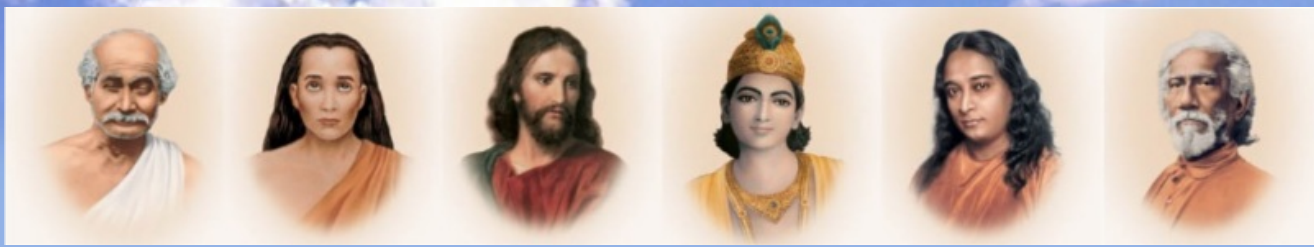


Minneapolis Meditation Group of Self-Realization Fellowship



Newsletter for Apr - May - Jun 2018

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

Thursday, May 10, 7:30 pm - 8:30 pm Birthday of Sri Yukteswar (1855)

Sunday Readings Schedule

April

1 The True Meaning of Resurrection
8 The Secret of Spiritual Success
15 Peace: the Altar of Heaven
22 Balancing Your Material and Spiritual Life
29 Healing by God's Unlimited

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.*"

Below are the upcoming Special Services.

- Thursday, May 10, 7:30 pm - 8:30 pm Birthday of Sri Yukteswar (1855)

The chapel is generally open half an hour before each service. 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, if you wish, 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.

MMG Retreat in 2018

MMG will hold a silent retreat at The Assisi Spiritual Center June 15, 16 & 17, 2018. Planning is under way for this retreat. The first retreat planning meeting will be on April 15th immediately after the reading service. Please plan to attend if you would like to help with the planning. If you have any questions regarding the retreat please contact [Srihari Nandyal](#).

MMG Retreat in 2019

We are happy to announce that in 2019 our group will sponsor a SRF monastic lead retreat in the spring of 2019. Details on this retreat will be available in late 2018 or early 2019.

Chicago Meditation Group 2018 Spring Monastic Visit

May

- 6 What Is Love?
- 13 The Mother Aspect of God
- 20 Anchor Yourself in God
- 27 Sacred Literature: A World of Solace

June

- 3 Why Our Loved Ones Die
- 10 The Universe: God's Cosmic Dream
- 17 The Father Aspect of God
- 24 Attuning Your Life to God's Abundance

Quote From Master



Words saturated with sincerity, conviction, faith, and intuition are like highly explosive vibration bombs, which, when set off, shatter the rocks of difficulties and create the change desired. Avoid speaking unpleasant words, even if true. Sincere words or affirmations repeated understandingly, feelingly, and willingly are sure to move the Omnipresent Cosmic Vibratory Force to render aid in your difficulty. Appeal to that Power with infinite confidence, casting out all doubt; otherwise the arrow if your attention will be deflected from its mark. After you have sown in the soil of Cosmic Consciousness your vibratory prayer-seed, do not pluck it out frequently to see whether or not it has germinated. Give the divine forces a chance to work uninterruptedly.

- Paramahansa Yogananda -
Scientific Healing Affirmations
Page 3-4.

Chicago Meditation Group announces that two monastics from the Self-Realization Order, Brother Devananda and Brother Nikhilananda, will be visiting the Chicago Meditation Group April 6th thru April 8. Please join them for this very special weekend. Everyone is welcome to attend. Contact: Diane Shaw (626) 392-4113 for hike with Monastics and contact Chicago Meditation Group for details. <http://www.chicagomeditationgroup.org/> If you need us to forward you an email recieved regarding this, please contact deepak from electronic announcement committee at announcements@srfminneapolis.org or 612-9999-4445.

INDIA Day Celebration

After huge success of our 2017 India Day celebrations, an India Day potluck has been scheduled for **November 4th, 2018.**

Next General Meeting

Our next General Meeting will be **May 20th.** During the meeting we will have elections for service readers, Sunday school teachers and 3 open council position. The council positions that are open are treasurer, secretary, and member at large. If anyone is interested in a council position please let a council member know or send an email to the [council](#).



Last General Meeting Summary

Our group held a general meeting on March 11th. Summary of the meeting is below:

We decided to pay off the current building loan ahead of its scheduled final payment due in early 2019.

The new sign on the front of the building includes service times and the group's URL. The side door sign has also been updated.

We have received a donation from a devotee for completion of our landscaping plan. Council is currently planning the landscaping for our building. Another landscaping item for discussion is the need to have someone to do regular maintenance of the landscaping we already have.

There have not been many attending our movie night, so the thought is to reduce the number of times per year to 3X per year: mid-November, January and April. This was agreed upon.

Council is currently looking into creating a Facebook Page to

attract new members, especially the younger generation.

We collected \$691 for Christmas Giving Project and used it to buy items for the children (~\$500 of it) and gave the rest via check. The name of the benefiting organizations is Perspectives, which does after-school care for children and provides homes for homeless mothers.

Our group had a booth at the Diwali event last October from 5 - 9 in Bloomington at Kennedy High School. We had a raffle, and a number of people stopped by. This and the Nicollet Open Streets seem good ways to do community outreach. If there are similar events we can consider participating in those as well. Please let [council](#) know if you have any ideas.

World Convocation 2018



Self-Realization Fellowship cordially invites you to the 2018 Convocation to be held on **August 5-11, 2018**. Thousands of SRF members from around the world will gather in Los Angeles for a profoundly inspiring week of spiritual renewal and fellowship, as we immerse ourselves in the teachings of our guru, Paramahansa Yogananda. New for 2018: Simultaneous Spanish translations will be available during most events. Please see registration and Hotel information on [Mother Center's website at this Link](#).

Summer Day Programs for Youth and Teens



Summer Day Program for Children and Teens, which is a part of Self-Realization Fellowship How-to-Live Youth Programs, will be held on following dates:
Girls Week: June 25 - 29, 2018
Boys Week: July 2 - 6, 2018
[Please see details here.](#)

News From Mother Center

We are happy to report that Mother Center is currently on schedule for the release later this year of the new edition of the Self-Realization Fellowship Lessons. [Please click here for](#)

[more details.](#)

Over the past several months, numerous media outlets from around the globe have published inspiring articles about Paramahansa Yogananda and his Self-Realization Fellowship teachings-yet another sign that his influence on world spirituality continues to grow. [Please click here for more details.](#)

In keeping with Paramahansa Yogananda's spiritual ideal "to serve mankind as one's larger Self", Self-Realization Fellowship (SRF) temples and centers reached out to thousands in need during this past holiday season with charitable drives and ministry. [Please click here for more details.](#)

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.

In the book room, there is also a lending library where one is free to borrow books and media.

MMG Severe Weather Policy

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.

You can find more details on the policy on our web site at <http://srfminneapolis.org/severeweatherpolicy.html>

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 get an up to date 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.

SRF Mother Center eNews

We would like to take this opportunity to encourage you to sign up for the SRF eNews by [clicking here](#). You may choose to receive:

- Monthly eNewsletters with inspirational quotes, articles and tips for daily spiritual living;
- News about SRF events in your area;
- SRF Students communications, like subscription renewal notices, invitations to Kriya Yoga initiations, and various other items mailed to SRF students. (you will need your reference number to sign up for this option);
- Publication news, containing announcements of the latest SRF books, CDs, DVDs, promotions, etc.

By signing up now, you will help us serve you more efficiently, and save printing and mailing costs.

Council Members

Terry Schwab - [Council Coordinator](#)

Mary Breslin - [Secretary](#)

Sandy Doss - [Treasurer](#)

Nancy Bierma - [Member at Large](#)

Vivek Goel - [Member at Large](#)

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