

## Minneapolis Meditation Group of Self-Realization Fellowship

### Newsletter - October, November, December 2012

#### Schedule of Services

##### 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 10:30 - 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

All Day Christmas Meditation  
 Saturday December 15th - 9 AM to 4 PM

New Year's Eve Meditation Monday  
 December 31st - 11 PM - 12:30 AM

##### General Meeting

After the Reading Service  
 Sunday October 21 at 11:30 AM

#### Silent Retreat - October 5-7

It's not too late to attend the Retreat on October 5-7 at the [Villa Maria Retreat & Conference Center](#) in Frontenac, Minnesota. Villa Maria is located on the Mississippi River bluffs between Red Wing and Lake City, Minnesota. It's 70 miles SE of Minneapolis, and surrounded by scenic Frontenac State Park. The retreat will be led by two monastics from Los Angeles. Complete details on the retreat can be accessed by [clicking here](#). The retreat is a wonderful opportunity for fellowship and to deeply commune with God and Gurus without the obligations and distractions of everyday life.



Villa Maria Retreat Center

#### Volunteer News

The managing council has approved the implementation of an online program called Majozi for the scheduling of volunteers. The program was developed by a devotee in Berkeley and is used by a number of SRF groups. All committees involved in scheduling volunteers will be able to use the system. Volunteers will login to Majozi to enter their availability using their own user name and password. Volunteers will be able to choose how they want to be notified of service dates and times (for example text message, email etc.) and when they want those notifications to occur. If you are a volunteer, look for an email inviting you to join Majozi and set up your access. Majozi will be rolled out later this quarter and will be implemented with the Q1 2013 scheduling. Training will be offered to get everyone up to speed with Majozi. Look for more details as Majozi is rolled out.

#### Movie Night

At the next movie night, Daya Mata's memorial service will be screened on Friday November 9th.

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.



#### MMG Severe Weather Policy

**Movie Night**

Friday November 9th, 7 - 9:30 PM

**Social Gatherings**

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

**Sunday Readings Schedule****October**

7- How to Overcome Fear  
14 - Your True Self: The Immortal Soul  
21 - The Art of Devotional Singing  
28 - Ways to Overcome Nervousness

**November**

4 - Practicing Yoga in World Affairs  
11 - Freedom From Habit Slavery  
18 - Giving Thanks for Life's Blessings  
25 - The Universality of Religion

**December**

2 - Finding the Joy in Life  
9 - The Nature of a Master  
16 - Faith, Belief and Wisdom  
23 - Celebrating Christmas in the Silence of the Soul  
30 - Controlling Your New Year's Destiny

**Quote From Master**

"Yoga teaches that where God is, there is no fear, no sorrow. The successful yogi can stand unshaken midst the crash of breaking worlds; he is secure in the realization: "Lord, where I am, there Thou must come.""



Paramahansa Yogananda - *Self-Realization Magazine*, Winter 2001 - Page 9.

The MMG has developed a severe weather policy for the safety of our members and friends. 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.

A severe weather **warning** indicates that severe weather is occurring in the area, creating dangerous conditions that may be a threat to life or property.

A severe weather **watch** indicates that conditions are favorable for the development of severe weather and provides advance notice.

**Sunshine Committee**

The Sunshine Committee is looking for a volunteer. This committee provides support to our members in times of need, for example by sending cards or flowers. If you are interested and would like more information, please contact [Marta Crothers](#).

**General Meeting**

The next General Meeting will be Sunday October 21st after the Reading Service at 11:30. Please plan to attend. A pizza lunch will be served.

**Council Members**

Mother Center gave final approval to our most recent elections and the council welcomed Don Peterson and Marta Crothers as new members. A heartfelt thanks to our outgoing council members Gene Franchett and Jerry Blackwell for their service to our group.

Please feel free to contact a council member with your concerns or suggestions by leaving a message in our general email box at [srf-minneapolis@yahoo.com](mailto:srf-minneapolis@yahoo.com)

Liliana Tobon-Gomez - Council Coordinator  
Don Peterson - Secretary  
Srihari Nandyal - Treasurer  
Marta Crothers - Member at Large  
Terry Schwab - Member at Large

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