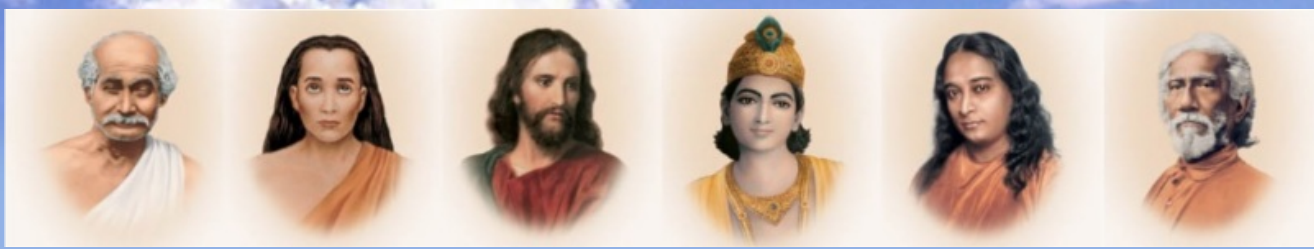


Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for July - Aug - Sept 2018

Schedules

Sunday Mornings

Energyzation 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 (for lesson students only)

Saturday Mornings

5-hour Meditation 7am - Noon
Group practice of Energyzation 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.

Special Services

Mahavatar Babaji Commemoration Wednesday, July 25 at 7:30 pm - 8:30 pm.

Janmashtami Sunday, Sept. 2 at 7:30 pm - 8:30 pm.

Lahiri Mahasaya Mahasamadhi Commemoration Wednesday, Sept. 26 at 7:30 pm - 8:30 pm.

Lahiri Mahasaya Birthday Commemoration Sunday, Sept.

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.*"

Below are the upcoming Special Services.

- Mahavatar Babaji Commemoration Wednesday, July 25 at 7:30 pm - 8:30 pm.
- Janmashtami Sunday, Sept. 2 at 7:30 pm - 8:30 pm.
- Lahiri Mahasaya Mahasamadhi Commemoration Wednesday, Sept. 26 at 7:30 pm - 8:30 pm.
- Lahiri Mahasaya Birthday Commemoration Sunday, Sept. 30 at 7:30 pm - 8:30 pm.

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, if you wish, 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.

MMG Retreat in 2018

MMG held a silent retreat at The Assisi Spiritual Center June 15, 16 & 17, 2018. Some pictures from the retreat are shared below:

Sunday Readings Schedule

July

- 1 How You Can Talk With God
- 8 The Spiritual Foundations of World Peace
- 15 Reincarnation: the Soul's Journey to God
- 22 Universal Steps That Lead to God-communion
- 29 Great Saints and Illumined Teachers: God's Messengers of Truth

August

- 5 Understanding the Mystery of Life and Death
- 12 Awakening Your Divine Nature
- 19 Your Role in God's Drama of Creation
- 26 Meditation: The Divine Science

September

- 2 How Thoughts Can Change Your Life
- 9 Service: The Power of Love in Action
- 16 Karma: The Law of Cosmic Justice
- 23 What Is God's True Nature?
- 30 How to Bring God Into Daily Life

Quote From Master



Maintain your equilibrium amidst trying circumstances. Do not abandon yourself to violent emotions; stand unshaken by adverse turn of events.

- Paramahansa Yogananda -
Scientific Healing Affirmations
Page 23.



MMG Retreat in 2019

We are happy to announce that in 2019 our group will sponsor a SRF monastic lead retreat in the spring of 2019. Details on this retreat will be available in late 2018 or early 2019.

MMG Landscaping Committee News

The first phase of converting our lawn to a fescue grass has been completed. The lawn has never looked better. Soon the six trees in Bro. Satyananda's master plan for our gardens will be planted. The existing garden is being maintained by Local Roots. Plan are underway to replenish plantings in the existing gardens to replace plants that have died off since the original planting. Building out Bro. Satyananda's plan for our gardens will be a multi-year project. The goal is to achieve a meditation garden in the best tradition of Self-Realization Fellowship.

Harmonium Class

We are pleased to announce that there will be a harmonium class for all interested devotees on Sunday, July 22nd following the reading service. All devotees who would like to learn to play the harmonium are encouraged to attend. If people have harmoniums at home that other devotees could borrow during the class, please bring them for the 22nd.

INDIA Day Celebration

After huge success of our 2017 India Day celebrations, an India Day potluck has been scheduled for **November 4th, 2018.**

World Convocation 2018



Self-Realization Fellowship cordially invites you to the 2018 Convocation to be held on **August 5-11, 2018**. Thousands of SRF members from around the world will gather in Los Angeles for a profoundly inspiring week of spiritual renewal and fellowship, as we immerse ourselves in the teachings of our guru, Paramahansa Yogananda. New for 2018: Simultaneous Spanish translations will be available during most events. Please see registration and Hotel information on [Mother Center's website at this Link](#).

Summer Day Programs for Youth and Teens



Summer Day Program for Children and Teens, which is a part of Self-Realization Fellowship How-to-Live Youth Programs, will be held on following dates:

Boys Week: July 2 - 6, 2018

[Please see details here.](#)

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.

In the book room, there is also a lending library where one is free to borrow books and media.

MMG 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>

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, and/or for operations and maintenance MMG building, please 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 get an up to date 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.

News From Mother Center

Bringing the Teachings of Paramahansa Yogananda to Three International Festivals. [Please read details here.](#)

Media Outlets "Tuning In" to the SRF Teachings. [Please read details here.](#)

SRF Mother Center 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 Goel - [Member at Large](#)

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



MMG Chapel