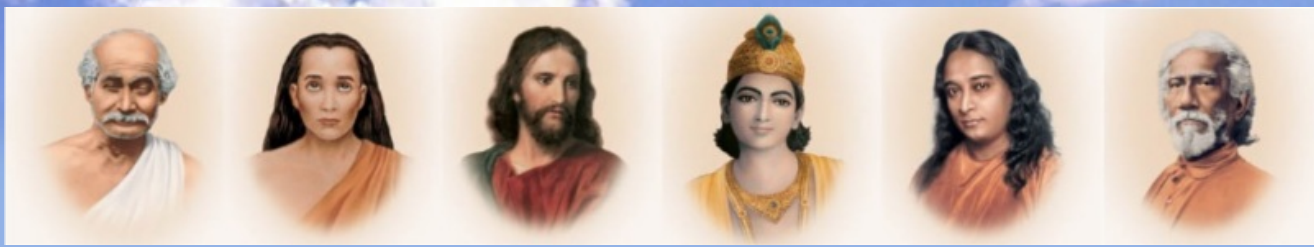


Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for April - May - June 2017

Schedules

Sunday Mornings

Energization Exercises 9am - 9:15
Personal Meditation 9 - 9:30
Meditation Service 9:30 - 10:15
Reading Service 10:30 - 11:30
Sunday School 10:30 - 11:30am

Wednesday Evenings

Lessons Study Group 7:30pm - 8:30pm

Saturday Mornings

5-hour Meditation 7am - Noon
Group practice of Energization Exercises 7:00am & 9:30am
First Saturday of month - Guided Meditation 10am-Noon
Last Saturday of month - Kirtan 10am - Noon

Social Gatherings

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

General Meeting

Sunday April 23 at 11:30am.

Special Services

Friday April 14 7pm - 9pm Good Friday Service

Wednesday May 10 7:30pm - 8:30pm Birthday commemoration of Swami Sri Yukteswar

Movie Nights

Saturday, April 29th 6:00pm

Sunday Readings Schedule

Monastic Visit

Two Self-Realization Fellowship monks, Brother Devananada and Brahmachari Andy, will visit our group, holding services and other activities at the chapel June 2nd thru 4th (Friday Saturday and Sunday.) The purpose of the visit is to provide guidance as to best practices for SRF groups. All are welcome and encouraged to attend the events. Below is a schedule of the monastic visit activities.

Friday June 2nd:

- 11:30 AM-12:30 PM, Lunch at a restaurant TBD (sign up sheet)
- 12:30 PM-3:00 PM, Outing with monks, Minnehaha Falls (sign up sheet)
- 7:30 PM-9:00 PM, Opening Class and Meditation at MMG Chapel

Saturday June 3rd:

All Saturday events at the MMG chapel

- 8:00 AM-10:00 AM, Meditation
- 10:30 AM-12:30 AM, Center Department workshop
- 12:30 PM-1:30 PM, Short Meditation and Social Lunch
- 2:00 PM-3:00 PM, Video Presentation

Sunday June 4th:

All Sunday event at the MMG chapel

- 9:00 AM-9:20 AM, Energization Exercises
- 9:30 AM-10:15 AM, Meditation Service
- 10:30 AM-11:30 AM, Lecture Service
- 11:45 AM-12:00 PM, Group photo
- 12:00 PM-1:30 PM, Pot luck social lunch
- 2:00 PM-2:30 PM Committee chairs/assistance meeting

General Meeting

April

2 Life Energy: The Power That Heals
9 The Deeper Teachings of Jesus Christ
16 The Resurrection of Christ Within You
23 Bringing Our Lives Into Balance
30 Developing the Invincible Power of Initiative

May

7 The Dream Fabric of Life
14 The Mother As An Expression of God's Unconditional Love
21 The Underlying Unity of the World's Religions
28 Living Without Fear

June

4 Self-Analysis: Key to the Mastery of Life
11 The Four Ways to Direct Experience of God
18 The Father Aspect of God
25 The True Purpose of Marriage

Quote From Master



"As a mortal being you are limited, but as a child of God you are unlimited.....Focus your attention on God and you shall have all the power you want, to use in any direction."

-Paramahansa Yogananda in "Where There is Light" - page 55.

On Sunday, April 23rd immediately following the readings service we will hold a general meeting. We will elect council members, service readers and Sunday School teachers.

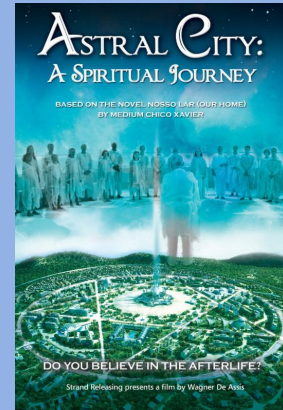


Movie Nights

Here are the movie night dates for this quarter:

Saturday April 29th, "Astral City: A Spiritual Journey". It's a Portuguese film with English subtitles.

More details will be available [here](#).



Special Services

Our Guru Paramahansa Yogananda said, "*Celebration of the birthday of a God-realized soul should not be belittled as a merely social ceremony. It is a deeply spiritual occasion on which the vibrations of blessing from an illumined master are stronger than on other days of the year, because in the astral world, also, a celebration is taking place. Devotees who attend these birthday ceremonies with the right attitude will reap spiritual benefits and will find their high resolutions strengthened.*"

There are 2 Special Services during the second quarter of 2017.

- Friday, April 14, 7:00-9:00 p.m. Good Friday Meditation
- Wednesday, May 10, 7:30-8:30 p.m. Birthday of Sri Yukteswar (1855)

The chapel will open half an hour before each service for individual meditation. For each service, please bring a flower to be offered as an expression of devotion to God and the SRF Gurus and a monetary offering in an envelope as a symbol of loyalty and faithfulness to the cause of SRF. Checks for the commemorative offerings should be made out to Self-Realization Fellowship.

Summer Day Programs for Youth and Teens

Self-Realization Fellowship will be conducting a five-day How-to-Live program in Encinitas, California, for children 7 to 12 years of age; as well as a five-day teen program for 13- to 18-year-olds.

The programs will be held from 9:00 a.m. to 3:30 p.m. daily at the Encinitas Country Day School, a 20-acre campus that borders a lagoon. It provides the feeling of being quietly secluded, while being easily accessible to nearby towns.

Through the practice of monastic-led Energization Exercises, meditation, satsangas, and other programs exploring Paramahansa Yogananda's teachings, youth will be able to discover the inner strength so needed in today's world in order to make choices that lead to a deeply satisfying inner and outer life. There will also be a special pilgrimage outing to spend time at the SRF Encinitas Hermitage and meditation gardens, where Paramahansa Yogananda lived and communed with God for so many years. In addition, there will be numerous interactive activities that make use of an amphitheater, music room, technology lab, conservation hiking trail, basketball court, and soccer/track field.

Girls' Program: June 26 - 30, 2017

Boys' Program: July 3 - 7, 2017

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](#)

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.

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

Minneapolis Meditation Group Book Room

You are welcome to visit our book room where there are books and audio CDs by Paramahansa Yogananda as well as other CDs, DVDs and other items for purchase. Several books and media are also available for borrowing from the library in the book room.

There is also a lending library where one is free to check out books.

SRF World Convocation 2017

The 2017 World Convocation will be held from August 6 - 12 and hotel registration for the Westin Bonaventure and other hotels opens February 1, 2017. Many hotels in the area have discounted rates for SRF members. Convocation can be a very inspiring and deepening experience for devotees. It is a wonderful way to recharge the spiritual battery.

For more information about hotel bookings and convocation information you may visit the [SRF website here](#).

The participants experience an immersion in the Kriya Yoga teachings and techniques of Paramahansa Yogananda at this, SRF's largest annual event-led by senior monks and nuns of Self-Realization Fellowship. In 2016's convocation, there were some 4,000 people in attendance from all parts of the United States and more than 40 other countries.



Donations Information

If you write a check to the group, please know that checks payable to "Minneapolis Meditation Group" will be deposited locally and used to support the group's activities, pay utility bills and so on. Checks payable to "Self Realization Fellowship" are sent to SRF's world headquarters in Los Angeles and are used by them to support SRF's work. It is customary when writing checks during special services such as commemorative services to make the check payable to SRF. If you wish to specifically help the group with re-paying the building loan, make your check payable to "Self Realization Fellowship" and write "MMG Building Fund" in the memo section of the check. Thank you for your support of our group.

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.



YSS commemorative stamp

India's Prime Minister Releases Stamp Commemorating YSS Centennial

The Prime Minister of India, the Honorable Sri Narendra Modi, paid tribute to the lifework of Paramahansa Yogananda during a special ceremony in New Delhi on March 7, 2017.

The occasion was the release of a postage stamp (shown at left) by the Government of India commemorating the 100th anniversary of Yogoda Satsanga Society (YSS-the name by which Paramahansa Yogananda's work is known in India). The date was chosen to honor the anniversary of Paramahansaji's mahasamadhi, which took place on March 7, 1952.

Please see more details and other news at [mother center's website here](#).

Council Members

Srihari Nandyal - [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.