

Self-Realization Fellowship Temple
San Diego

LET'S READ THE SRF LESSONS TOGETHER

SUNDAYS • 1 to 2 pm • ROOM 11

2018 LESSON STUDY SCHEDULE

<u>Jan</u>	<u>Lesson #</u>	<u>Feb</u>	<u>Lesson #</u>
7	1	4	5
14	2	11	6
21	3 & 3A	18	7
28	4	25	8
<u>Mar</u>	<u>Lesson #</u>	<u>Apr</u>	<u>Lesson #</u>
4	8A	1	Canceled
11	9	8	12
18	10	15	13
25	11	22	14
		29	15
<u>May</u>	<u>Lesson #</u>	<u>Jun</u>	<u>Lesson #</u>
6	16	3	20
13	17	10	21
20	18	17	22
27	19	24	23 & 23A

To attend, you must be an SRF Lesson Student. When entering, please show the Lesson being studied or any SRF Lesson, or your SRF Lessons Student or Kriyaban membership card. Eligible students who don't have the Lesson being studied may listen or perhaps read along, sharing another student's Lesson. Lesson subscriptions are handled online: SRFlessons.org

(Mother Center in LA: 323-225-2471)

ABOUT THE STUDY SESSIONS

“If you study the Lessons with reverence and deep attention, and...deeply practice meditation, you will be in touch with the divine link of the Masters . . . This is the message of my heart to you: Compare and reread each line of all that I have written and you will feel God's presence.”

—Paramahansa Yogananda

The sessions begin and end with a short meditation. The lesson program consists in each student reading a paragraph, slowly and clearly. Then there is a pause long enough to reread silently, and to contemplate and digest the material. The next student continues by reading the paragraph that follows (reading aloud is optional; one may skip one's turn).

Each one has the opportunity to absorb the teachings in an atmosphere of concentration and devotion, drawing from the reading that which is most meaningful to oneself. Anyone who chooses may also underline key sentences in the Lesson, make marginal notes, or use a notebook if this is helpful to one's personal study.

Questions about the meaning of certain passages may be pursued in the SRF publications, submitted as questions for the Thursday evening Satsanga Service, discussed with the minister, or may be clarified by writing to the Mother Center.