

MMG Newsletter

October - November - December 2014

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

Wednesday Evenings

Lesson Study Group 7:30 - 8:30

Thursday Evenings

(Service Change) 1st Thursday of the month - Inspirational and Prayer Service, 7:30 - 8:30

(Service Change) 3rd Thursday of the month - 2 hour Meditation Service, 7:30 - 9:30
Energization Exercises at 7:00 before both Thursday services

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

One day retreat at the church
October 11th 9 AM to 7 PM

All day Christmas Meditation
December 20th 9 AM-4 PM

New Years Eve Meditation
Wednesday December 31st 10:30 PM to 12:00 AM.

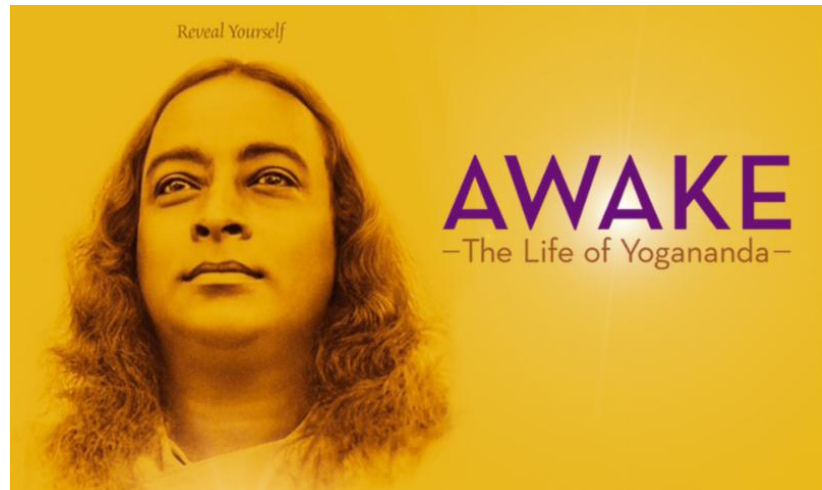
General Meeting

Next General Meeting is Sunday
October 19th immediately following
the Reading Service at 11:30 AM. A
Pizza lunch will be served.

Movie Night

Saturday November 15th.
Church opens at 5:30 PM and

Awake: The Life of Yogananda



The makers of are happy to announce that [AWAKE: The Life of Yogananda](#) is scheduled to play in movie theaters across the country beginning in mid October. To check on screening locations and dates click [here](#).

The [Film Society of Minneapolis/St. Paul](#) is working with the distributor and they are looking at December for potential screening dates. We will let everyone know once there are some firm dates.

Committee News and Announcements

Sunday School

Sunday School is back in session and meets every Sunday during the 10:30 Reading Service. Sunday School will through Sunday December 21st and then recess and start again February 2.

The teen group meets the first Sunday of the month and will start meeting on October 5th.

Electronic Communications

The electronic communications committee is looking for volunteer to help with the weekly announcements and the quarterly newsletter. A computer and internet connections is needed. Training will be provided. To volunteer contact [Terry Schwab](#).

Service Readers and Ushers

There will be a Service Reader/Usher meeting Sunday November 9th following the reading service at 11:30 AM. All service readers and ushers are asked to make every effort to

the movie starts at 6:30 PM.

Social Gatherings

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

Sunday Readings Schedule

October

5 - The Example of a Saintly Life
12 - Living in Constant Remembrance of God
19 - Spiritual Laws That Govern Healing
26 -How to Read Others' Character, and Improve Our Own

November

2 - The Scientific Art of Living
9 - The Universal Appeal of Yoga, India's Ancient Spiritual Science
16 - How to Dissolve the Causes of War
23 - Giving Thanks for Life's Blessings
30 - Inner Resources of Energy and Health

December

7 - How to Create Dynamic Will Power
14 - Attunement With the Christ Consciousness
21 - The Divine Nature of Christ
28 -Awakening From the Dream of Human Limitations

Quote From Master

"The deeper you meditate and the more willingly you serve, the happier you will be"

Paramahansa Yogananda from *Where There is Light* - p. 114

attend this meeting.

One Day Retreat Fall 2014

Please join us for a one day Fall Retreat Saturday October 11th from 9 AM to 7 PM held at the church. The theme for the Fall Retreat will be "cultivating devotion". The day will include group practice of the energizations exercises, periods of meditation, inspiration readings, chanting and kirtan. In the afternoon, we will be viewing an SRF DVD entitled "Awakening Devotion: The Yearning of the Heart that Takes You To God" by Brother Anandamoy. We will then see the trailer of "Awake-The Life of Paramahansa Yogananda" which will be coming to theaters across the country next month. The day will conclude with a social dinner of catered Indian food. Registration is needed in order to estimate how much food to order. A sign up sheet is located downstairs and the suggested donation for the day is \$15. Please join us for a day of meditation, inspiration, fellowship and good food.

Service Changes

Starting in October of 2014 the Inspirations and Prayer service will be held on the 1st Thursday of the month from 7:30 to 8:30 PM with the practice of the Energization Exercises at 7 PM. And a 2 hour Meditation Service will be held on the 3rd Thursday of the month from 7:30 to 9:30 PM with the practice of the Energization Exercises at 7 PM. There will no longer be any Meditation Services on Tuesday nights. Originally every Thursday was going to have either an Inspirational Service or Meditation Service. However, it was discovered that there would not be enough service readers and ushers to staff up to 5 services a month.

General Meeting

Our next general meeting will be Sunday October 19th immediately after the Reading Service at 11:30. Please plan to attend. A pizza lunch will be served.

Council Members

The Minneapolis Meditation Group would also like to warmly welcome two newly elected council members, Dale Anderson as coordinator and Jim Bianchi as member-at-large. The MMG would also like to express their gratitude to our outgoing council members Liliana Tobon Gomez and Terry Schwab for their 3 years of service on the council.

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

Dale Anderson - Council Coordinator
Don Peterson - Secretary
Paul Penners- Treasurer
Marta Crothers - Member at Large
Jim Bianchi - Member at Large