

Tucson Meditation Group Newsletter

Vol. 18, Issue 1

January February March 2007

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

Sunday:

Meditation 9- 9:50 a.m.
Reading 10 - 11 a.m.
Eve. Meditation 6 - 8 p.m.

Wednesday:

Meditation
6 - 8 p.m.

Friday:

Meditation
7 - 8:30 p.m.

Jan. - Feb. - Mar. 2007 Special Commemorative Services & Meditations

Saturday, January 5th, 2007 7pm - 9pm Paramahansa Yogananda's Birthday

Saturday, January 13th, 2007 10am - 4pmAnnual 6-Hr. Guru Meditation

Wednesday, March 7th, 2007 7pm - 9pm Paramahansa Yogananda's Mahasamadhi

Friday, March 9th, 2007 7pm - 9pmSwami Sri Yukteswar's Mahasamadhi

Saturday, March 10th, 2007 10am - 4pm6-Hr. Meditation to honor PY & SSY Mahasamadhis

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

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, Beloved Guru, Om



“For the New Year my greatest wish and prayer for you is that you cast aside wrong habits of thinking and doing. Don’t drag your bad habits into the New Year. You don’t have to

carry them with you. Any minute you may have to drop your mortal package, and those habits will vanish. They don’t belong to you now. Don’t admit them! Leave behind all useless thoughts and past sorrows and bad habits. Start life anew! With the opening of the New Year, all the closed portals of limitations will be thrown open and I shall move them to vaster fields, where my worthwhile dreams of life will be fulfilled.” - *Paramahansa Yogananda*

Upcoming Guru Commemorative Services

- * **Friday, January 5th** 7-9pm
Paramahansa Yogananda’s Birthday
- * **Wednesday, March 7th** 7-9pm
Paramahansa Yogananda’s Mahasamadhi
- * **Friday, March 9th** 7-9pm
Swami Sri Yukteswar’s Mahasamadhi

Each of these celebrations will be begin at 7:00pm with a Meditation Service. At 8:00pm the Commemoration Service will begin. All devotees who understand and appreciate the Guru-Disciple relationship are very welcome and encouraged to attend! All are beautiful, sacred services and provide an opportunity to benefit from stronger “group energies”. Bring a flower as a symbol of devotion, and a donation in a sealed envelope as a symbol of loyalty to SRF. All donations are sent to Mother Center.

Annual Guru Meditation

On Saturday, January 13th, we will hold our annual 6-hour Guru Meditation from **10:00am to 4:00pm**. Please consider joining your fellow TMG devotees for this sacred day of devotion to God and Guru. No donations are expected, just come with a heart full of love and gratitude to lay at

the feet of our beloved Guru, Paramahansa Yogananda. Let us usher his blessed presence ever deeper into our hearts, ever deeper into our consciousness. As Gurudev teaches in the lessons, “It is the duty of the guru and the disciple to be loyal to each other, not only in one life, but for many lives if these are necessary to reach God. Those who are one hundred percent loyal to a guru can be sure of ultimate liberation and ascension. One may have many teachers but only one guru, who remains as one’s guru even in many different lives, until the disciple reaches the final goal of emancipation in God.”

Mahasamadhi Meditation

On Saturday, March 10th, there will be a 6-hour meditation (10am to 4pm) to honor and commemorate the blessed mahasamadhi of our guru, Paramahansa Yogananda and our Paramguru, Swami Sri Yukteswar. Please plan to attend this special, soul-stirring commemorative meditation.

2007 TMG Elections

It’s time, once again, for our annual TMG elections. These will be held immediately after the Reading Service on Sunday, January 28, 2006. **Please plan to stay for this important meeting!** We rely solely on TMG devotees for **all** our operations, including management. There is a true, on-going need throughout the year for **Readers** (note: It is preferred that readers be Kriyabans, but *not* required. All readers are



approved through Mother Center), **harmonium players**, a **Flower Committee chair** to schedule flowers; **Greeters**, a **Communications Director** to publish this newsletter and mail-outs; **Bookroom** team members; and other **committee members** to help provide support for all TMG activities throughout the year. **No job is too small or unimportant to volunteer for!** We *all* have some talent or skill we can use to serve guru and the group. Everyone’s contribution is valued, valuable and very appreciated! Become involved this year and help support Tucson Meditation Group. **If not you, who? If not now, when?** “Volunteer Sign-Up Sheets” are always available in the foyer - simply fill it out and

drop it into the Suggestion Box. Thanks in advance!

A Note On Donations

Tucson Meditation Group relies on the donations of members and friends of Self-Realization Fellowship. TMG exists only through *all* our combined energies – a combination of loving spiritual support and financial donations. TMG belongs to each of us and its sole purpose for existence is to provide support for each of us on our spiritual journey through life. Please be aware that personal checks made payable to **SRF** are sent to Mother Center. Checks made payable to **TMG** are deposited into our local account for our on-going operations. Heartfelt gratitude to all members of TMG for your support, both material and spiritual.



Wednesday, Friday & Sunday Evening Meditations

Join 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. Come enjoy the inward journey...experience the gifts of deep bliss and peace that only communion with the Divine can bring us. 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, Jan. 20th 8 - 10 am*
- Saturday, Feb. 17th 8 - 10 am*
- Saturday, Mar. 17th 8 - 10 am*

Council Phone Numbers

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



“Whatever you make up your mind to do, you can do. God is the sum total of everything, and His image is within you. He can do anything, and so can you, if you learn to identify yourself with His inexhaustible nature.”

- Paramahansa Yogananda, Man’s Eternal Quest

