



Quotations of Paramahansaji from the personal diary of Sri Gyanamata:

“If the fires and mosquitoes of heat, cold, anxiety, care, fear, sickness, etc., singe and sting you, seek the remedy with a quiet mind. Always keep the mind steady and indifferent.”

“When the sensibilities become sensitive, then the pain becomes intense.”

“God is contacted in meditation as Light, Sound, and Joy.”

“Do not mind His silence. Remember, He is listening.”

- *God Alone*

The Life and Letters of a Saint

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 and Events

Oct 4 (Saturday) -- Long Meditation Service

Oct 5 -- Finding God in Family Life

Oct 11 (Saturday) -- Day of Service 10:00AM-12:00PM

Oct 12 -- Practical Methods for Spiritual Growth

Oct 19 -- Reincarnation (Digital Resource Orientation 12:05PM)

Oct 26 -- Cultivate Your Desire for God (Potluck)

Announcements

- Our Day of Service is scheduled for Saturday, October 11th from 10:00AM-1200PM. A vegetarian lunch will be served at noon.
- We will host a digital resource orientation on October 19th at 12:05PM to teach devotees how

utilize
the
virtual
benefits
from
Self
Realization
Fellowship's
technological
offerings.

- Our
vegetarian
potluck
will
be
held
on
October
26th
after
services.
Please
bring
any
vegetarian
or
vegan
dish
you
would
like
to
share
with
us.
If
you
are
unable
to
bring
a
dish,
please
come
be
with
us
anyway.
- Thank
you

to
all
who
participated
in
our
virtual
survey.
We
will
send
out
the
results
to
all
devotees
mid
October.

All are welcome to attend our upcoming events and services. You may contact us at srfsanantonio@gmail.com or call 478-213-0667. We hope to see you all soon. Jai Guru!

In Master's Service,
San Antonio Meditation Group of SRF

San Antonio Meditation Group of SRF

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