

# Minneapolis Meditation Group of Self-Realization Fellowship



## Newsletter for July - August - September 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

#### 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

Monday, July 25 7:30-8:30  
p.m., Babaji Commemoration Day  
Thursday, August 25, 7:30-8:30  
p.m., Janmashtami (birth of  
Bhagavan Krishna)  
Monday, September 26, 7:30-8:30  
p.m., Mahasamadhi of Lahiri  
Mahasaya  
Friday, September 30, 7:30-8:30  
p.m., Birthday of Lahiri Mahasaya

#### Social Gatherings

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

### Committee News and Announcements

#### Garland Committee

If you can help the Garland committee please contact [Liliana Tobin](#).  
Training will be provided. The main responsibility of the Garland  
Committee is to provide garlands for the special services held throughout  
the year.

#### Electronic Communication Committee

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

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

# WORLD Convocation



The 2016 SRF World Convocation will be held August 7 - 13, 2016 in  
Los Angeles CA. For complete information and online registration [click  
here](#).

Convocation is an opportunity to deepen one's understanding of  
Paramahansa Yogananda's teachings and to receive the tools and  
inspiration necessary for spiritual growth. The annual weeklong event  
includes:

- In-depth instruction on the science of meditation taught by  
Paramahansa Yogananda
- "How-to-Live" classes
- Pilgrimage tours to shrines associated with the life and work of  
Paramahansa Yogananda
- Kirtans and group meditations
- Individual counseling with SRF monastics
- Kriya Yoga initiations

Self-Realization Fellowship's Convocation is held at:

## Sunday Readings Schedule

### July

3 - Kriya Yoga: The Spiritual Science of God-Realization  
10 - The Source of Lasting Happiness  
17 - The Spiritual Art of Getting Along With Others  
24 - What Is the Soul?  
31 - How Devotion Reveals the Invisible God

### August

7- Enjoying Life's Challenges  
14 - Proof of the Existence of God  
21- The Source of Unlimited Healing Power  
28 - The Soul's Greatest Need

### September

4 - The True Meaning of Salvation  
11 - Life - A Cosmic Motion Picture  
18- The Secret to Acquiring All Knowledge  
25 - Finding God in Family Life

### Quote From Master



"If a man wants to become an artist, he should associate with artists. If he wants to be a good businessman, he should associate with successful leaders in the business field. If he wants to become a spiritual giant, he should associate with devotees of God!"

Paramahansa Yogananda  
in *Seeking God Together*

## General Meeting Notes

Here is a run down of the results from the last General Meeting.

- Elections were conducted and the current council members were re-elected All service readers and Sunday school teachers and aides on the ballot were approved. The results have been sent to Mother Center for final approval.
- The treasurer reported that are group is in sound financial condition and at the current rate of payment our building loan will be paid off in 3-4 years.
- \$2000 for landscape activities was approved for 2016.
- Weekday (Tuesday and Thursday) services have been cancelled due to sparse attendance and difficulty staffing. They can be easily be reinstate at a later date if the group should want to.



## Last Spring's Retreat

21 devotees attend last spring's retreat. A special "thank you" to all the volunteer who made the retreat possible.



## 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](mailto:council@srfminneapolis.org).