

Newsletter - January, February, March 2012

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

Tuesday Evenings

2nd Tuesday of the month
Energization Exercises & Three-hour Meditation, 7 - 10
4th Tuesday of the month
Energization Exercises & 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

Energization Exercises & 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

Paramahansa Yogananda's
Birthday Celebration
Service January 5th 7:30 PM to
8:30 PM.

All Day Meditation
Commemorating Paramahansa
Yogananda's Birthday -
Saturday January 7th, 9 AM - 4
PM.

Sunday School

Sunday School is taking a recess during the month of January. It will resume again on Sunday, February 5, 2012. Thank you for your continued support.

Service Changes

Group Energization Exercises (EE) will become a part of meditation services beginning with the new year. Group EE will be led by the service leader on Sunday at 9:00 AM, Saturday at 7:00 AM and 9:30 AM; and on 2nd and 4th Tuesdays at 7:00 PM. Weather permitting, the EE will be held on the patio during temperate months. November 1 through April 1 the EE will be held in the basement, leaving the chapel available for meditation if you prefer not to participate. It is anticipated that it will be more than compensated for by deeper calmer meditation created by proper preparation via energization. It is expected that incorporating practice of EE into the meditation services will help to make meditations deeper and calmer. We look forward to hearing comments and feedback from devotees in the future regarding these changes.

As a reminder, our group has started 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. The 4th Tuesday meditation will also now be a guided meditation.

Special Services this Quarter



There are 5 special services at the church this quarter. Mahasamadi services are scheduled for both Paramahansa Yogananda and Swami Sri Yukteswar. There is also an all day meditation and commemorative service in



honor of Guruji's birthday. And finally a birthday commemorative service for Swami Sri Yukteswar. Check the services schedule for times and dates.

Monastic Visit

A Monastic visit has been scheduled for October 5-7 2012. Details will follow.

Paramahansa Yogananda's
Mahasamadi Commemorative
Service March 7th 7:30 PM to
8:30 PM.

Sri Yukteswar's Mahasamadi
Commemorative Service March
9th 7:30 PM to 8:30 PM.

Sri Yukteswar's Birthday
Celebration Service March 10th
7:30 PM to 8:30 PM.

General Meeting

January 29th, 11:30 after the
Sunday Reading Service.

Social Gatherings

Vegetarian Potluck after Sunday
Reading Service - January 1st,
February 5th, March 4th.

Sunday Readings Schedule

January

- 1 - Higher Achievements in the
New Year
- 8 - Kriya .Yoga: The Bliss Filled
Path to God.
- 15 - Power to Light Your Way.
- 22 - Three Kinds of Heaven.
- 29 - Vital Health Laws.

February

- 5 - How Active Westerns Can
Realize God.
- 12 - The Necessity of Religion.
- 19 - The Way to Happy at Will.
- 26 - The Cosmic Awareness of
Saints.

March

- 4 - Regain Your Divine Heritage.
- 11 - Creating and Destroying
Habits at Will.
- 18 - The Secret of Spiritual
Success.
- 25 - Peace: The Altar of
Heaven.

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 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

On the next movie night UNMISTAKEN CHILD will be screened on Friday February 17th.

UNMISTAKEN CHILD follows the four-year search for the reincarnation of Lama Konchog, a world-renowned Tibetan master who passed away in 2001 at age 84. The Dalai Lama charges the deceased monk's devoted disciple, Tenzin Zopa (who had been in his service since the age of seven), to search for his master's reincarnation.



Movie night schedule is as follows: Chapel open 6pm to 7pm for personal meditation, refreshments served at 7pm, movie begins about 7:15.

General Meeting

The next General Meeting will be held on Sunday January 29th immediately after the Sunday Reading Service at 11:30 AM. Important decision regarding out group are made at these meetings. Please plan to attend. A pizza lunch will be served.

Council Members

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

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