

## Minneapolis Meditation Group of Self-Realization Fellowship

# Newsletter - January, February, March 2013

### Schedule of Services Sunday School

#### 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:30 - 11:30

#### Tuesday Evenings

Meditation 7 - 10 PM 2nd Tuesday of month  
Meditation 7 - 9 PM 4th Tuesday of month  
The Tuesday meditation services begin with group practice of Energization Exercises at 7 PM

#### Wednesday Evenings

Lesson Study Group 7:30 - 8:30

#### Thursday Evenings

1st, 2nd & 4th Thursday  
Inspirational Service, 7:30 - 8:45  
Prayer Service 8:45 - 9:00  
3rd Thursday Meditation w/Kirtan, 7:30 - 9:00

#### 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

#### Special Services

Paramahansa Yogananda's Birthday Commemorative Service  
Saturday January 5th - 7:30 - 9:30

Paramahansa Yogananda's Birthday-All Day Meditation  
Saturday January 12th - 10 AM to 4 PM

Paramahansa Yogananda's Mahasamadhi Commemorative Service Thursday March 7th - 7:30 - 9:30



Sunday School leads caroling after the Sunday Reading Service.

Sunday School is on break for the month of January. The next Sunday School will be February 3rd.

### Lessons Review Opportunities

In addition to the ongoing Lessons Reading Group which meets on Wednesday evening at 7:30, two additional review opportunities will be available this quarter.

On Wednesday February 6th at 7:30 the Lessons Reading Group will be reading Lesson 8A "Explanation of the Practice of the Energizations Exercises". This will be a great opportunity to brush up on your EE practice.

Beginning on Saturday January 19th at 12:15 a Kriya Lesson Reading group will be conducted. The group will meet on consecutive Saturdays until the Kriya Review is completed. In order to protect the integrity of Kriya Initiation, attendees will need to present a Kriya Initiation card in order to participate.

For all the lessons reading group bring your own copy of the lesson to be read.

### Volunteer News

The volunteer scheduling software called "Majoz" has been implemented for the Q1 2013 scheduling of volunteers. Because the software sends out notifications to volunteers automatically, the weekly email sent in the past to remind volunteers will no longer be sent out. Volunteers can modify how they are notified (text message, email or both) at any time

Sri Yukteswar's  
Mahasamadhi Commerative  
Service Saturday March 9th - 7:30 -  
9:30

Good Friday Service March 31st  
7:30-8:30

### **General Meeting**

After the Reading Service Sunday  
January 27rd at 11:30 AM

### **Movie Night**

Friday January 18th, 7 - 9:30 PM

### **Social Gatherings**

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

## **Sunday Readings Schedule**

### **January**

- 6- Kriya Yoga: Universal Science of God-Realization
- 13 - The Art of Developing Memory
- 20 - Why Life's Tests are Thrust Upon Us
- 27 - Making the Most of Sundays

### **February**

- 3 - Unite Your Will with the Infinite
- 10 - Satan - The Cosmic Magician
- 17 - The Inner Meaning of Self-Realization
- 24 -Curing Psychological Intoxication

### **March**

- 3 - Guru - Channel of Eternal Blessings
- 10 - Awaken Your Power to Be Happy
- 17 - The Meaning of Reincarnation
- 24 - Get Acquainted with God
- 31 - Healing by Knowing the Nature of Creation

### **Quote From Master**

by using their personal login for Majozi and make the adjustments themselves. If you have any questions about Majozi contact [Sandy Doss](#) or [Terry Schwab](#).

### **Building Fund**

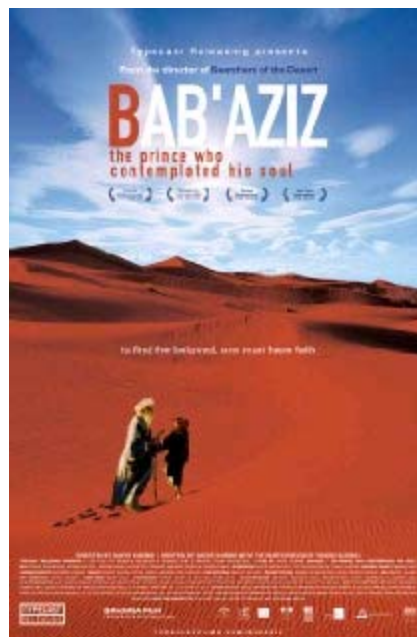
The Building Fund launched this fall is well on it way to meeting it's goal of putting the MMG on a firm financial foundations. As of 12/31/2012 devotees have pledged \$1300 monthly toward the goal of \$1700 in monthly building fund donations. For a review of the Build Fund Appeal click [here](#). To access a Building Fund Pledge form click [here](#).

### **Movie Night**

Join us Friday January 18th for an informal viewing of the film Bab'Aziz - The Prince Who Contemplated His Soul - "the story of a blind dervish named Bab'Aziz and his spirited granddaughter, Ishtar.

Together they wander the desert in search of a great reunion of dervishes that takes place just once every thirty years. With faith as their only guide, the two journey for days through the expansive, barren landscape. To keep Ishtar entertained, Bab'Aziz relays the ancient tale of a prince

who relinquished his realm in order to remain next to a small pool in the desert, staring into its depths while contemplating his soul. As the tale of the prince unfolds, the two encounter other travelers with stories of their own--including Osman, who longs for the beautiful woman he met at the bottom of a well, and Zaid, who searches for the ravishing young woman who fled from him after being seduced by his songs. A fairytale-like story of longing and belonging, filmed in the enchanting and ever-shifting sandscapes of Tunisia and Iran."



Movie night schedule is as follows: Chapel open 6 pm to 7 pm for personal meditation, refreshments served at 7 pm, movie begins about 7:15.

### **Minneapolis Snow Emergency Parking**

If your heading to a MMG service after a recent snow fall, call 612-348-SNOW (7669) to get all the details regarding any snow emergency parking restrictions that may be in effect for Minneapolis. You will need to know that the church is on the even address side of the street. You can also check the web at



"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."

Paramahansa Yogananda in *Seeking god Together*.

<http://www.minneapolismn.gov/snow/index.htm> for the information.

## Introducing Brahmachari Joao

Mother Center has recently informed us that Brahmachari Rich is being transferred to Hidden Valley and will no longer be our Center Department liason. Brahmachari Joao has been assigned to work with our Group. The MMG expresses its gratitude to Brahmachari Rich for all his support throughout the years and welcomes Brahmachari Joao as our new liason.

## Retreat Update

The Minneapolis Meditation Group held a silent retreat in October 5-7 at the Villa Maria Conference and Retreat Center in Frontenac, Minnesota. Brahmachari Rich and Brahmachari Jason led the retreat, and providing many wonderful lessons through workshops, meditation sessions, kirtan and energization exercise reviews. Attendees enjoyed sharing spiritual practice with fellow devotees, and feedback on the experience was very positive.

## General Meeting

The next General Meeting will be Sunday January 27th after the Reading Service at 11:30. Please plan to attend. A pizza lunch will be served.

## Council Members

Please feel free to contact the council with your concerns or suggestions at [council@srfminneapolis.org](mailto:council@srfminneapolis.org)

Liliana Tobon-Gomez - Council Coordinator

Don Peterson - Secretary

Srihari Nandyal - Treasurer

Marta Crothers - Member at Large

Terry Schwab - Member at Large