

Newsletter - July, August, September 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

Meditation 7 - 10 PM
2nd Tuesday of month
Meditation 7 - 9 PM
4th Tuesday of month
The Tuesday meditation services begin with group practice of Energization Exercises at 7 PM

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
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

Janmashtami, Friday August 10th - 7:30 to 8:30 PM

Babji's Commemorative Service
Wednesday July 25th - 7:30 to 8:30 PM
Lahiri Mahasaya Mahasamadhi Commemorative Service, Wednesday, September 26th 7:30 - 8:30 PM

Lahiri Mahasaya Birthday

Monastic Visit - Fall 2012

In conjunction with the Monastic visit scheduled for October 5-7 a retreat is being planned at the [Villa Maria Retreat & Conference Center](#) in Frontenac, Minnesota. Villa Maria is located on the Mississippi River bluffs between Red Wing and Lake City, Minnesota. It's 70 miles SE of Minneapolis, and surrounded by scenic Frontenac State Park. The retreat will be led by two monastics. Devotees are encouraged to hold that date on their calendar. Details are being finalized now, and a flyer providing the retreat schedule, accommodation information and other important points will be available very soon. Please plan on attending as this is a wonderful opportunity for fellowship and to deeply commune with God and Gurus without the obligations and distractions of everyday life.

TEDx Talk by Swami Smaranananda - YSS India

Swami Smaranananda Giri, General Secretary, Yogoda Satsanga Society of India, recently spoke at TEDx IIM Ranchi. In this talk, Swamiji explores the principle of maintaining inner peace and being actively calm while also calmly active.

[TED](#) (Technology, Entertainment and Design) is a global set of conferences owned by the private non-profit Sapling Foundation, formed to disseminate "ideas worth spreading." TED gathers the world's most fascinating thinkers and doers, challenging them to give the talk of their lives in eighteen minutes or less.

[TEDx](#) is a program of local, self-organized events that bring people together to share a TED-like experience. Similar to TED Talks, TEDx events spark deep discussion and connection but in local, smaller, and more intimate groups.

In his TEDx talk, Swami Smaranananda Giri explains that by practicing yoga meditation we are not assured to be free from troubles and problems in this life. However, the anxieties and fears that arise out of these troubles and problems can be conquered. By practicing yoga meditation we can realize our divinity, our higher self, and perceive our true potential. Thus by changing within we can function from a foundation of inner joy, so no matter what is happening around us or to us we are calmly active and actively calm. Go to http://www.yogananda-srf.org/News_Current_Events.aspx to enjoy the talk.

Movie Night

At the next movie night "Into Great Silence" will be screened on Friday August 17th. Here is a synopsis of the film.

Nestled deep in the postcard-perfect French Alps, the Grande Chartreuse is considered one of the world's most ascetic monasteries. In 1984, German filmmaker Philip Gröning wrote to the Carthusian order for permission to make a documentary about them. They said they would get back to him. Sixteen years later, they were ready.

Celebration Service, Sunday,
September 30th 7:30 - 8:30 PM

Movie Night

Friday August 17th 7 - 9:30 PM

Social Gatherings

Vegetarian Potluck after Sunday
Reading Service - July 1st, August
5th, September 2nd.

Sunday Readings Schedule

July

1 - Yoga Methods for Proving
Reincarnation
8 - The Steps That Lead to God
15 - Beholding God Amidst Life's
Dualities
22 - A Deathless Avatar
29 - Bring Forth Your Divine
Nature

August

5 - Creation and Man
12 - Yoga - The Divine Science
19 - Make Your Mind a Temple
of God
26 - Divine Selfishness - Serving
One's Self in All

September

2 - Karma - The Law of Cosmic
Justice
9 - Man's Highest Conception of
God
16 - Realizing God in Your Daily
Life
23 - Loyalty is the Greatest Law

Quote From Master

"When the fog of ignorance is removed by meditation you will see the right path. You will be troubled no more; you will find fulfillment eternal. "Verily, nothing else in this world is as sanctifying as wisdom. In due course of time, the devotee who is successful in yoga (meditation) will spontaneously realize the Self within". "

Paramahansa Yogananda - *"Man's Eternal Quest"*, page 25.

*Bhagavad Gita IV:38

Gröning, sans crew or artificial lighting, lived in the monks' quarters for six months-filming their daily prayers, tasks, rituals and rare outdoor excursions. This transcendent, closely observed film seeks to embody a monastery, rather than simply depict one-it has no score, no voiceover and no archival footage. What remains is stunningly elemental: time, space and light. One of the most mesmerizing and poetic chronicles of spirituality ever created, INTO GREAT SILENCE dissolves the border between screen and audience with a total immersion into the hush of monastic life. More meditation than documentary, it's a rare, transformative theatrical experience for all.

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

Landscape Committee

With summer upon us, the landscape committee is looking for volunteers to help maintain the church grounds and gardens. Duties include lawn mowing once a month, watering the shrubs, flower pots and the lawn, maintaining the fountain and other miscellaneous duties. If you are interested in helping out, please contact [Anton Crane](#).

Sunday School

Sunday School is now on summer break. Sunday School will resume on September 9th. If parents bring their children to church on Sunday during the break, one parent must be with their children either in the church basement or in the yard or patio outside.

4 boys and 4 girls from our group have or will be attending the SRF "How to live Camp" in CA. That's the largest group of attendees from any group outside CA! Thanks to all those whose donations helped defray travel cost to the camp.

Finally, a heartfelt thank you to all those who served on the Sunday School committee as teachers and assistants .

Flower Committee

Do you like flowers, their fragrance, colors, shapes? Would you enjoy serving our gurus in a different way? The flower committee is looking for volunteers to help decorating our church altars. You can volunteer one-time only, or a few times per year. Flowers are usually needed/replaced on Fridays or Saturdays for the new week to come. If you are interested in helping out, please contact Valerie Penners.

Council Members

Please feel free to contact a council member with your concerns or suggestions by leaving a message in our general email box at srf-minneapolis@yahoo.com

Liliana Tobon-Gomez - Council Coordinator
Gene Franchett - Secretary
Srihari Nandyal - Treasurer
Jerry Blackwell - Member at Large
Terry Schwab - Member at Large