

Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for October - November - December 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, Oct 9, 11:45AM Service
Readers and Ushers meeting

Special Services

Saturday, December 17, 9AM-
4:00PM: All-Day Christmas
Meditation
Saturday, December 31, 11PM-
12:30AM-New Year's Meditation

Social Gatherings

Committee News and Announcements

Volunteer Opportunities: Helping the Guru's work brings many blessings to those who serve. We offer various different opportunities to make a divine investment with your time and talents.

Here is a list of positions that currently open (click on the link to email the committee chair):

- [Ushers](#)
- [Flower Arrangements](#)
- [Garland Preparation](#)
- [Landscaping Assistants](#)
- [Electronic Newsletter Editors](#)
- [Drivers](#)
- [Building Maintenance](#), and
- [Cleaning](#)

We will be happy to provide you with all the necessary training for the position. You can communicate directly to the chairperson who is coordinating the volunteers for one of the above positions by clicking on the corresponding link, or you can also [contact our Coordinator](#) if you just want to help wherever you are needed. We appreciate your generosity.

Flower committee request: The flower committee is seeking several volunteers to help provide flowers for the altar and Master's picture. The flowers are replaced once a week. Volunteering generally means doing the flowers an average of once a month but any help would be greatly appreciated. Some volunteers like to do arrangements using the floral foam but this is not necessary. Simply bringing a small bouquet of flowers and putting them in a vase of water is all that is needed. Your expenses can be reimbursed. If you think you could help serve on the committee or want further information, please [contact Charlene](#).

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

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

Sunday Readings Schedule

October

2-The Most Tempting Temptation
9-Seeking God in Today's World
16-Reincarnation: The Soul's Journey to Perfection
23-Experiencing the Eternal Light of God-Perception Through Meditation
30-The Art of Balanced Living

November

6-Gaining the Wealth of Inner Happiness
13-Practical Methods for Healing Body, Mind, and Soul
20-Giving Thanks for Life's Blessings
27-The True Nature of the Soul

December

4-Receiving God's Answers to Your Prayers
11-Yoga: Personal Experience of God
18-The Purpose of Life
25-Attunement With the Christ Consciousness

Quote From Master



Your greatest necessity is God. He will give you not only your "necessary necessities," but your "unnecessary necessities" as well. He will satisfy your every desire when you are one with Him. Your wildest dreams will come true.

-Paramahansa Yogananda in *Man's Eternal Quest*.

General Meetings

Service Readers and Ushers will have a meeting on Sunday, October 9 at 11:45AM immediately following the reading service.

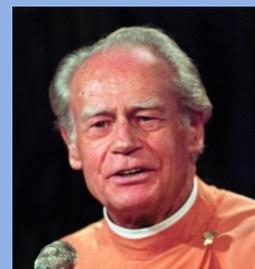
Below are some highlights from **the General Meeting of the Minneapolis Meditation Group**, which was held on Sep 25, 2016.



- The current financial health of the MMG is good and the group is on track to pay off the building loan in about 3 years.
- Plans for a Christmas giving project were discussed. If you would like to be part of the planning, please [contact the council](#).
- Mother Center is finalizing a new curriculum that will make teaching Sunday School much easier and should be released in the near future.
- A one day fall retreat at the church was approved for Saturday November 5th. More information to follow.
- QA weekend Spring retreat in May 2017 at Assisi in Rochester in May was approved. The retreat will be led by our group (that is, it will not be a monastic-led retreat.)
- Movie nights will be once a quarter on Friday nights
- Srihari offered to set up a tour of the Hindu temple in Maple Grove. Saturday afternoon was suggested as a good time. Look for a sign-up sheet in the near future.
- A new sign is in the works for the front of the church.

News From Mother Center

Our revered Brother Anandamoy, a direct disciple of Paramahansa Yogananda and monk of Self-Realization Fellowship for more than 65 years, passed away peacefully at SRF's International Headquarters on Mount Washington in Los Angeles on Tuesday evening, September 6, 2016. Please see more info at [mother center's website here](#).



All Day Christmas Meditation

On Saturday December 17th 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.

Electronic Payments Service

Now you can make electronic payments for various items such as retreats, books or donations to Minneapolis Meditation Group using paypal. Please use the following link to make electronic payments.

<https://www.paypal.me/srfminneapolis>

Please note that it's free within the U.S. to send money to us with paypal when you use only your PayPal balance or bank account, or a

combination of your PayPal balance and bank account. It is expected that there would be a fee to send money as a personal payment using a debit card or credit card. The fee in the U.S. is 2.9% plus \$0.30 USD of the amount you send. For example, if you send \$175.00 USD by credit card, the fee would be \$5.38 USD. Please check the paypal website to verify this information. Should you decide to send a payment using paypal, please include your full name, phone number and the details of what the payment is for.

SRF Temple Webinar Class Series

This may be very interesting and welcoming news for you. One of the SRF Temples is considering the launching of a Webinar Class Series. They wish to reach devotees, far and near, who may have an interest in viewing SRF Classes via their computer. The Temple Webinar Class Series, presented by SRF Monastics, would be based on Master's Teachings and could include a wide range of topics, vital to the interests of all members.

Below is a Sample of Topics, thus far suggested by SRF devotees:

- (1.) Ways to enhance spiritual living in the real world.
- (2.) Making sense of the 'hidden truths' in the scriptures.
- (3.) How do I find the time to meditate in this hectic world?
- (4.) Life in the Latter Years of Our Sadhana
- (5.) Jivanmukta: Blasting-off the Material Plane without Re-entry

For the beginnings of such an endeavor, a show of interest from devotees in the form of a letter is needed.

The Webinar Format could open a wide range of possibilities: During Convocation, some classes are viewed from the "overflow" ballroom via a monitor screen. If classes were available in Webinar format, devotees world-wide could "be brought into the California Ballroom" via their computer screen to experience, connect & partake in the Convocation classes together. If you're interested in SRF classes, satsangs, kirtans & Special SRF Events via "Computer Webinar Format", please submit your suggestions & comments. Your input & response will be forwarded to the appropriate channels at Mother Center. And/or you may also write to the Mother Center directly to express your views regarding Temple Webinar Class Series.

Below are some questions for your consideration: (and please, feel free to come-up with some questions of your own)

(1.) Do You think the idea of using a Webinar-format for SRF Classes would be useful / valuable, as a means of disseminating Guruji's Teachings?

Please explain.

(2.) Would a Temple Webinar Class Series, broadcast from an SRF Temple, be of interest / value to you?

Please explain.

(3.) What would be Your "Ideal" topic or theme for a Temple Webinar Class Series ?

(4.) Some possible applications for Webinar formatting have been submitted. What are your thoughts regarding these applications:

(a.) Class Webinars World-Wide,...including Weekly Sunday Service Monastic Lectures at the Temples

(b.) Class Webinars World-Wide,...including Convocation Classes

(c.) An SRF World-Wide Channel

(5.) Below are a few examples, with respect to the Technological launching & setting-up of a Temple Webinar Class Series. Do you have any further suggestions to add?

(a.) Webinar Classes shown via "YouTube end-user private," available to SRF membersPassword required using SRF Membership #.

Please Comment:

(b.) Webinar Classes to be viewed only at SRF Temples, Centers, Groups & Circles, a designated location where devotees congregate, bringing with them their SRF membership card for admittance.

Please Comment:

(6.) Do You have any recommendations, with respect to Technological Resources, such as, equipment, "How-To Manuals", professional advisors & technical support or assistants?

We Thank You, again, for Reviewing this Information. Please answer whatever compels you - but essentially, the main question is this:

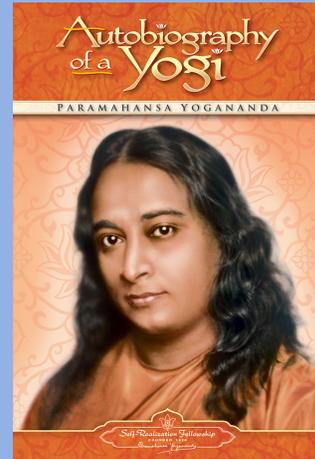
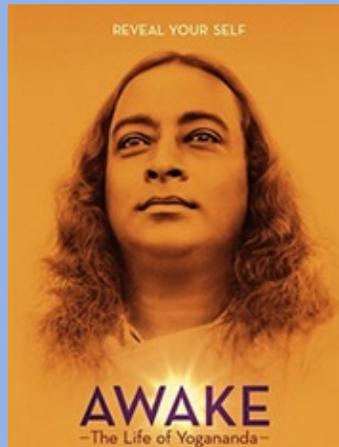
"Are You Interested in a Temple Webinar Class Series?"

*** For demographic purposes, please include the location of your City, State or Country, so those "far & near" may be represented & acknowledged.

Send Your Reply to:

SRFwebinar@gmail.com

Message from AWAKE Team: Tell Your Story



The inspirational story of Swami Paramahansa Yogananda's life and work can be experienced both through the film *AWAKE: The Life of Yogananda*, and by reading his seminal *Autobiography of a Yogi*. Inspiring millions to start their own spiritual journey, *Autobiography of a Yogi* will celebrate its 70th year in continuous print this December.

As we approach this milestone, we invite all those who have been inspired by *Autobiography of a Yogi* to celebrate the 70th anniversary with us this holiday season by sharing how this timeless classic has influenced and transformed your life.

If you would like to participate, you can do so in the following ways:

- Submit your story through the AWAKE website
- Post on our AWAKE Facebook page
- Post on your own Facebook, Twitter or Instagram profiles, tag us at @AWAKEYogananda and use the hashtag #AY70th

One "story" (in the form of words, photos, or videos) will be featured each day on AWAKE's social media pages during the month of

December.

With gratitude,
The AWAKE Team
AWAKE: The Life of Yogananda
<http://www.awaketheyoganandamovie.com/>
The AWAKE Team at Self-Realization Fellowship · 3880 San Rafael
Ave, Los Angeles, CA 90065, United States

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.