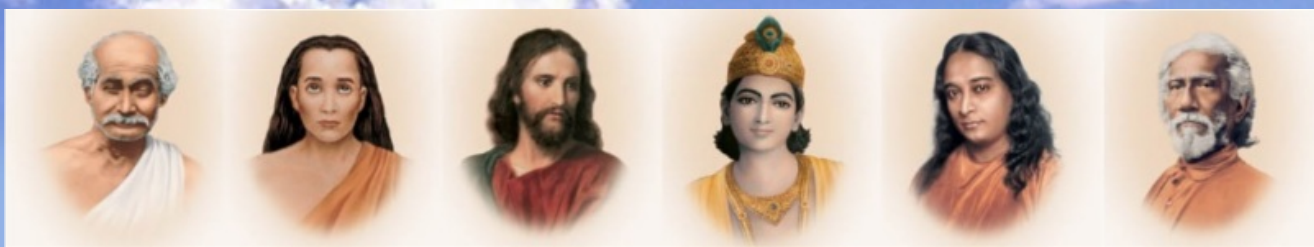


Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for July - Aug - Sept 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.

Special Services

July 25, 7:30-8:30 p.m. Babaji Commemoration Day

August 14, 7:30-8:30 p.m. Janmashtami (birth of Bhagavan Krishna)

September 26, 7:30-8:30 p.m. Mahasamadhi of Lahiri Mahasaya

September 30, 7:30-8:30 p.m. Birthday of Lahiri Mahasaya (1828)

Monastic Visit

Two Self-Realization Fellowship monks, Brother Devananada and Brahmachari Andy, visited our group, holding services and other activities at the chapel during June. We are grateful for the guidance they provided as to best practices for SRF groups and for the conflict resolution workshop they conducted. Their visit was a joyful blessing for all. Below are some pictures from their visit.



Sunday Readings Schedule

July

2 Seeing God as the Sole Doer
9 Building World Unity
16 Understanding Reincarnation
23 The Spiritual Science of Kriya
Yoga
30 Why We Suffer

August

6 How to Develop True Intuition
13 Who Made God?
20 Miracles: The Working of
Higher Laws
27 The Battle Between Good and
Evil

September

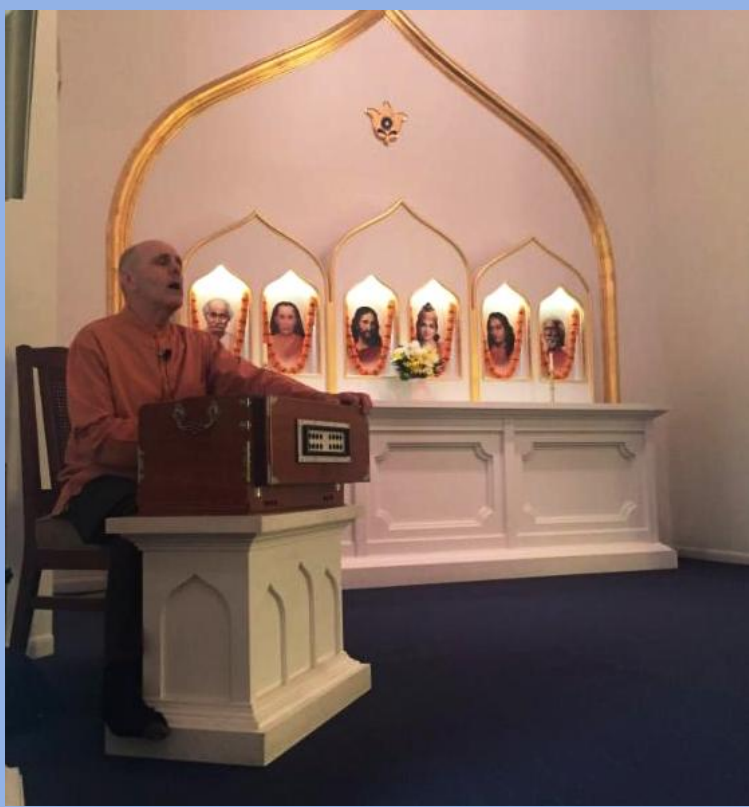
3 Meditation: Direct Perception of
God
10 How to Spiritualize Business
17 The Unlimited Power of the
Mind
24 Be a Smile Millionaire

Quote From Master



"Your greatest necessity is God.
He will give you not only your
"necessary necessities", but your
"unnecessary necessities" as
well. He will satisfy your every
desire when you are one with
Him. Your wildest dreams will
come true"

-Paramahansa Yogananda in
"Man's Eternal Quest"



[Mother Center's Website](#)

Have you ever visited Self Realization Fellowship (SRF)'s

website www.yogananda-srf.org ? Here are some nice aspects of the website: From the home page, click on Paramahansa Yogananda on the top main menu. Using the left navigation options on this page, you can [listen to Master's voice](#) in excerpts from a number of CD's. There's something very special about hearing his voice! Also enjoy the [Disciples Reminisce](#) (accessible from the left navigation options on the Paramahansa Yogananda main page.) The form of the reminiscences varies; some are text, others audio and still others video. It's always inspiring to learn about the experiences of those who worked and studied with Master during his years here on earth. These are just some of the gems on [SRF's website](#) and you are encouraged to explore it.

Importance of Group Meditation

By Paramahansa Yogananda on Spiritual Fellowship in Fall 2016 edition of Self-realization Magazine.

If a person wants to become an artist, he should associate with artists. If he wants to be a good businessman, he should associate with successful leaders in the business field. If he wants to become a spiritual giant, he should associate with devotees of God. Always keep in mind that when the devotee first starts on the spiritual path, environment is stronger than will power!

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. The proximity of other's spiritual vibrations has the power of raising your own. Meditating with other devotees thus helps you to quicken your evolution. They inspire you on your climb up the ladder of Self-realization; and you, by your example, can also be helpful to them.

Special 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 4 Special Services during the 3rd quarter of 2017.

- Tuesday, July 25, 7:30-8:30 p.m. Babaji Commemoration Day (1920)
- Monday, August 14, 7:30-8:30 p.m. Janmashtami (birth of Bhagavan Krishna)
- Tuesday, September 26, 7:30-8:30 p.m. Mahasamadhi of Lahiri Mahasaya (1895)
- Saturday, September 30, 7:30-8:30 p.m. Birthday of Lahiri Mahasaya (1828)

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.

Committee News and Announcements

Sunshine Committee: We would like everyone to be aware that the Minneapolis Meditation Group has a Sunshine Committee. If you know of a member of the group that is experiencing a life challenge such as a serious illness or illness of a family member, please call the group's phone number and the Sunshine Committee will send a card on behalf of the group.

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 for rides](#)
- [Building Maintenance](#)
- [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.

There is also a lending library where one is free to check out books.

SRF 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.



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.

News From Mother Center



Paramahansa Yogananda are featured in an episode of the new Gaia series Yogic Paths, entitled simply "Kriya." The episode explores Kriya Yoga's revival in the 19th century by Mahavatar Babaji and its transmission to the world through the SRF/YSS line of Gurus. It further examines the unique role Kriya Yoga plays as the central component of the system of Raja Yoga.

The 13-episode Yogic Paths series explores the history and practice of many various yoga traditions. Previews of each episode can be viewed free of charge, with full episodes available to paying Gaia subscribers. More details are [here](#).

Council Members

Terry Schwab - [Council Coordinator](#)

Mary Breslin - [Secretary](#)

Sandy Doss - [Treasurer](#)

Nancy Bierma - [Member at Large](#)

Vivek Goyal - [Member at Large](#)

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