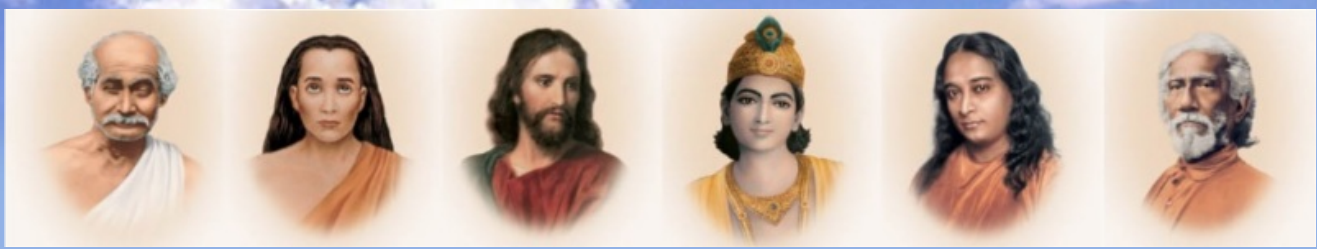


Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for Jan - Feb - Mar 2019

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 (Only for registered lessons students)

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.

Special Services

Saturday, January 5 at 7:30 pm - Birthday
Paramahansa Yogananda

Saturday Jan 12 2018: 9AM - 4PM - All Day Meditation for Master's Birthday

Thursday, March 7 at 7:30 pm - Mahasamadhi of Sri Paramahansa Yogananda

Saturday, March 9 at 7:30 pm - Mahasamadhi of Swami Sri Yukteswar

MMG Meeting

Minneapolis meditation group will hold its General Meeting with Annual Elections on **Sunday, February 10, 2019** after the Sunday Service.



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 Special Services during the 1st quarter of 2018.

- Saturday, January 5 at 7:30 pm - Birthday of Paramahansa Yogananda
- Thursday, March 7 at 7:30 pm - Mahasamadhi* of Paramahansa Yogananda
- Saturday, March 9 at 7:30 pm - Mahasamadhi* of

General Meeting

Feb 10: 11:30am-1:00pm

Sunday Readings Schedule

January

- 6 Kriya Yoga: Universal Science of God-Realization
- 13 Awakening Divine Memory
- 20 How to Be Stronger Than Life's Trials and Tests
- 27 Making the Most of Sundays

February

- 3 Uniting Your Will With God's Infinite Power
- 10 Does Satan Really Exist?
- 17 The True Meaning of Self-Realization
- 24 The Way to Mental Freedom

March

- 3 The Eternal Blessings of a True Guru
- 10 Choosing to Be Happy
- 17 Do We Live One or Many Lives?
- 24 Getting Acquainted with God
- 31 Healing Through Understanding the Nature of Consciousness and Matter

Quote From Master



Make new determinations as to what you are going to do and what you are going to be in this next year. Set a program for yourself; carry it through, and you will find how much happier you will be.

Let nothing weaken your

*Mahasamadhi means "great ecstasy," the union of the soul with the Infinite during a God-realized yogi's final exit from the physical body. 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.

All Day Meditation

The all-day meditation to honor Master's birthday will be held on **Saturday, January 12th from 9am to 4pm**. There will be a brief intermission at 12:30 pm. If you are unable to remain for the entire service, please plan to attend the first half only. Arrive a little early to become calm and settled before meditation begins.

Please note what to bring:

Please bring a monetary offering, if you wish, in an envelope as a symbol of loyalty and faithfulness to the cause of SRF. You may also bring a fruit for offering to God & Gurus. We generally eat those together after the meditation. Dress warmly and comfortably. You may wish to bring a shawl or sweater and a small cushion to sit on.



2019 Retreat

May 24-26, 2019 - Regional Retreat led by SRF Monastics - During the Memorial Day weekend, we will sponsor a regional retreat led by SRF monastics at Assisi Heights Spiritual Center in Rochester MN. Please reserve the weekend on your calendar. More information about the retreat and registration will be coming soon.

conviction that you can be whatever you want to be. There is no one obstructing you unless it be yourself. Though my master, Swami Sri Yukteswarji, again and again told me that, it was hard to believe it at first. But as I used the God-given gift of will power in my life, I found it to be my savior.

With the opening of the New Year, all the closed portals of limitations will be thrown open and I shall move through them to vaster fields, where my worthwhile dreams of life will be fulfilled.

- Paramahansa Yogananda



Assisi Heights in Rochester, MN

New Year's Letter From Master

Master wrote a new year message in January 1952. That message from Master [can be read by clicking here.](#)

2019: A New Year's Message From Brother Chidananda



A new year's message from Brother Chidananda is available on Mother's center's website. [Please click here to read the message.](#)

Livestreamed Holiday Satsanga With Brother Chidananda

Brother Chidananda, president and spiritual head of Self-Realization Fellowship/Yogoda Satsanga Society of India, held a special holiday satsanga at SRF International Headquarters on December 12.

The event was livestreamed to SRF/YSS members and friends around the world and can be viewed below or on the SRF YouTube channel.



Livestreamed Holiday Satsanga With Brother Chidananda,
December 12, 2018

MMG Committee News

Flower and Garland committee is in need of volunteers. Training will be provided. If interested, please connect with Liliana Tobon at large2@srfminneapolis.org. Thank you for your service to God and Gurus.



2018 INDIA Day Celebration

India Day celebration was held November 4th at our church

and was a big success with attendees. We had sale of indian items for fund raising, hena, educational videos about Indian festivals, decorations, Indian music and dance performances. We also had some great food. We would like to thank our devotees for arranging the celebration.

Some Pictures from 2018 India Day Potluck
(click pictures for larger size)



News From Mother Center

In this spirit of expanding our sympathies through service, SRF temples and groups around the world participate in

annual drives and charitable projects during the holiday season. [Here is a sampling of the activities](#) that SRF temples and groups in the U.S. have taken part in this year, seeking to bring joy to others by putting the principle of "love thy neighbor" into action.



The Government of India has officially honored the 125th birth anniversary of Paramahansa Yogananda (born in 1893) by issuing a large grant to Yogoda Satsanga Society of India, the organization he founded in 1917. The prestigious grant reflects the growing appreciation of Paramahansa Yogananda as one of India's great spiritual figures who made a lasting contribution both to India and the world. [Details are 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. 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/contact/severe-weather-policy/>

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 on-going repairs needs of the MMG building, 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.

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

Coordinator: Terry Schwab
coordinator@srfminneapolis.org

Secretary: Sarah Clowes secretary@srfminneapolis.org

Treasurer: Atul Dear treasurer@srfminneapolis.org

Member-at-Large 1: Vivek Goel
at.large1@srfminneapolis.org

Member-at-Large 2: Liliana Tobón
at.large2@srfminneapolis.org

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