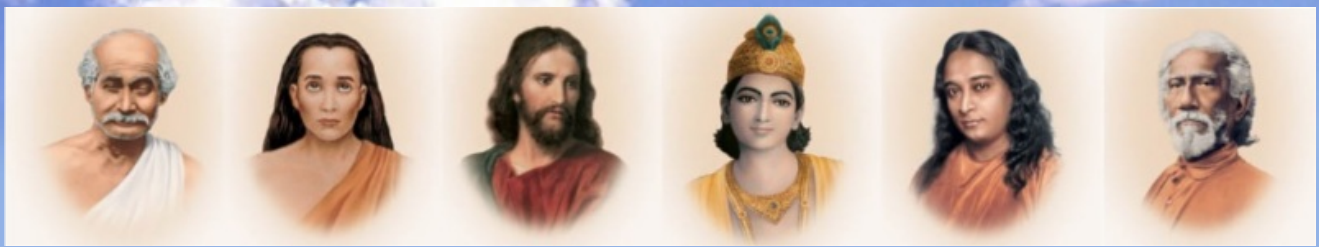


Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for January- February - March 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 January 22 at 11:30am.

Special Services

Thursday Jan 5: 7:30pm-8:30pm
Commemorative service to honor
Master's birthday

Saturday Jan 7: 9am - 4pm
All-day meditation to honor Master's
birthday

General Meetings

Next General Meeting of the
Minneapolis Meditation Group is
on **Sunday, Jan 22nd** after the
service. Please put it on your
calendar and plan to attend.
Important items relating to our
group will be discussed and your
participation is appreciated.



Commemorative 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 three Commemorative Services during the first quarter of 2017.

- Thursday, January 5 at 7:30 pm - Birthday of Paramahansa Yogananda
- Tuesday, March 7 at 7:30 pm - Mahasamadhi* of Paramahansa Yogananda
- Thursday, March 9 at 7:30 pm - Mahasamadhi* of Swami Sri Yukteswar

* 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 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.

Tuesday, March 7, 7:30pm - 8:30pm
Mahasamadhi of Paramahansa
Yogananda

Thursday, March 9, 7:30 pm -
8:30pm Mahasamadhi of Swami Sri
Yuktswar

Movie Nights

Saturday, January 21 6:00pm

Saturday, March 25 6:00pm

Sunday Readings Schedule

January

1 The Grace and Guidance of a
True Guru
8 Rediscovering Your Higher Self
15 Meditation: The Science of
Contacting God
22 How to Rise Above Pressures
and Problems
29 Habits: Your Master or Your
Slave?

February

5 Experiencing the Love of God
12 The Liberating Power of
Affirmation
19 The Cosmic Motion Picture
26 Harnessing the Power of Mind

March

5 The Speaking Voice of Silent
God
12 Why Waste Time? God is the
Joy You Seek
19 How to be a Friend to All
26 The Way to Lasting Peace and
Happiness

Quote From Master



Whatever you make up your mind
to do, you can do. God is the sum
total of everything, and His image
is within you. He can do anything,
and so can you, if you learn to
identify yourself with His
inexhaustible nature.

-Paramahansa Yogananda in

All Day Meditation

The all-day meditation to honor Master's birthday will be held on
January 7th 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 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. Dress warmly and
comfortably. You may wish to bring a shawl or sweater and a small
cushion to sit on.

Sunday School

* Sunday School is taking a winter break from December 18, 2016
until the end of January. Sunday School will resume on Sunday,
February 5, 2017. If you have any questions about the Sunday School
or the Teen Group, please talk to Tom Austin.

* Sunday School Teachers training will be held on Sunday, Jan 29 after
the Readings service. Muriel Bianchi from Encinitas, CA has consented
to conduct the training and will cover the basics and any new curriculum
recently introduced by Mother Center

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](#)
- [Drivers](#)
- [Building Maintenance](#), and
- [Cleaning](#)

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

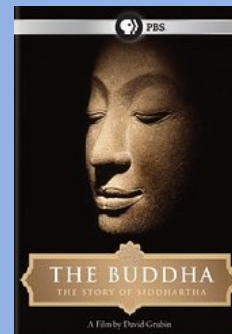
You are welcome to visit our book room where there are books and
audio CDs by Paramahansa Yogananda as well as other CDs, DVDs
and other items for purchase. Several books and media are also available
for borrowing from the library in the book room.

Movie Nights

Here are the movie night dates for this quarter:
Saturday, January 21: The Buddha: The Story
of Siddhartha (documentary)

Saturday, March 25: movie name to be
announced later.

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



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.

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.



News From Mother Center

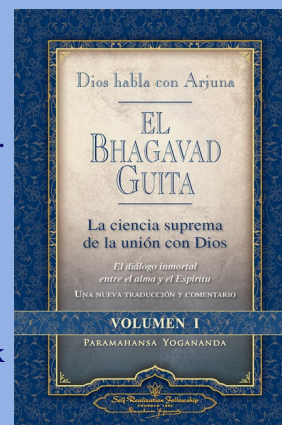
Sri Mrinalini Mata Named Chief Honoree at Diwali Celebration in San Diego:

Sri Mrinalini Mata, president and spiritual head of Self-Realization Fellowship/Yogoda Satsanga Society of India, was the chief honoree at the ninth annual Festival of Lights Diwali Celebration of the San Diego Indian American Society (SDIAS). The honor was accorded in recognition of her lifelong service to the high spiritual ideals that are India's age-old heritage, and was presented during an evening event held October 15 in San Diego's Balboa Park. Several thousand people were present, including a delegation of senior SRF monastics.



Paramahansa Yogananda's Books Win Prestigious Latino Literary Awards:

In the largest Latino literary and cultural awards event in the U.S., two books by Paramahansa Yogananda recently won acclaim at the annual International Latino Book Awards (ILBA) held on September 8 in Los Angeles. These books are the Spanish edition of Paramahansa Yogananda's God Talks With Arjuna: The Bhagavad Gita, Vol. I, which took first place for "Best Religious Book" and second place for "Best Spiritual/New Age Book"; and the Portuguese edition of Paramahansa's The Second Coming of Christ: The Resurrection of the Christ Within You, Vol. I, which received first place for "Best Nonfiction Book (originally in another language)."



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

New Year's Letter from Master ~ Jan, 1952

Dear One:

January, 1952

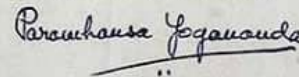
The New Year greets us for another yearly cycle of spiritual evolution. Before entering its threshold, meditate deeply and then make your resolution. A single good resolution made with the determination to adhere to it faithfully is much better than many-made with half-hearted interest and intention. My suggestion for your resolution this year is: that you work in harmony with God's laws through attunement to, and meditation upon, God and the Gurus.

God's laws are established metaphysical principles having both intelligence and harmony. It is foolish for one to try to defy them as such transgressions bring only suffering to one's life. The laws were created by the Father for our benefit and intelligent living. They include proper dieting; daily physical exercise; daily meditation through scientific technique; mental peace and calmness; control over the senses; alert thinking; impartial introspection; service to humanity; cooperation with our fellowmen and love for, and loyalty to, God, the Gurus and humanity. These laws cannot be by-passed to reach God. One must establish harmony with them in order to realize the Father. Live intelligently to find God since it is impossible to realize Him in ignorance.

Harmony with the Father's laws, with your fellowmen and with humanity will prepare you to contribute in a more effective way to universal peace and harmony which is needed very badly today. If you establish harmony and happiness within yourself, you can be a wonderful influence for other people and they in turn will want to follow your example to help others. The divine power of harmony and love is forceful indeed! God wants us to live intelligently and harmoniously with each other or He wouldn't have created us.

All negative qualities—such as hate, sloth, lust, jealousy, doubt, fear, disharmony and anger—are the power of ignorance—manifesting through the influence of the Satanic force. Have no part of them. Live in harmony with God's intelligent and just laws and meditate every day, practicing faithfully the Self-Realization scientific techniques. The intuitive whispers of the Gurus will then come to guide and console you at all times.

With unceasing blessings,



PY/vc

SELF-REALIZATION FELLOWSHIP

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.