

Minneapolis Meditation Group of Self-Realization Fellowship

Newsletter, January - February - March 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

1st Thursday of the month
- Inspirational and Prayer Service,
7:30 - 8:30
3rd Thursday of the month - 2 hour
Meditation Service, 7:30 - 9:30
Energization Exercises at 7:00 before
both Thursday services

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

Special Services

Monday January 5th - Birthday of
Yogananda Commemorative Service
7:30 - 8:30 PM

Saturday January 10th - All Day
Commemorative Meditation for Birth
of Yogananda 9 AM - 4 PM

Saturday March 7th -
Mahasamadhi of Yogananda
Commemorative Service 7:30 - 8:30
PM

Monday March 9th - Mahasamadhi of
Sri Yukteswar Commemorative
Service 7:30 - 8:30 PM

Committee News and Announcements

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. 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.

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

Movie Night

On Saturday January 16 Sandy Doss will give a slide presentation of her fall trip to India. There will also be a movie night on March 19th. On movie night the Chapel is open for personal meditation 5:30, 6:00 refreshments served, 6:30 movie begins.

Special Services This Quarter

There are 4 Special Services this quarter beginning with the commemorative birthday service of Paramahansa Yogananda on January 5th. On Saturday January 10th we will hold the annual all day meditation in honor of his birth. And mahasamadhi commemorative services will be held early in March for Gururji and Sri Yukteswar. Details can be found in the side bar to the left.

"Awake: The Life of Yogananda"

DVD Now Available

Self-Realization Fellowship's DVD edition of the critically acclaimed documentary film AWAKE: The Life of Yogananda is now available. This special edition of the DVD includes subtitles in Spanish, Portuguese, German, Italian, French, Dutch, and Japanese.



You can also get the movie through a Netflix account, either the DVD or streaming.

General Meeting

We will have a general meeting on January 24th, please plan to attend to provide your input to the affairs of the Minneapolis Meditation Group of Self-Realization Fellowship. The meeting will begin immediately following the Sunday Reading Service.

General Meeting

January 24th at 11:30 following the Sunday Reading Service

Movie Night

Movie Nights for this quarter will be January 16 and March 19. 5:30 Chapel open for personal meditation, 6:00 refreshments served, 6:30 movie begins.

Social Gatherings

Vegetarian Potluck after Sunday Reading Service the first Sunday of every month.

Sunday Readings Schedule

January

3 - Kriya Yoga: Universal Science of God-Realization
10 - Awakening Divine Memory
17 - How to Be Stronger Than Life's Trials and Tests
24 - Making the Most of Sundays
31 - Uniting Your Will With God's Infinite Power

February

7 - Does Satan Really Exist?
14 - The True Meaning of Self-Realization
21 - The Way to Mental Freedom
28 - Choosing to Be Happy

March

6 - The Eternal Blessings of a True Guru
13 - Do We Live One or Many Lives?
20 - The Deeper Teachings of Jesus Christ
27 - The Resurrection of Christ Within You

Quote From Master



"The more you depend on conditions outside yourself for



Council Members

Srihari Nandayal - 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.

happiness, the less happiness
you will experience."

Paramahansa Yogananda from
Where There is Light - p. 116