

## Newsletter

October, November, December 2011

### Schedule of Services

#### Sunday Mornings

Personal Meditation, 9 - 9:30  
Meditation Service, 9:30 - 10:15  
Reading Service, 10:30 - 11:30  
Sunday School, 10:30 - 11:30

#### Tuesday Evenings

2nd Tuesday of the month  
Three-hour Meditation, 7 - 10  
4th Tuesday of the month  
Two-hour Meditation, 7 - 9

#### Wednesday Evenings

Lesson Study Group, 7:30 - 8:30

#### Thursday Evenings

1st, 2nd & 4th Thursday,  
Inspirational Service, 7:30 - 8:45  
Prayer Service, 8:45 - 9:00  
3rd Thursday, Meditation  
w/Kirtan, 7:30 - 9:00

#### Saturday Mornings

5-Hour Meditation, 7 AM - Noon.  
Last Saturday of the Month,  
Kirtan, 10:30 - 11:45. First  
Saturday of the Month, Guided  
Meditation 9:30 - 11.

#### Special Services

All Day Fall Retreat - November  
5th 7:00 AM to 7:45 PM.

All Day Christmas Meditation -  
December 17th, 9 AM - 4 PM.

New Year's Eve Meditation -  
December 31st 11:30 PM to  
12:30 AM

#### General Meeting

October 9th, 11:30 after the  
Reading Service.

#### Social Gatherings

Vegetarian Potluck after Sunday

### 2011 Fall Retreat

A fall retreat has been scheduled for Saturday, November 5, and all interested devotees are invited to hold that date on their calendar. The full day, silent retreat will be held at the church, and provides a wonderful opportunity to join other devotees in a deep, spiritually nourishing experience with God and gurus.

Attendees are asked to make every effort to arrive at either 7:00am or 9:30am for group energization exercises so that the energy of new arrivals will harmonize with the energy of those already present and meditating. A light lunch will be served at mid-day, and we will end the retreat with a celebratory dinner of catered Indian food at 5:45pm. The retreat will include meditation, guided meditation, kirtan, a special DVD presentation and other devotional activities.

If you have any questions about the retreat or would like an information sheet with the full schedule and other important details please contact Michael

Rose: [michael.a.rose@mac.com](mailto:michael.a.rose@mac.com) or (952) 456-2570. So that we are sure to have enough food on hand, it is very important that devotees indicate their intention to attend. A sign-up sheet is available at the center. If you wish to register by phone instead, Mary Breslin has graciously offered to accept messages by telephone. Please call (612) 722-7787 leaving your name, your phone number and the names of those attending with you. A donation of \$20 is suggested for each attendee.

### Guided Meditations

It has been proposed and approved for our group to hold guided meditations on the 1st Saturday of the month. The guided meditations will be incorporated into the regular Saturday 5-hour meditation and will run from 9:30 to 11 AM. Guide meditations are scheduled to start November 5th at the all day retreat.

### Sunshine Committee

Do you know any Minneapolis Meditation Group member (or family member) who is experiencing a serious health challenge, is in the hospital or needs some cheering up? Or has a birth or death taken place in a member's family? If so, the Sunshine Committee is there to help. The purpose of the Sunshine Committee is to provide support to our friends in the

Reading Service - October 2nd,  
November 6th, December 4th.

## Sunday Readings Schedule

### October

- 2 - Live in Constant Remembrance of God
- 9 - Healing Body, Mind and Soul.
- 16 - How to Read Character.
- 23 - The Scientific Art of Living.
- 30 - Yoga for Westerners.

### November

- 6 - How to Dissolve the Causes of War.
- 13 - Inner Resources of Health and Energy.
- 20 - How to Attune with Divine Will.
- 27 - Understanding the Unreality of Matter.

### December

- 4 - The Three Instruments of Knowledge.
- 11 - Four Kinds of Men.
- 18 - A Yogi-Christ and Way to Salvation.
- 25 - Happiness Through Attunement with Christ.

## Quote From Master

....by self-mastery in meditation, the attention is focused steadily on the center of divine perception at the point between the eyebrows, the searchlights of life force and consciousness are reversed. Withdrawing from the senses, they reveal the light of spiritual eye... Through this eye of omnipresence the devotee enters into the realms of divine consciousness.



Paramahansa Yogananda -  
"The Yoga of Jesus", page 36

MMG/SRF community when they find themselves in need.  
Contact [Marta Crothers](#), [Anita Carlson Osterberg](#) or any Council Member if you know of a member in need.

## Movie Night

The next Movie night is scheduled for Friday October 21st. The movie "Milarepa" will be shown. Milarepa depicts the humble beginnings of the man who was to become Tibet's greatest saint. A true story based on centuries-old oral traditions, a youthful Milarepa is propelled into a world of sorrow and betrayal after his father's sudden death. Destitute and hopeless, he sets out to learn black magic - and exact revenge on his enemies - encountering magicians, demons, an enigmatic teacher and unexpected mystical power along the way. But it is in confrontation with the consequences of his anger that he learns the most. Photographed in the stunning Lahaul-Spiti region of Northern India, Milarepa offers a provocative parallel to the cycle of violence and retribution consuming today's world. Movie night schedule is as follows: chapel open 6pm to 7pm for personal meditation, refreshments served at 7pm with the movie starting at about 7:15.

The 6 hour mini-series "Jesus of Nazareth" will be shown in December. Plans are to show the mini-series in 3 parts: Part I on Friday December 2nd, Part II on Friday December 9th and Part III on Friday December 16th.

## General Meeting

The next General Meeting will be held on Sunday October 9th after the immediately after the reading services at 11:30 AM. Important decision regarding out group are made at these meetings. A pizza lunch will be served.

## Special Services this Quarter



There are 2 special services at the church this quarter. The all day Christmas Meditation and the New Years Eve Meditation. Check the services schedule for times and dates.

## Council Members

Please feel free to contact a council member with your concerns or suggestions.

Jerry Blackwell, [blackwelljw@hotmail.com](mailto:blackwelljw@hotmail.com),  
Srihari Nandyal, [srihari\\_nandyal@hotmail.com](mailto:srihari_nandyal@hotmail.com),  
Gene Franchett, [franchett@charter.net](mailto:franchett@charter.net),  
Terry Schwab, [terry@schwabreg.com](mailto:terry@schwabreg.com),  
Liliana Tobon-Gomez, [tobo0008@umn.edu](mailto:tobo0008@umn.edu)