

# Minneapolis Meditation Group of Self-Realization Fellowship

## Newsletter

### October, November, December 2013

#### 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  
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

2nd & 4th Thursday  
Inspirational Service, 7:30 - 8:45  
Prayer Service 8:45 - 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 21st, 9 AM - 4  
PM

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

##### General Meeting

October 20, 11:30 AM

##### Movie Night

Saturday October 26th, Church  
opens at 6 PM and the movie starts  
at 7 PM. The movie will be  
"The Best Exotic Marigold Hotel".

##### Social Gatherings

#### Committee News

##### Service Reader Committee

There will be a meeting for service readers on October 13th following the Reading Service. And on October 27th there will be a harmonium workshop for all that are interested after the reading service.

##### Sunday School Committee

Sunday School is back in session and held during the Sunday Reading service from 10:30 - 11:30. All children are welcome to attend. The children will present a short Christmas Program for the Congregation on Dec. 15th, right after the regular service. Please note, there will be no Sunday School on Dec. 22 and Dec. 29th.

The teen group will have its first meeting of season on October 6th during the 10:30 Sunday Reading Service. The teen will continue to meet on the 1st Sunday of the month.

##### Movie Night Committee

Movie night is scheduled for Saturday October 19th this quarter. Watch the weekly announcements for details.

##### Maintenance Committee

The fire inspection work at the church has been completed and the fire inspector has approved the work.

Over the last quarter we have had two plumbing issues at the church and both have been resolved. On Sunday 8/4 a leaking shut off valve at the sink was discovered and the water was shut off in the building. Repairs were completed on 8/6 and there was no disruption to services. After the last pot luck, the sink was draining slowly. Later that week a devotee removed the sink trap and discovered that plastic silverware has made it into the trap causing the problem. Removal of the plastic silverware resolved the problem.

If you have any questions regarding maintenance issues contact [Terry Schwab](#).

#### Regional Retreat 2014

The MMG will host a monastic-led Regional Retreat on May 30 - June 1, 2014. You are encouraged to hold these dates on your calendar. The retreat will be held at the Villa Maria Retreat Center, Frontenac, MN 55026. Retreat details and registration information will be forthcoming. This retreat is a wonderful opportunity to provide service to Master, to Mother

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

## Sunday Readings Schedule

### October

6 - The Most Tempting Temptation  
13 - Practical Methods for Spiritual Growth  
20 - Reincarnation  
27 - Cultivate Your Desire For God

### November

3 - Harmonizing Work and Meditation  
10 - Why God Does Not Stop War  
17 - Gaining the Wealth of Inner Happiness  
24 - Limited and Unlimited Methods of Healing

### December

1 - The Soul's Three Encasements  
8 - Receiving God's Answer to Your Prayers  
15 - Miracles of Raja Yoga  
22 - Receive the Christ Consciousness  
29 - The Purpose of Life Is to Find God

### Quote From Master

"The greatest sin is ignorance - not to know what life is all about. And the greatest virtue is wisdom - to know the meaning and purpose of life and its Creator. To know that we are not little human beings, but that we are one with Him, is wisdom."

Paramahansa Yogananda in *Why God Permits Evil* - p. 48

Center and to all the devotees in our area. The support and participation of our members is critical to organizing a successful retreat. If you would like to be involved in planning the retreat or are willing to perform one of the many roles needed during the event, please contact [Michael Rose](#), the retreat coordinator.

## Building Fund

The Building Fund launched almost a year ago is well on its way to meeting its goal of putting the MMG on a firm financial foundation. Please remember to keep current on your monthly pledges if at all possible. The Building Fund Appeal and the Building Fund Pledge form are available on the bulletin board in the church basement.

## Winter Weather and Parking

When coming to the church during the winter, be aware of the Minneapolis parking rules if a Snow Emergency has been declared. To review the parking rules for Minneapolis Snow Emergencies go to <http://www.minneapolismn.gov/snow/>. The church is on the even side of the street and typically there is no parking on the even side of the street on day 2 of a declared snow emergency.

The MMG has developed a severe weather policy for the safety of our members and friends. A copy of the policy is posted on the church basement bulletin board .

## General Meeting

Our next general meeting will be October 20th immediately after the Sunday Reading Service at 11:30. The General Meeting is an opportunity to provide your input into issues before our group, or to bring up issues you feel need addressing. Please plan on attending. A pizza lunch will be served.

Mother Center has confirmed the elected members from the spring 2013 elections. The Minneapolis Meditation Group wants to thank our former treasurer, Srihari Nandyal, for his excellent service throughout the years. We also want to warmly welcome our new treasurer, Paul Penners, and all of those who will be serving in the council, Sunday school and as service readers.

## 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  
Paul Penners- Treasurer  
Marta Crothers - Member at Large  
Terry Schwab - Member at Large