

Minneapolis Meditation Group of Self-Realization Fellowship

Newsletter October - November - December 2015

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

Saturday December 19th - All Day

Christmas Meditation 9 AM - 4 PM

Thursday December 31st - New

Year's Eve Meditation 10:30 PM -

12:00 AM

Movie Night

Saturday November 21st - "Awake -

The Life of Yogananda". 5:30

Chapel open for personal

Monastic Visit - October 13-14, 2015

We are happy to welcome Bro. Balananda and Br. Kapildeo to Minneapolis. Here is the public schedule for their visit:

Tuesday October 13th

Energization Exercises Review - 7PM. 1 hour service 7:30 to 8:30PM - 45 minute meditation, 15 minute prayer service. 1 hour reception in fellowship room 8:30 to 9:30 with light refreshment.

Wednesday October 14th

1 hour service 7:30 to 8:30 - 15 minute meditation, 45 minute talk. 1 hour reception in fellowship room 8:30 to 9:30 with light refreshment.

All are welcome to attend.

All events will be held at our Minneapolis location at 112 W. 43rd St, Minneapolis, MN 55409. Consult our web site www.srfminneapolis.org for a map and directions. For a flyer to promote and post in your area click [here](#).



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

October

4- Loyalty: Highest Law of Spiritual Success

11 - What Is Truth?

18 - Ways to Conquer Fear

25- What Is the Soul?

November

1 - Overcoming Nervousness

8 - A Spiritual Approach to World Peace

15 - Habit: Your Master or Your Slave?

22 - Giving Thanks for Life's Blessings

29 - The Purpose of Life

December

6- How to Find Lasting Joy

13 - The Divine Nature of Christ

20 - Celebrating Christmas in the Temple of the Soul

27 - Make Yourself What You Want to Be

Quote From Master

Committee News and Announcements

Sunday School

Sunday School is back in session at 10:30 to 11:30 during the Reading Service.

Garland Committee

The garland committee is looking for volunteers. If you like working with flowers, this is a great opportunity for you to serve. We will provide training. If interested, please sign up in the sheet placed by the kitchen counter downstairs. Thank you!

"MANY BLESSINGS COME TO THOSE THAT SERVE THIS WORK" - PARAMAHANSA YOGANANDA

Movie Night

On Saturday November 21 we will be showing "Awaket - The Life of Yogananda". On movie night the Chapel is open for personal meditation 5:30, 6:00 refreshments served, 6:30 movie begins.

All Day Christmas Meditation

On Saturday December 19th we will hold our annual All Day Christmas Meditation from 9 AM - 4 PM. Many Self-Realization Fellowship devotees have come to regard the All-Day Christmas Meditation as the most important event of the year. They find that the blessings from even one day fully dedicated to God are permanent in their effect, especially when that day has been preceded by faithful daily meditation throughout the Christmas season. For complete details regarding the All Day Christmas Meditation click [here](#).

"Awake: The Life of Yogananda"

DVD Now Available for Preorder

Self-Realization Fellowship's DVD edition of the critically acclaimed documentary film AWAKE: The Life of Yogananda will be released on September 21st and is now available for preorder. This special edition of the DVD includes subtitles in Spanish, Portuguese, German, Italian, French, Dutch, and Japanese.



AWAKE: The Life of Yogananda - Companion Book

A stunning large-format book based on the documentary film by Paola di Florio and Lisa Leeman.



"Truth is no theory, no speculative system of philosophy. Truth is exact correspondence with Reality. For man, truth is his unshakable knowledge of his real nature, his Self as soul."

Paramahansa Yogananda from
WHERE THERE IS LIGHT - P.
45

AWAKE: The Life of Yogananda - CD

Artist - Track

1. Michael Mollura - Womb and Birth
2. Vivek Maddala - Church of All Religions
3. Vivek Maddala - Yogananda Origin
4. Paramahansa Yogananda - God is Taking Me to America
5. Krishna Das - Mere Gurudev
6. Paramahansa Yogananda - Spine and Brain Are the Altars of God
7. Anoushka Shankar - Prayer in Passing
8. Vivek Maddala - Mother
9. Benjy Wetheimer - Om Namah Shivaya
10. Krishna Das - Sita's Prayer
11. Vivek Maddala - Maya
12. Jai Uttal - Kali Bolo
13. Michael Mollura - Controversy
14. Vivek Maddala - Duality Theme
- 15..Michael Mollura - Yellow Journalism
16. Michael Mollura - The Lion of Bengal Is Gone
17. Vivek Maddala - Leave this World
18. Paramahansa Yogananda - My India
19. Alanis Morissette - Still

All the above items are available at the church bookroom or directly from [SRF](#)

Council Members

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

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