

Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for March - April - May 2016

Schedule of Services

Sunday Mornings

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

Wednesday Evenings

Lessons Study Group 7:30 - 8:30

Thursday Evenings

The council has decided to cancel all Thursday services until further notice due to lack of attendance and service reader/usher availability.

Saturday Mornings

5-hour Meditation 7 AM - Noon
Group practice of Energization Exercises 7:00 & 9:30 AM
First Saturday of month - Guided Meditation 10 AM - Noon
Last Saturday of month - Kirtan 10 AM - Noon

General Meeting

Sunday April 24th at 11:30
immediately following the Sunday
Reading service

Special Services

Tuesday May 10th, Commemorative
Service for the Birth of Sri
Yuktswar 7:30 - 8:30 PM

Social Gatherings

Vegetarian Potluck after Sunday
Reading Service the first Sunday of

Committee News and Announcements

Nominations Committee

The Minneapolis Meditation Group will be holding its annual elections on April 24th at the general meeting. We want to invite our group members to nominate devotees for serving on the council, Sunday school, and as service readers. The guidelines for nominations are located downstairs on the kitchen counter. In the same location, you will find an envelope where you can place the names of your nominees. You can also talk to Don Peterson or Liliana Tobon about your candidates after a service. In addition, you could send an email to nominations@srfminneapolis.org. The last day for nominating candidates is Monday, April 18th. Thank you!

Cleaning Committee

If you are able to help with the cleaning of our church please sign up using the sign up sheet in the lower level of the church. There are still a few months to sign up for. Cleaners are asked to commit keeping the church clean for one calendar month. [Bill Fridge](#) will be happy to provide training or answer any question you have.

Electronic Communication Committee

If you would like to help our group by working the weekly announcements or the quarterly newsletter please contact [Terry Schwab](#). Training will be provided.

Service Readers Committee

We are in need of additional volunteers to serve as service readers. Please contact [Sarah Clowes](#) if you are interested in serving as a service reader.

Sunday School Committee

We are in need of additional volunteers to serve Sunday school teachers. Please contact [Tom Austin](#) if you are interested in serving in Sunday school.

*"Many blessings come to those that serve this work" -
Paramahansa Yogananda*

Spring Retreat

every month.

Sunday Readings Schedule

April

3- Getting Acquainted with God
10 - Healing Through Understanding the Nature of Consciousness and Matter
17 - What Is Your Role in Life?
24- Concentration: Key to Communion With God

May

1 - Behind the Physical Cosmos: A World of Light and
8 - God's Nature in the Mother
15- God-Mindedness - Key to Freedom
22 - Understanding Life and Death
29 - Success Through Attunement With God

June

5 - Creating World Unity Through Yoga Meditation
12 - How Even-mindedness Leads to God-Awareness
19- God's Nature in the Father
26 - Is Peace Possible in Today's World?

Quote From Master



"Group meditation is a castle that protects the new spiritual aspirants as well as the veteran mediators. Meditating together increases the degree of Self-realization of each member of the group by the law of invisible vibratory exchange of group magnetism.."

Paramahansa Yogananda
in *Seeking God Together*

The Minneapolis Meditation Group has scheduled a Spring Retreat to be held May 20th thru May 22nd at the [Assisi Heights Spirituality Center](#) in Rochester, MN about 90 miles south of the Twin Cities. The cost for the two day retreat will be about \$200 per person and includes boarding and lodging. Please contact any council member or the retreat co-ordinator, [Ron Plocinski](#), if you have any questions. Registration details, final pricing and a schedule will follow.



General Meeting

We will have a general meeting and annual elections on Sunday April 24th immediately following the readings service at 11:30. Elections for council members, service readers and Sunday school teachers will be held at the meeting. Please save the date and plan to attend.



"Awake: The Life of Yogananda"

The feature-length documentary film *Awake: The Life of Yogananda*, released by CounterPoint Films in October 2014, continues to draw new audiences of seekers around the globe as international theatrical showings sell out and expand to a growing number of cities. To get more details click [here](#).



Thursday Services

Beginning April 1st, the MMG Managing Council has decided to cancel the Thursday Inspirational Services due to lack of attendance and non-availability of volunteers to serve as service reader and ushers for this service. This was a difficult decision for the council as weekday services were part of our group activity for a long time. At some point in the future, if there is a need expressed by the congregation, we will decide to reinstate these services.

Council Members

Srihari Nandayl - Council Coordinator
Mary Breslin - Secretary
Sandy Doss - Treasurer
Nancy Bierma - Member at Large
Sandra Suarez - Member at Large

Please feel free to contact the council with your concerns or suggestions at council@srfminneapolis.org.