committee can send their names to the same email address.

Term Deposit Rollover- Future Melbourne Temple

As discussed in our 2024 Annual General Meeting, the Melbourne Meditation Group of Self-Realization Fellowship maintains 2 **term deposits** dedicated to the future establishment of a **permanent temple for the group**. A portion of this **temple fund deposit** is set to **mature on February 20, 2025**, at which point the funds will be reinvested for an additional 24 months. During this **rollover**, there is an opportunity to contribute further funds. If you are interested in **supporting the group's temple fund**, please label any online donations as "FMT" (Future Melbourne Temple) and submit them by **February 20, 2024**. For detailed information regarding the temple plans, [please click here](#).

If you prefer to donate in cash, hand in your donation to the Usher before or after a service at BEC.



Each time you donate feel free to say a prayer like the one used during the offertory held at our regular meditation services:

"Heavenly Father, bless this offering that it may serve to carry Thy message of Self-Realization to all truth-seeking souls."



MELBOURNE MEDITATION GROUP
BSB Number: 033-372
Account Number: 358389

"In helping others to succeed I shall find my own prosperity. In the welfare of others I shall find my own well-being."

Dr. Smita and her husband, Mr. Arvind, from India, visited our Centre on January 9, 2025, to commemorate the birthday of Paramahansa Yogananda. During this special commemoration service, they presented us with a brick piece from Paramahansa Yogananda's room at the Ranchi Ashram.

Dr. Smita shared previous gifts of Boston and both of which have buildings. She wishes that our would also achieve coming years. The our altar during the commemoration service.



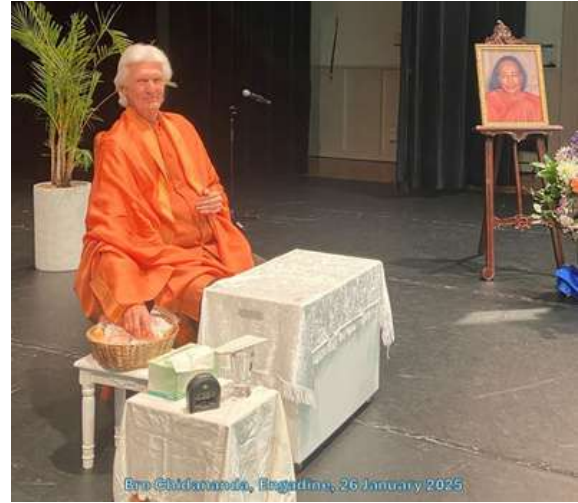
inspiring stories about her similar mementos to the Singapore SRF Centres, since acquired their own expressed her heartfelt Melbourne group this milestone in the brick was placed at

We extend our deepest gratitude to Dr. Smita and Mr. Arvind for their thoughtful gift, prayers, good wishes, devotion and inspiration.



SRF President Brother Chidananda's Sydney Visit - 25-26 Jan 2025

Some of Melbourne devotees attended the events organised by Sydney SRF during our beloved president Brother Chidananda and Brother Saralananda's visit to Sydney. Approximately 370 devotees attended on Sunday, 26 January. Also 112 devotees attended the long meditation, fellowship and lunch on Saturday, 25 January at Sydney SRF temple in Leichhardt. We would like to thank the Sydney Centre for organising these memorable and inspiring events.



Upcoming Special Online Programmes

For these below special online meditation services and regular online meditation services and scriptural reading services, please refer to [SRF Online Meditation calendar](#) and [YSS Online Dhyana Kendra calendar](#).

SRF Online How-to-Live Classes for Children and Teens

Children and teens will join in the practice of the SRF Energization Exercises, meditation, and engage in discussions, storytelling, and activities that illustrate Paramahansaji's wisdom for building strengths, and approaching life with joy and self-confidence. Click [here](#) for more info.



Sun, Feb 23, 2025
3:30pm - 6:30pm

Mon, Feb 24, 2025
12:00am - 1:00am



Living in God's Love

One-Day Retreat Led by an SRF Monastic

Sunday, 9 Feb
3 am to 11 am

Sunday, February 16, 2025
3:40 AM - 7:00 AM

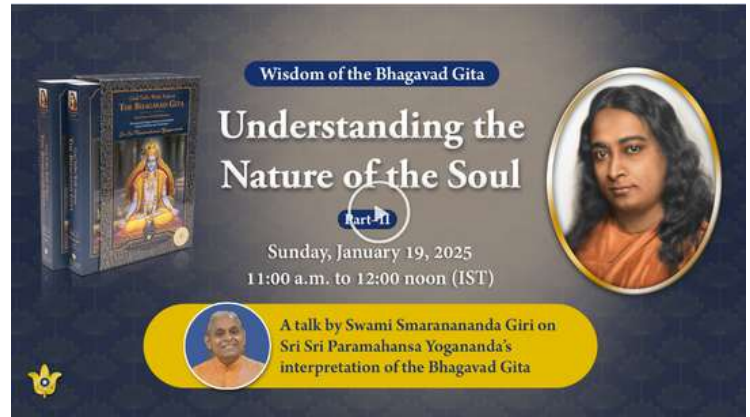
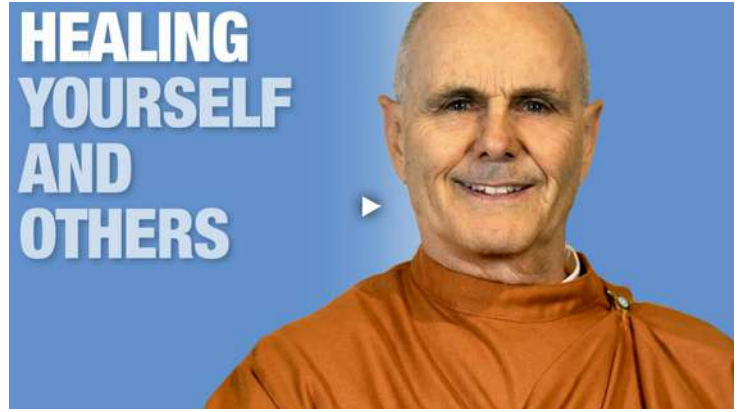
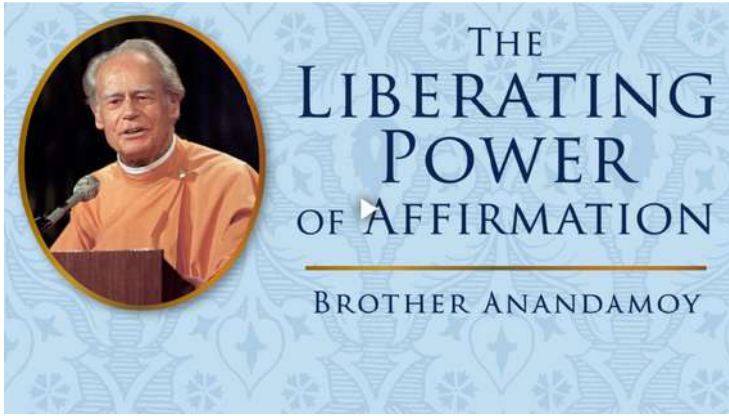
January 25 - May 24, 2025

Classes are held on two **Saturdays** each month:

January 25
February 15 and 22
March 15 and 22
April 12 and 26
May 17 and 24

Click here to register

 [Click here](#) to watch all past Inspirational Talks.



“The Noble New” by Paramahansa Yogananda

Sing songs that none have sung,
Think thoughts that ne’er in brain have rung,
Walk in paths that none have trod,
Weep tears as none have shed for God,
Give peace to all to whom none other gave,
Claim him your own who’s everywhere disclaimed.
Love all with love that none have felt, and brave
The battle of life with strength unchained.



SRF World Convocation 2025 In-Person and Online

The Self-Realization Fellowship World Convocation 2025 will be held online and at the **Westin Bonaventure Hotel** in **Los Angeles, California**, from **June 22 – 28**.

Additionally, pilgrimage tours to the SRF **Encinitas Ashram Center** and **San Diego Temple** will be held on Sunday, **June 29**. Complete details about the program and registration will be available in March 2025.

The Westin Bonaventure Hotel & Suites and the Millennium Biltmore Hotel will be offering reduced rates for those attending the 2025 SRF World Convocation in person. Reservations for rooms at both hotels are open.

For hotel rates and Reservations, click [here](#).

For more information, click [here](#).

Los Angeles Wildfires and SRF Lake Shrine



Click [here](#) to read the blog post detailing the latest updates about the situation at the Lake Shrine.

To learn more about the help support that SRF is offering to those affected by the wildfires, and for how you may contribute to efforts to provide for what is needed at the Lake Shrine and for those affected, please click [here](#).



[Donate now](#)

SRF invites all members and friends of SRF to view this video of Brother Chidananda, president and spiritual head of SRF/YSS, as he conveys a special message of comfort, reassurance, and encouragement and describes the dramatic events that unfolded at the SRF Lake Shrine in Pacific Palisades during the wildfires in Los Angeles in January



[Los Angeles Times Features Article on Asad Family and the SRF Lake Shrine](#)

Los Angeles Times

Column One
A battle to save a spiritual sanctuary in the Palisades

Yogananda first established the grounds as a place of peace, refuge and sanctuary for people of all faiths. The spirit of devotion in the center of the complex is its defining feature. Means glide across its surface, new mothers reach out to their children, and people of many faiths and backgrounds meditate quietly along its shores.

The lake also played a key role in the center's unlikely escape from the Palisades fire, as a battery of hose devices used its waters to extinguish the spreading flames.

The story of its 20th-century founding goes back to the spiritual guru Paramahansa Yogananda, who purchased the 40-acre Pacific Palisades property from an oil company president. After the oilman had a vivid dream in which his land became a "home of all religions."

Local TV news shines
 Los Angeles-area reporters provide informative, emotional wildfire coverage. **NEWSWASH**

A double blow
 A couple lost both a new home and the 100-year-old one to Eaton fire. **ENTERTAINMENT**

Weather
 Partly sunny
 L.A. High: 73-81. 88



This photo was clicked during the Lake Shrine Dedication Ceremony in 1950.

When the photographer asked "Sir, May I take a picture of you?", Paramahansa Yogananda replied: "Yes, and I will bless it".

Click the above image to have a "virtual pilgrimage tour" of the [SRF Lake Shrine](#).

To view a "virtual pilgrimage tour" of the SRF Lake Shrine and several other SRF locations, click [here](#).