

Tucson Meditation Group Newsletter

Vol. 17, Issue 4

October November December 2006

The Tucson Meditation Group is made up of friends and members of Self-Realization Fellowship, a worldwide, non-profit religious organization with international headquarters in Los Angeles, California. Self-Realization Fellowship was founded in 1920 by Paramahansa Yogananda for the purpose of disseminating Kriya Yoga, a definite scientific technique for attaining personal experience of God. Through its worldwide service and teachings, Self-Realization Fellowship seeks to awaken greater understanding of the harmony underlying all true religions, and a fuller expression in this world of the love that unites all people when they realize their oneness with God.

Weekly Meditation Services

<i>Sunday:</i>		<i>Wednesday:</i>	<i>Friday:</i>
Meditation	9- 9:50 a.m.	Meditation	Meditation
Reading	10 - 11 a.m.	6 - 8 p.m.	7 - 8:30 p.m.
Eve. Meditation	6 - 8 p.m.		

October - November - December 2006 Special Commemorative Services

Saturday, December 16th, 2006 9am - 6pm Annual All Day Christmas Meditation

Sunday, December 31st, 2006 11:30pm - 12:15am New Year's Eve Meditation

All services are held at our Chapel: 1702 E. Prince Road Ste. #140 (just west of Campbell Ave.)

Visit our website: <http://www.tucsonmeditationgroup.com>

Volunteers are always needed! Won't you consider serving Paramahansa Yogananda's work through the Tucson Meditation Group? Volunteer sign-up sheets are available in the chapel foyer - or for more information contact Jackie Kinman at 325-6869.

Meditation Services

Every Meditation Service includes periods of prayer, chanting and silent meditation. Paramahansa Yogananda emphasized that the united devotion and concentration of many yoga devotees can powerfully increase the depth of each individual's meditation. Meditation services offer devotees occasions to practice the methods of concentration and meditation taught in the Self-Realization Fellowship Lessons. All are welcome and encouraged to attend these services.

Kirtan

Kirtan is Indian-style devotional singing to God, accompanied by traditional instruments such as the harmonium, tablas, cymbals and the tamboura. Group kirtan offers a chance to go longer and deeper in chanting. All are welcome.



*Self-Realization Fellowship International
Headquarters in Los Angeles, California*

Commemorative Services

SRF temples, centers and groups hold special Commemorative Services to honor the birthdays and mahasamadhis of the SRF line of Gurus. All are welcome who are well enough acquainted with the SRF teachings to appreciate the guru-disciple relationship.

Bring a flower as a symbol of devotion and a donation, if you are able, in a sealed envelope as a symbol of loyalty to SRF. All donations are sent to Mother Center.

Worldwide Prayer Circle

At the close of Wednesday, Friday and Sunday services, we pray for the physical, mental and spiritual healing of others and for world peace. Together, the group practices the spiritual healing technique taught by Paramahansa Yogananda.

For more information about Self-Realization Fellowship or on the teachings of Paramahansa Yogananda,
Visit the SRF website: <http://www.yogananda-srf.org>

Om Lord Jesus Christ



Our Father, who art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, On earth as it is in heaven. Give us this day our daily bread. And

forgive us our trespasses, As we forgive those who trespass against us. And lead us not into temptation, But deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Aum. Peace. Amen.

Annual Picture Rocks Retreat: Oct. 14th, 2006

There's still time to reserve your space (if you act QUICKLY!) for TMG's annual fall retreat to be held at the serenely inspiring Redemptorist Renewal Center at Picture Rocks (7101 w. Picture Rocks Rd.) This year, this spiritually-enriching day will be hosted and conducted by nuns from the SRF Mother Center. The day's activities will include meditations, a thought-provoking spiritual living class, chanting with kirtan and more. A delicious vegetarian lunch is included in the registration fee.

Reservations for this day of peace are required - so plan accordingly! This event is always a sell-out. The cost for the entire day (including lunch) is \$35. Please send your check, payable to: **Tucson Meditation Group**, and mail to: **Maria Welch** 2742 W. Monte Vista Place Tucson, AZ 85745-9782 Questions? Please call: 520-623-7240

Annual Pilgrimage to Mother Center

Reserve the dates! The Phoenix Temple is again hosting their annual pilgrimage to the beautiful SRF Mother Center in Los Angeles the weekend of Dec. 9th & 10th,

2006. This is a wonderful, traditional event – no better way to spend a weekend! Enjoy special tours of the SRF Mother Center grounds, beautiful gardens as well as pilgrimages to Master's crypt at Forest Lawn. A flyer with all the details will be available soon but mark your calendars now!

PLEASE NOTE: Reservations are required – so please plan accordingly!

NEW! Sunday Evening Bhakti Meditations

Please consider joining your fellow TMG devotees at our newly-scheduled Sunday evening meditations, held every Sunday evening from 6:00pm to 8:00pm. These informal meditations are wonderful and wonderous - a perfect way to end your weekend and to devotionally prepare for the coming week. Master was clear in his teachings that meditating together **increases the degree of Self-Realization** of each member of the group by the law of invisible vibratory exchange. Come enjoy the inward journey...experience the gifts of deep bliss and peace that only communion with the Divine can bring us. There are no breaks during these devotional meditations, however if you must leave early, please do so quietly. All are warmly welcome to worship lovingly at the Guru's feet.

TMG Monthly Socials Fun & Food!

On the 2nd Sunday of each month, immediately following the Reading Service, we celebrate with a monthly "social". These are informal events that offer an opportunity to enjoy some snacks, refreshments and a chance to get to know one another. Mark your calendar and plan to attend. Upcoming dates are: **SUNDAY, OCT. 8th**, **SUNDAY, NOV. 12th** (*November potluck social to be held at the home of Richard & Marilyn Kowalczyk - bring your favorite dish!*), **DECEMBER 3rd**, (annual Christmas Tree decorating party & snack potluck at the chapel. Bring your favorite, festive holiday snack or nibble *and* favorite ornament to hang on the tree (they'll be returned to you when the tree is taken down.)



Annual All-Day Christmas Meditation

Many years ago, Paramahansa Yogananda established the custom of commemorating the birth of Jesus Christ by dedicating an entire day of the Christmas season to meditation and divine communion with Christ. Many consider this day the highlight of their spiritual year. This year's service will be held on **Saturday, December 16th**, from **10:00 am to 6:00 pm**. Plan to attend this beautiful all-day service. Come celebrate the true Christmas: the realization within ourselves of Christ Consciousness.

Wednesday & Friday Evening Meditations

Please consider joining your fellow devotees every Wednesday and Friday evening for group meditation (see schedule pg. 1.) It's a wonderful opportunity to recharge yourself spiritually AND help others reach their spiritual goals, too. Please consider making these beautiful meditations part of your regular spiritual sadhana.

Chapel Cleaning

TMG devotees share chapel maintenance and cleaning. Currently, chapel cleanings are typically scheduled on the 3rd Saturday of the month:

Saturday, Oct. 21st 8 - 10 am

Saturday, Nov. 18th 8 - 10 am

***Saturday, Dec. 9th 8 - 10 am**

(*Note - date moved to 2nd Sat. for Dec. only.)

Council Phone Numbers

Jackie Kinman, Coordinator325-6869
Lydia Anderson, Secretary.....795-5343
Mark Beckloff, Treasurer270-1885

Council members are always available for your comments & suggestions!

"Have faith, not blind belief but intuitive conviction of the omnipotent presence of God within the enlightened Self, and doubt not that His Presence and power are within."

- Paramahansa Yogananda, The Second Coming Of Christ