



The Lord wants us to escape this delusive world. He cries for us, for He knows how hard it is for us to gain His deliverance. But you have only to remember that you are His child. Don't pity yourself. You are loved just as much by God as are Jesus and Krishna. You must seek His love, for it encompasses eternal freedom, endless joy, and immortality.

-Paramahansa Yogananda, "The Divine Romance"

Weekly Service Schedule

Sunday Services

Meditation Service 10:00AM - 10:50AM

Reading Service 11:00AM - 12:00PM

First Saturday of the Month

Long Meditation Service 9:00AM - 12:00PM

EEs 8:40AM

Upcoming Services

Feb 1 -- Habits - Your Master or Your Slave
Feb 7 -- Long Meditation Service (Saturday)
Feb 8 -- Lord, Possess Us with They Love (How-to-live series study)
Feb 15 -- The Science of Affirmation (Kirtan)
Feb 22 -- Secrets of Success (Tea and Cookie Social)

Announcements

- There will be a How-To-Live Series study on February 8th, at 12:10PM. The Guru-Disciple Relationship booklet will be gifted to all who wish to participate. If you've already received a booklet, a gentle reminder to bring it with you.
- Our Tea and Cookie social will be held on February 22nd. If anyone would like to make chai we would be most grateful.
- Registration for SRF's Annual World Convocation will be open mid-February. To receive notifications please subscribe to their newsletter on <https://yogananda.org/srf-world-convocation-overview>
- If you have any questions about SRF World Convocation, please call [478-213-0667](tel:478-213-0667) or email srfsanantonio@gmail.com.

San Antonio Meditation Group of SRF

The love of God cannot be described, but it can be felt as the heart is purified and made constant. As the mind and the feeling are directed inward, you begin to feel His joy. The pleasures of the senses do not last; but the joy of God is everlasting. It is incomparable!

-Paramahansa Yogananda, "The Divine Romance"

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