

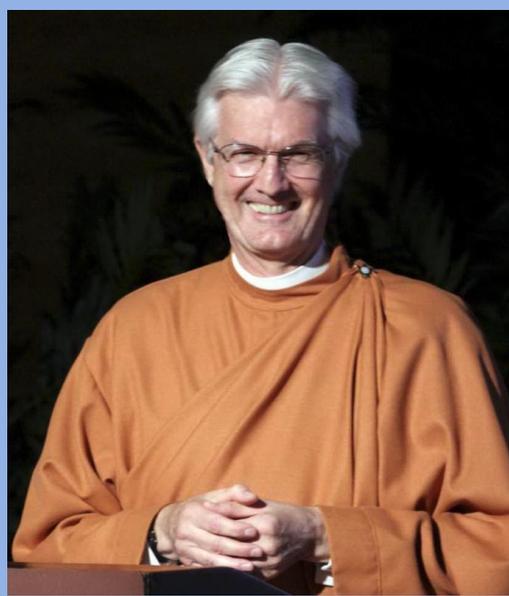
Remembrance of God
22 Spiritual Laws That Govern Healing
29 How to Read Others' Character, and Improve our Own

November

5 The Scientific Art of Living
12 The Universal Appeal of Yoga, India's Ancient Spiritual Science
19 How to Dissolve the Causes of War
26 Giving Thanks for Life's Blessings

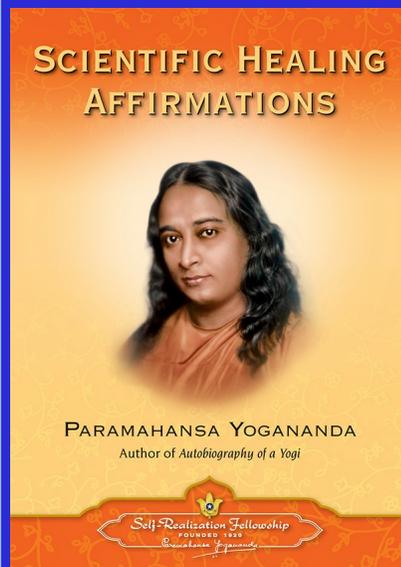
December

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Succeeding Sri Mrinalini Mata as SRF president is Brother Chidananda. Brother took his final vows in 1997, twenty years after entering the ashram. He has served on the SRF board of directors since 2009. Through most of his monastic life, he worked extensively with Mrinalini Mata in preparing Paramahansa's talks and writings for publication. He has been very active in creating the new edition of the SRF Lessons (see next paragraph.) [Read more about Brother Chidananda here.](#)

Quote From Master



"Words saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired....Sincere words or affirmations repeated understandingly, feelingly, and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty. Appeal to that Power with infinite confidence, casting out all doubt; otherwise the arrow of your attention will be deflected from its mark.

"After you have sown in the soil of



On August 10, 2017 at our World Convocation in Los Angeles, SRF announced a new edition of the Self-Realization Fellowship Lessons is planned for release in 2018. The new edition of the Lessons will include new material, and will present material from the previous edition in more organized and focused ways, making it easier for the reader to absorb the meaning. There is new information on the techniques, including Kriya Yoga. In Brother's words, "this new edition of the lessons will be the most comprehensive ever offered. The SRF Lessons were envisioned by Master -- by the guru - as the primary vehicle for accomplishing the sacred mission that was given to him by Babaji and Sri Yuketeswar and that was the worldwide dissemination of India's ancient Kriya yoga science of spirituality for the upliftment not just of a few, but the world at large." [Read more about the new edition of the Lessons here.](#)

General Meeting

Cosmic Consciousness your vibratory prayer-seed, do not pluck it out frequently to see whether or not it has germinated. Give the divine forces a chance to work uninterruptedly."

- Paramahansa Yogananda
Scientific Healing Affirmations



We will hold a general meeting of the group on October 8th immediately following the reading service. Please come and participate. All are welcome. Agenda items will include the Church signs, garden maintenance, tree planting plans, loss status in year-to-date financials, mid-week during the day meditation service, building fund status, voluntary league contribution.

Importance of Group Meditation

By Paramahansa Yogananda on Spiritual Fellowship in Fall 2016 edition of Self-Realization Magazine.

If a person 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. Always keep in mind that when the devotee first starts on the spiritual path, environment is stronger than will power!

Group meditation is a castle that protects the new spiritual aspirants as well as the veteran meditators. Meditating together increases the degree of Self-realization of each member of the group by the law of invisible vibratory exchange of group magnetism. The proximity of other's spiritual vibrations has the power of raising your own. Meditating with other devotees thus helps you to quicken your evolution. They inspire you on your climb up the ladder of Self-realization; and you, by your example, can also be helpful to them.

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 two Special Services during the 4th quarter of 2017 and one during the 1st quarter of 2018.

- Saturday Dec 16: 9AM-4PM - All Day Christmas

- Meditation
- Sunday Dec 31: 11pm-12:30am - New Year's Eve Meditation
- Saturday Jan 6 2018: 9AM-4PM - All Day Meditation for Master's Birthday

The chapel is generally open half an hour before each service. 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.

Sunday School

Note that Sunday School has started again and that there will be no Sunday School on 12/24/2017 and 12/31/2017 for Christmas break and Sunday School would resume on 1/7/2018.

Committee News and Announcements

Sunshine Committee: We would like everyone to be aware that the Minneapolis Meditation Group has a Sunshine Committee. If you know of a member of the group that is experiencing a life challenge such as a serious illness or illness of a family member, please call the group's phone number and the Sunshine Committee will send a card on behalf of the group.

Volunteer Opportunities: Volunteers are needed to help with Christmas decoration on November 26 at 11:30AM after the reading service.

We are also looking for volunteers to help with flowers, ushers, and garlands. All of these positions are open to any devotee with the desire to serve. Please contact Charlene Binek for flowers, Liliana Tobon for garland, and Bill Fridge for ushers. Please email council (council@srfminneapolis.org) if you need contact information for any of these individuals. Training will be provided and times can be adjusted to fit your schedule. Thanks for considering serving God and the Gurus. 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.

Minneapolis Meditation Group Severe Weather Policy

Please be advised that Minneapolis Meditation Group services will be cancelled if a severe weather warning is issued by the [National Weather Service](#) that includes our

church area (the city of Minneapolis or Hennepin County), within a window of two hours prior to a scheduled service to two hours after a scheduled service. It will be the responsibility of each member to be aware of any severe weather warnings prior to a scheduled service. This includes severe thunderstorm warnings, tornado warnings and winter storm warnings.

You can find more details on the policy on our web site at <http://srfminneapolis.org/severeweatherpolicy.html>

SRF World Convocation 2017



The 2017 World Convocation was held from August 6 - 12, 2017 and 18 members of our group attended the convocation. A group of 17 Convocation attendees associated with the Minneapolis Meditation Group gathered for dinner the Thursday evening of Convocation for a wonderful time of fellowship. A picture from the dinner is below.



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 Celebrates 100 Years



March 22, 2017, marked the 100th anniversary of Yogoda Satsanga Society of India (YSS-the name by which Paramahansa Yogananda's work is known in India). Some 1,500 devotees participated in a five-day event held March 19-23 in Ranchi to celebrate the centennial. More details are [here](#).

SRF eNews

We would like to take this opportunity to encourage you to sign up for the SRF eNews by [clicking here](#). You may choose to receive:

- Monthly eNewsletters with inspirational quotes, articles and tips for daily spiritual living;
- News about SRF events in your area;
- SRF Students communications, like subscription renewal notices, invitations to Kriya Yoga initiations, and various other items mailed to SRF students. (you will need your reference number to sign up for this option);
- Publication news, containing announcements of the latest SRF books, CDs, DVDs, promotions, etc.

By signing up now, you will help us serve you more efficiently, and save printing and mailing costs.

Council Members

Terry Schwab - Council Coordinator

Mary Breslin - Secretary

Sandy Doss - Treasurer

Nancy Bierma - Member at Large

Vivek Goyal - Member at Large

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